

# Bolinas Hearsay News

Monday, July 31, 2017

50 Cents



Beach goers lined up like vertebrae in awe of whale pelvic bone. Photo by Curly Rigg.

## **WHAT'S HAPPENING?**

Tuesday, August 1

### **RENTER EVICTION PROTECTION**

Supervisors debate renter protection ordinance, Big Pink, 5:30pm

### **BCLT QUILTING PROJECT MEETING**

6:30-9pm at the Bolinas Commons

Wednesday, August 2

### **LUGHNASA**

Celtic celebration marking halfway point between summer solstice/fall equinox; summer is passing.

### **FLAGSHIP BUS**

Bilingual storytime, games, music @ Library, 1:15-2:30pm

### **MESA PARK**

Special meeting of the Board on Parcel Tax for November ballot, Firehouse, 100 Mesa Rd, 7:30pm

Thursday, August 3

### **FEATHER, FUR & SCALES**

Animal ambassadors childrens' presentation @ Library, 3-4pm

### **DANNY MONTANA**

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

### **THE BLANK TAPES**

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

Friday, August 4

### **KENT ISLAND WORKDAY**

Meet @ Wharf Rd dock, 10am-2pm

### **CLOSING RECEPTION**

Kale Likover's 'Crow-show' @ Farmstand, 3-6pm

Saturday, August 5

### **ASTEROID #4**

Live psychedelic rock/folk @ Smiley's, 9pm, \$10

Sunday, August 6

### **ERICA SUNSHINE LEE**

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

## ***HAPPY HAPPY BIRTHDAY!!!***

**July 31:**

Anthony Stewart  
Ana Krakauer  
Piro Patton  
Paloma Dunlap

**August 1:**

Emmy Rhine  
Ava Geupel  
Isaac Yerington

**August 2:**

Eric Festin  
Phil Hoffman

**August 3:**

Miranda (Young) Joseph  
Jeff Clapp  
Mikel Jay  
Janet Mattingly  
Amelia Straton

**August 4:**

Bob Grenier  
Bob Bates  
Sam Blake  
Ruby Willis  
Wayne Poulsen

**August 5:**

Tom D'Onofrio (remembered)  
Judy Buchanan

**August 6:**

Karina Salenger  
Rhiannon Broek

Pasteup.....Ned Riley

Ads/books.....June McAdams

Press.....Jennie Pfeiffer



COMMUNITY &  
CULTURAL CENTER

## dance palace

Dance Palace Board of Directors Meeting08/15/2017 - 6:00pm to 8:00pm Monthly meeting of  
the Dance Palace Board of DirectorsPoint Reyes Community Lunch08/17/2017 - 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 SERVICESBreak 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.

## LIVE MUSIC THIS WEEK

## Wednesday, August 2

Larry-Oke! Come belt out your favorite  
tunes. (FREE, 8pm)

## Thursday, August 3

The Blank Tapes. A Groovy Surfy Rock. (FREE,  
8pm)

## Friday, August 4

Grateful Bluegrass Boys. Bluegrass/Classic  
Rock. (\$5, 9pm)

## Saturday, August 5

Asteroid #4. and Blues, psych, krautrock, shoegaze,  
folk and even 70's California rock. (\$10, 9pm)

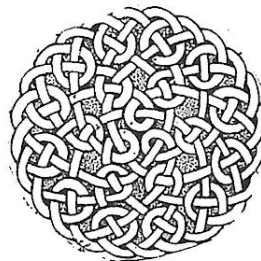
## Sunday, August 6

Erica Sunshine Lee. Country Southern  
Rock. (FREE, 8pm)We make advance tickets available online and  
for popular shows, at the bar, so please join our  
email newsletter for ticket sale  
alerts, [www.smileyssaloon.com/music](http://www.smileyssaloon.com/music)Preparations for this years singing of Faure's  
Requiem are underway! Rehearsals will begin  
August 16th and will continue each Wednesday,  
beginning in Stinson Beach at the communitychurch, **and** moving to Bolinas in October at  
the Catholic Church. Performances will be on  
November 4th, with the full moon. Participation  
Fee is \$110 (no one turned away for lack of  
money.) I'm hoping we can get some strong  
choral momentum going so we can tackle  
Mozart's requiem next year — we will need 20  
singers to commit in order to move  
forward. Please email for info or to  
join! [bolinasbayperformingarts@gmail.com](mailto:bolinasbayperformingarts@gmail.com) Lov  
e, Molly Maguire

## THREE GREAT THINGS ABOUT THIS PLACE...

• Rosalie Sorrels. How did I miss her death, back in  
June? One of the great singers and songwriters,  
often in Bolinas back in the day. The world is  
poorer without her.• The amaryllis/pink ladies/naked ladies just  
exploded over-night this year—it must be nearly  
Fagust.• Wednesday is Lughnasa, the Celtic harvest festival  
that tells us autumn is closing in. The seasons have  
cycled to the halfway point between high summer  
and the equinox.

--Ned Riley

When my wandering soul shall rest,  
And my last song gets sung,  
I'll find the brightest and the best,  
On my way back home.  
All my long-lost friends and lovers  
Once again they will be found,  
And I'll kiss all their shining faces  
On my last go round.--Rosalie Sorrels  
'My Last Go Round'

## WHAT HAPPENED THIS WEEK

7-31-17 MONDAY MORNING MEMO

Week in Review Recap from Jennie Pfeiffer

It's the last day of July, last "non-column", so look for this  
morning recap to be back next Monday, returning with  
"Fogust" as the "Naked Ladies" pop up from the ground,  
their bare stalks topped with pink trumpets that signal the  
end of summer and thoughts of back to school.I am glad to report there were no memorials in town this  
weekend. Please everyone stay well. Recaps will resume  
next Monday. Press on regardless.

Ken &amp; Sam Levin

## Window Cleaning

415.663.9669

West Marin's Best





### A New Way to Control Stressful Emotions

The simple act of talking to yourself by using your own name, rather than thinking of yourself as 'I', may help you control difficult or painful emotions more easily. Studies done at Michigan State University and the University of Michigan, and published online in *Scientific Reports* in July, 2017, have shown that such third person self-talk may constitute a relatively effortless form of self-control.

Here's an example – Robin is feeling angry and hurt after an argument with a former friend. Her ordinary thinking would have involved inchoate feelings that, put into words, would revolve around the pronoun 'I' – I'm so mad at her – she was horrible to me – I'm feeling sick about what happened – I'm going to give her a piece of my mind tomorrow etc.

However, if Robin has trained herself to talk to herself in the third person, she might ask "I see that Robin is very upset. How can I help her understand what happened? How can I help her feel better about this? What's my advice to her?" Robin is giving advice to herself as she would to a friend. This technique helps Robin gain a tiny bit of psychological distance from her experience, which can be helpful in regulating her emotions.

The researchers on this study, which was funded by the National Institutes of Health and the John Templeton Foundation, carried out two experiments to test the hypothesis that third person thinking would help with stress. Participants – mainly healthy young men and women – viewed neutral and then disturbing images and reacted to the images in both the first and third person while their brain activity was monitored by an electroencephalograph. When reacting to a frightening image, their emotional brain activity decreased almost immediately when they referred to themselves in the third person. The researchers found that using the third person was no more effortful than using first person self-talk in terms of effort related brain activity.

In the second experiment, participants reflected on painful experiences from their past, using first and third person languages while their brain activity was measured using functional magnetic resonance imaging. When they used third person self-talk, their brains showed less activity in a region commonly implicated in reflecting on painful emotional experiences. Again, third person self-talk required no more effort-related brain activity than using first person.

University of Michigan psychology professor Ethan Kross, who directs the Emotion and Self-Control Lab, had this to say about the studies: "What's really exciting here is that the brain data from these two complimentary experiments suggest that third person self-talk may constitute a relatively effortless form of emotional regulation. If this ends up being

true – we won't know until more research is done – there are lots of important implications these findings have for our basic understanding of how self-control works, and for how to help people control their emotions in daily life." The research teams are continuing to explore how third person self-talk compares to other emotion regulation strategies.

I've been trying out self-talk since reading about these studies, often silently, as I experience painful emotions. It's interesting to call yourself by your own name, and give yourself soothing and practical advice. I have found that I can achieve balance with less despair or upset. Give it a try!

*Sadja Greenwood, MD past issues at  
sadjascolumns.blogspot.com*

### Una nueva manera de controlar las emociones estresantes

El simple hecho de hablar a sí mismo mediante el uso de su propio nombre, en lugar de pensar en ti mismo como "yo", puede ayudarle a controlar las emociones difíciles o dolorosas con más facilidad. Estudios realizados en la Universidad Estatal de Michigan y en la Universidad de Michigan, y publicados en línea en *Scientific Reports* en julio de 2017, han demostrado que tal tercera persona auto-hablar puede constituir una forma relativamente fácil de auto-control.

Aquí está un ejemplo - Robin se siente enojado y herido después de una discusión con un antiguo amigo. Su pensamiento ordinario habría implicado sentimientos incipientes que, puestos en palabras, girarían alrededor del pronombre "yo" - estoy tan enojado con ella - ella era horrible conmigo - me siento enferma por lo que pasó - voy darle un pedazo de mi mente mañana etc.

Sin embargo, si Robin se ha entrenado para hablar a sí misma en la tercera persona, podría preguntar: "Veo que Robin está muy molesto. ¿Cómo puedo ayudarla a entender lo que pasó? ¿Cómo puedo ayudarla a sentirse mejor con esto? ¿Cuál es mi consejo para ella?" Robin se está dando consejos a sí misma como lo haría con un amigo. Esta técnica ayuda a Robin a ganar un poco de distancia psicológica de su experiencia, que puede ser útil para regular sus emociones.

Los investigadores de este estudio, que fue financiado por los Institutos Nacionales de la Salud y la Fundación John Templeton, llevó a cabo dos experimentos para poner a prueba la hipótesis de que el pensamiento en tercera persona ayudaría con el estrés. Los participantes -sobre todo hombres y mujeres jóvenes sanos- veían imágenes neutras y luego perturbadoras y reaccionaban ante las imágenes tanto en la primera como en la tercera persona, mientras que su actividad cerebral era monitorizada por un electroencefalógrafo. Al reaccionar ante una imagen aterradora, su actividad cerebral emocional disminuyó casi inmediatamente cuando se referían a sí mismos en la tercera persona. Los investigadores encontraron que el uso de la tercera persona no era más esfuerzo que el uso de la



## ALERT: JUST CAUSE or JUST US?

What's fair is fair, and what isn't, ISN'T.

*Renters deserve protection from unjust evictions!*

So... you're a renter and you ask the landlord to fix the leaking plumbing; his response is an eviction notice. You have 30 days to get out. *Is this legal?*

### IT IS IN MARIN!

Other communities – Hayward, Beverly Hills, San Diego, Glendale, Emeryville – have "Just Cause Eviction" ordinances to protect renters from unreasonable evictions. Why not us?

ATTEND THE SUPERVISORS MEETING Tuesday, August 1, 5:30pm, Supervisors Chambers at the City Center

The Supervisors will debate whether to direct staff to draft a **Just Cause Eviction ordinance** to protect renters from this kind of abuse. *There should be no debate about it! Marin is not for "just us" – middle and upper income homeowners.*

Plan to attend and show the Board of Supervisors that you support JUST CAUSE EVICTION protection in Marin!

Sadja Greenwood Column  
Continued from prev. page

auto-charla en primera persona en términos de actividad cerebral relacionada con el esfuerzo.

En el segundo experimento, los participantes reflexionaron sobre las experiencias dolorosas de su pasado, utilizando lenguajes de primera y tercera persona, mientras que su actividad cerebral se midió mediante la resonancia magnética funcional. Cuando utilizaban la auto-charla de la tercera persona, sus cerebros mostraban menos actividad en una región comúnmente implicada en la reflexión sobre experiencias emocionales dolorosas. De nuevo, la autoexpresión de tercera persona no requería más actividad cerebral relacionada con el esfuerzo que la primera persona.

El profesor de psicología de la Universidad de Michigan, Ethan Kross, quien dirige el Laboratorio de Emoción y Autocontrol, dijo lo siguiente acerca de los estudios: "Lo realmente emocionante aquí es que los datos cerebrales de estos dos experimentos complementarios sugieren que la auto- Una forma relativamente sin esfuerzo de regulación emocional. Si esto termina siendo cierto - no lo sabremos hasta que se haga más investigación - hay muchas implicaciones importantes que estos resultados tienen para nuestra comprensión básica de cómo funciona el autocontrol y cómo ayudar a las personas a controlar sus emociones en la vida cotidiana." Los equipos de investigación continúan explorando cómo la auto-charla de tercera persona se compara con otras estrategias de regulación emocional.

He estado probando la auto-charla desde la lectura de estos estudios, a menudo silenciosamente, como yo experimento emociones dolorosas. Es interesante llamarse por su propio nombre, y darse consejos tranquilizadores y prácticos. He encontrado que puedo alcanzar el equilibrio con menos desesperación o trastorno. ¡Darle una oportunidad!

Sadja Greenwood, MD números anteriores en [sadjascolumns.blogspot.com](http://sadjascolumns.blogspot.com)

Firehouse Community Park Agency  
Mesa Park Board Meeting  
Aug. 2nd, 2016 7 PM (Special Meeting)  
BPUD Office  
Contact: [mesaparkboard@gmail.com](mailto:mesaparkboard@gmail.com)

Call to Order:

Board Members Present:

Others Present:

Community Expression:  
1.

Downtown Park:

1.

Mesa Park:

2.

Treasurer's Report:

1.

Old News:

1.

Other:

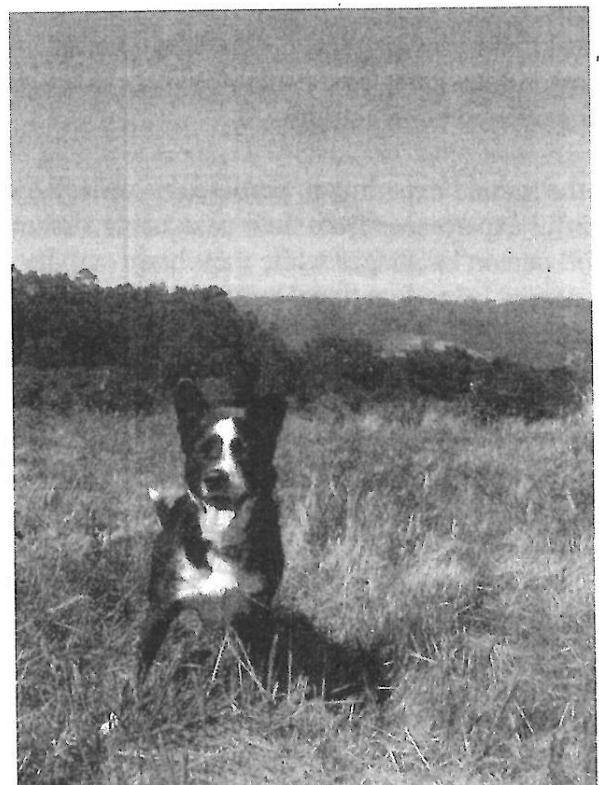
1. Resolution Number 15: Mesa Park Parcel Tax - for the November ballot

Approve Warrants:  
1.

Approve Minutes:

Next Meeting: Aug. 14th

Meeting adjourned:



The Barton's 'Panda'; Curly Rigg



# Bolinās park and school hope for blue whale specimens

By Anna Guñh

Rising out of the sand, the bones of the blue whale on Agate Beach are still layered with ribbed flesh, flaky and graying in some places, thick and greasy in others. Its putrid smell is all but forgotten, and even the remaining, scattered gulls seem apathetic.

But for the scientists and educators of the larger Bay Area, the 80-foot, adult female whale that washed up on Bolinas Beach after being hit by a ship at the end of May, continues to be of great interest.

Fourteen different institutions—four educational organizations and 10 scientific projects—have already received parts of the whale's body. The Point Reyes National Seashore has obtained some of the balinē (whale teeth) for educational purposes, and Stanford is examining it to better understand hydrodynamics. The University of California, Davis has an eye for research on whale vision.

In Bolinas, both the school and the Mesa Park board are collaborating with Maureen Flannery, the ornithology and mammalogy collection manager of the California Academy of Sciences, to obtain permits from NOAA for some of the bones. There is a strict permitting process, as the bones are technically owned by the Interior Department and would be leased to these entities on a permanent loan.

"The bones are essentially invaluable, but you need a research or educational permit in order to steward them," Barbie Halaska, a research assistant at the

Marine Mammal Center, said. She added that many of the bones were splintered from the ship strike.

Bolinas School is currently in line for a vertebra, some baline and a scapula, and the park for the mandible.

"The community has been really fantastic in terms of responding to the whale," Ms. Flannery said. "Often if you can bury or remove the carcass, the land managers want to do it. Bolinas has been very accepting [of the fact] that, because of where it landed on the beach, we couldn't do either. Giving the community bones would be a great way to make the whale available to future generations and to thank the town of Bolinas."

Still, the Mesa Park Board and the academy are investigating whether or not they can actually get the mandible—which may weigh up to 2,000 pounds—off of the beach. If they can, the board would install the mandible in the downtown park, along with an interpretative sign about the whale.

Don Jolley, a science and math teacher at Bolinas School, has been working with the academy and was the one who first expressed interest in the whale for the school. He is no novice at collaborating with institutions to obtain the skeletons of creatures that wash up in the protected lands surrounding school. To date, the school has the entire skeletons of two orcas, two gray whales (an adult and a yearling), a Cuvier's beaked whale, a pygmy sperm whale and a common dolphin, among other creatures' remains.

Some of these specimens are on display in Mr. Jolley's classroom, hanging from the ceiling; others are in storage. Over the years, students in different classes have had the opportunity to salvage bones, bury them while they dry out and recover them, and also assemble and reassemble them. Many of the skeletons have been shipped nationwide, benefitting students in many different institutions.

The permitting process for the school was delayed after the academy expressed interest in giving Bolinas-Stinson the flipper but was unsure if that would be possible. Yet the flipper, which had dislodged from the body, later disappeared, likely out to sea.

Scientists were able to match this particular blue whale with information in a photo database due to an odd marking on her fluke—or tail. The female was first identified off California in 1999 and was subsequently seen in 11 different years, mostly in the Santa Barbara channel. A few years ago, she was seen with a calf, though Ms. Flannery said the necropsy revealed the whale was neither pregnant nor rearing a calf at the time of its death.

As posted on Agate Beach, unauthorized possession or transport of any marine mammal parts—bones, tissues, teeth—is a violation of the Marine Mammal Protection Act. In the case of this blue whale, it is also a violation of the Endangered Species Act. Violators could face a penalty of up to \$5,000.

— submitted by Moa, editor

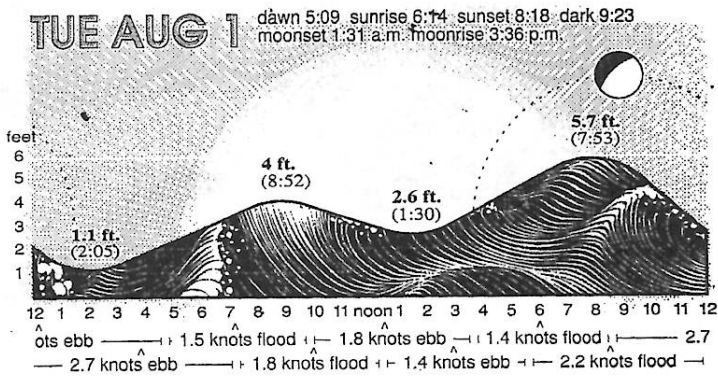
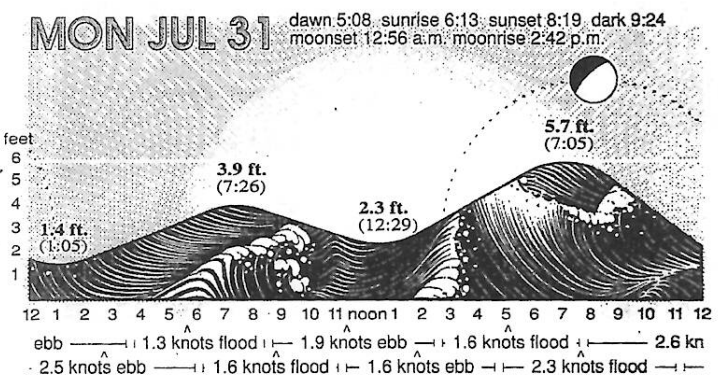
July 27, 2017 POINT REYES LIGHT



Vulture photo by Curly Rigg



KWMR RADIO SCHEDULE - JUL									
	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
6:00	DAWN					WEEKEND DAWN			
	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	Fiestal		
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	Swimming Upstream	Pieces of Peace	Milk St. Radio				
9:00	Nature Notebook	The Valley	Trash to Treasure	Top of the Morning	Speaking of Women	The Vicarious Traveler	Original Minds		
		Sound Science	Fish Tales	new Art Right Now	Inflection Point				
10:00	TURNING PAGES								
	At Nature's Pace	Reading to John	Waves of Joy	For Children of All Ages	Reader's Delight	Day 6 (CBC)	Sunday Celebration		
11:00	TALK & CURRENT AFFAIRS								
	Trailer Talk	Spirit & Mind	Cuerpo Corazón	Let's Talk	Reveal	Vida with Saga	Off-Center Sports		
12 pm	The Bioneers	Questing	Comunidad						
	Farm & Foodshed Report	New Dimensions	Planetary Radio	Commonweal	Alternative Radio	AFTERNOON MUSIC			
1:00			Making Contact	ment	Conversations	Forms and Feelings	Happy Days		
	Ocean Currents	On Being with Krista Tippett	Climate One	Art's Desire	Hot Tech/Cool Science	Jazz Rhythm			
2:00	AFTERNOON MUSIC								
3:00	Cruisin'	Aztec Pride	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling	The Scoring Stage		
		Desde La Bahia				Foraging with Betsy Nichols	The Kitchen Sink		
4:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch				
5:00	NEWS & CURRENT AFFAIRS								
	Epicenter	Epicenter	Epicenter	Epicenter	Happy Hour				
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		
7:00	EVENING MUSIC					Between Rock & A Jazz Place			
	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond	Shorty's Bunkhouse				
8:00					Night Flight	The Jazz Groove	Rock of Ages		
					Bring It On Home				
9:00	Sessions from Chicken Point	DJ Your Life	Coast Highway Blues	Off The Cuff	Running With Scissors				
10:00	Silver Dollar Jukebox	West County Prowl				Saturday Night Function	L.A. Theatre Works		
				Sit Down!	Get Down!				
11:00	Forms and Feelings (repeat)	new Left of the Dial	Sonic Sunspots	Under the Needle	The Latin Alternative				
12 am	LATE NIGHT								
	DeepWaking 12-1 KWMR Music	new Stuck in the Psychedelic Era 12-2	Sunspots to 1:30 KWMR Music	Best of Music 12-1 KWMR Music	Radio Coastie 12-1 KWMR Music	KWMR Music	Grateful Dead Hour		





## FOR SALE

**1997 GEO PRISM 210K MILES**  
 Runs very well, smogged. \$1,000  
 868-2103

RF X

## WANTED

### STUDIO/WORKSHOP-

Looking for a small, private workspace rental. Please call  
 Emily (415) 533-6506 or email: emily-gilliom@yahoo.com

EG 8/7

## HOUSING WANTED

### SEEKING COTTAGE/IN-LAW/HOME!

Clean living and quiet Bolinas resident seeks new home.  
 415-509-4115 shilborn@gmail.com

SH 7/31

## LOST AND FOUND

**FOUND: ON LITTLE MESA GOING UP, AT FIRST  
 CURVE** -Osprey purple and grey back pack. Call 868-9742 or  
 (551) 404-3800 to claim.

SC 7/31

### LOST: "HOLY ROLLER" SKATEBOARD

Gold with holes drilled in it... 415 813 7531 - Oliver

OW 7/28

**FOUND: ON OVERLOOK -COLLEGE OF MARIN**  
 lanyard with volvo key, with push button remote control, with  
 miniature piston on the key ring. Call 8689052 to claim.

JMC 7/17

### 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

**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 21<sup>st</sup>.  
 please call 415-997 8369 if found.

SM 5/22

## 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. (7/25, 8/7, 8/14, 8/21) w/ KT	3:15 - 4:00 pm
Acronastics, 6-9 yr. (7/25, 8/7, 8/14, 8/21) w/ KT	4:15 - 5:15 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
Move & Tumble, 3-5 yr. (8/9 & 8/16) w/KT	3:15 - 4:00 pm
Dance Fun(damentals) 6-9 yr. (8/9 & 8/16) w/KT	4:15 - 5:15 pm
Beginning Yoga w/ Brenda Stine	6:00-7:15pm

#### THURSDAY

Yoga Flow w/Brenda Stine	7:30 - 9:00 am
USDA food bank	12 noon

#### FRIDAY

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

#### SATURDAY

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

Brazilian Dance w/Anna Gottfr. (last Sunday of mth)	11:00-12:15 pm
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Call 868-2128, check the Library Marquee, Calendar in BCC  
 Foyer or visit [www.bocenter.org](http://www.bocenter.org) for more info & special events!



## ANNOUNCEMENTS

### CLASSIC CASE OF "I KNOW HER BUT I DON'T

know her name "Looking for a local woman we know who  
 forgot to pay at the register last night because they were having a  
 great conversation. She is planning on taking her daughter to the  
 Strawberry Music Festival this year. m m m m, who can that be?  
 Bolinas People's Store

BPS 7/28

## FREE

### KETTLER EXERCISER.

All you have to do is pick it up at 95 NYMPH - 868-8802!

JM 7/26

### 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 415-699-6204

SB 10/15

## 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.	Library
Inverness Association	4th Wednesday	7:00 p.m.	
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 Tuesdays	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesdays	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
Tomaes Village Comm. Serv. Dist.	2nd Wednesday	7:00 p.m.	Town Hall
Tomaes Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomaes Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomaes 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office
Bolinas Fire Protection District	4th Mondays	7:00 p.m.	BFPD office
Tomaes Bay Youth Center	Last Tuesdays	6 p.m.	TBYC

(18/9)

## WANTED

### PAIR OF SOLID DOORS (NOT HOLLOW CORE)

For the free box, approx. 30 X 80 inches. Please call-2769

SC X

## HEALTH & HEALING

June McAdams, RN

Compassionate and Skilled

Hospice Care Home Care

Newborn to Elders

Coastal Marin Only

More than 39 years nursing experience

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## 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.