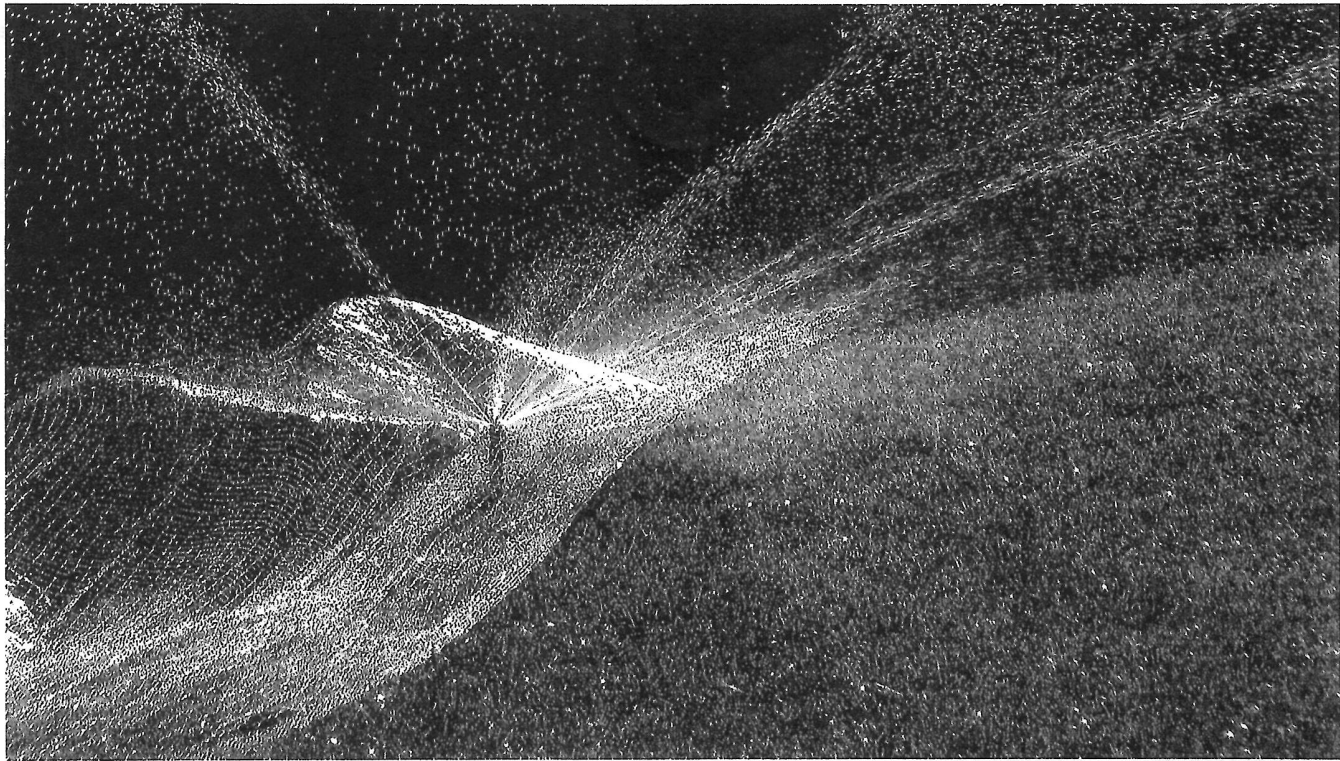


Bolinas Hearsay News

Monday, August 17, 2015

50 cents



WHAT'S HAPPENING?

Tuesday, August 18

SCHOOL DISTRICT (BSUSD)

Regular monthly meeting of the Board of Trustees, Bolinas campus, closed session 4pm, open session 5pm. (Agenda inside)

COMMUNITY CENTER

Board of Directors meeting, Library, 5pm

MOVIE EXTRAVAGANZA

Homemade Bolinas & Burning Man movies, Community Center, 7pm, FREE

Wednesday, August 19

UTILITY DISTRICT (BCPUD)

Regular monthly meeting of the Board of Directors, 270 Elm Rd, 7:30pm.

Thursday, August 20

BOLINAS-STINSON WHITECAPS

Regular monthly luncheon meeting of seniors group, Rod & Boat Club, Wharf Rd, 11:30am

Friday, August 21

MCCOY TYLER BAND/PAINTED HORSES

Live music @ Smiley's, 9pm, \$10 cover

DANNY VITALI & PAUL SPRING

Perform new music from Danny's just finished album "Invernessia" at the Dance Palace Church Space. 8 p.m. \$10-20 sliding scale.

Saturday, August 22

SURFER MEMORIAL PADDLEOUT

For Stinson's Rob McKnew, end of Calle del Sierra, noon.

COURTYARD CONCERT

w/ The Goat Family, sponsored by the Bolinas Museum, in the courtyard, 2pm

NEARLY BELOVED

Live band @ Smiley's, 9pm, \$5 cover

Wednesday, August 26

FIRST DAY OF SCHOOL

Please drive carefully

'Hot day, cosmic sprinkler.' Photo by Curly Rigg.

HAPPY HAPPY BIRTHDAY!!!

| | |
|------------|---|
| August 17: | Zack Noble Peacock Roberta Perry Bob Boutin |
| August 18: | Jessa Docherty |
| August 19: | Dan Bellm |
| August 20: | Kathy Kimball |
| August 21: | Jeremy Lupus Rowena Forest |
| August 22: | Susie Buell Vickisa Feinberg Chris Whitefield Leondro Brady Whitey Whitefield |
| August 23: | Donald Guravich Melinda Griffith |

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

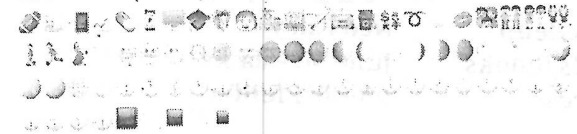


CLOSED FOR RENOVATIONS
The Dance Palace will be closed for renovations August 24 – 29.



We went to the Asian art museum to a sure vey (oy vey oi vavoy Hopi hoi polloi) of contemporary honest Chinese artists loaned from the tacky Miami gangster art barons. The honesty was the autocorrect addition. She met her husband in a double penetration scene. They have an unconventional relationship. The tech millionaire who invented a profitable algorithm paid her 10 g's for an hour and she went to Hawaii, caught feelings and decided not to escort anymore. She left the dungeon and OxyContin habit in the garment district to make movies in LA. The dungeon closed after they forgot about the guy hanging tied up who almost died. The movie exec paid 5 g's for a half hour and then fed her meatloaf like his mom made. He taught the maid how to make meatloaf like his mom made. The maid made moms meatloaf for him every day. Quite enough ai Wei Wei.

We remembered getting stoned in Central Park and going to FAO Schwartz and getting in trouble for eating the candy out of the bins. I remembered taking trams full of candy to Moroccan diplobrat embassy apartments on forsaken landfill islands with derelict insane asylums, roving wild dogs and masturbating frantically in sugar fueled teenage hysteria. Martyrbating. She didn't know teenage boys did that together. One friend just got out of jail we heard on MySpace back when MySpace was a thing. The other jumps out of planes professionally. The other was president of Stuyvesant we think and probably works in finance now. The other is the center of the bulls. She makes about a third of her income with films. She dances, which feels like work and has a fleshlight made from her licensed orifices that has done quite well. It's awkward when fans bring her copies of her parts to sign. We're both sober and dislike the term. She gets more tips when she falls down. Pornhub analytics. Incest is really hot right now. Her husband is directing a step sister movie. Why does everyone want to see their relatives? \$2000 for a regular scene \$4000 for anal. She's not sure she wants to have children. Imagine their friends saying I saw a video of your mom getting fucked in the pussy. We talked about I will always love u, Dolly Parton, Agnes, Uganda, aunt Charlie's, Whitney Houston, Christian the lion and she sent me a the Philippino lip sync contestant who's wings may have flapped like the proverbial butterfly into storm inside drag bars across the world. The Philippino drag queen went viral on YouTube. My friends dog went viral on tumblr. Viral aspirations. Do I We want to be viral in post internet global capitalism? I We most definitely do! Easy peasy Slamesey Twincest selfie is my favorite new poem



THE RISE AND SHINE SHOW EVERY TUESDAY MORNING ON KWMR
This Tuesday: Guest Dancehall artist ColtonT

Born in Goodwill Dominica, ColtonT is labeled one of the most popular talents on the island of Dominica. The rising star was first introduced to the music industry at the age of 15 when he had the opportunity to learn the art of lyrical composition and music recording from a local producer. The experience sparked a keen passion and in 2010 ColtonT produced his first mixtape titled 'Ascendance'. The release sold over 200 copies in one night and established him as 'one to watch' in the dancehall & reggae scene.

ColtonT's popularity within Dominica grew as he became the first successful dancehall & reggae artist in the country. He quickly blew up the local circuit, performing at events including the prominent talent show 'Q Talent Search'. In 2011, he produced his first music video 'Can't Be Friends' in Guadeloupe. Its release helped to boost ColtonT, gaining him recognition in regional markets including Jamaica, Trinidad and St. Lucia, and built him a fan base in New York. The video was premiered on Carib Vision and was on airplay on Hype TV Jamaica, RE TV and local Dominican channels.

Demand for ColtonT continues to gain momentum with captivating live performances in New York, Guadeloupe, Jamaica and Houston Texas. His electrifying set at the Dominica World Creole Music Festival in 2012 paid tribute to the late Dominican icon 'Jeff Joe' in front of thousands of fans. ColtonT has shared the stage with Damian Marley, Mr. Vegas and Konshens. We have invited Colton to join us in Bolinas and in Fairfax on Labor Day weekend.

ColtonT's music video IceCream Man placed number one on the Cross Caribbean Countdown on Tempo TV within one week. IceCream Man is the first video by a Dominican artist shot and produced in its entirety on the island of Dominica.

At present, ColtonT is in New York City performing and recording. He will join Mary and Amber in conversation on The Rise and Shine Show this Tuesday morning on KWMR from 8-9 am.

-Mary Siedman -0477

MONDAY MORNING WEEK IN REVIEW,
FROM JENNIE PFEIFFER, is on break today,
8/17/15 through end of August, and while I'm on break here is another non-column, asking what's going on with "Fogust"? Where is the fog of August? This is when we should be whining about not seeing the sun for days (while deep down being very glad not to be baking in over-the-hill temperatures) and instead, here we are whining about the heat and the traffic, while all of the Bay Area tries to find a place to sit in the water and cool down. Saturday afternoon it took an hour to get from Pan Toll to Bolinas. Our plan was to peel off at Pan Toll and come home the ridge road, but it was closed due to fire danger. So nothing to do but whimper while cars in Stinson Beach kept looping around the park, with no where to go, tying up traffic, looking for somewhere to put the car. Cars were parked all the way to the school. Outrageous! Even Agate Beach was full of people. The fog did roll in last week at night, in time to obstruct the Perseid Meteor showers, but Friday night it was clear enough to see a few – nothing very dramatic, but at least some flashes here and there. Supposed to cool down a bit today. Press on Regardless.

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Brunch and a Saturday morning walking tour of Berkeley's Solano Avenue neighborhood with old friends; not so great—the home trip through Stinson beach traffic.
- (2) New tires; yes, a small thing but how nice to have peace of mind while driving.
- (3) The local custom of the memorial paddle-out for friends and family of a surfer who has died. There's one in Stinson this weekend.

--Ned Riley

Ken & Sam Levin
Window Cleaning
415.663.9669
West Marin's Best

How Your Diet Affects Your Brain

A study at Oregon State University, published in the journal *Neuroscience*, showed that diets high in fat and/or sugar cause changes in gut bacteria that appear related to a loss of 'cognitive flexibility'. This is the power to adjust and adapt to changing situations. A high sugar diet had the strongest effect, also showing an impairment of long and short term memory.

These problems may be linked to alteration in the microbiome, the complex mixture of about 100 trillion microorganisms living in your digestive system. It is comprised of many different species of bacteria, yeast, fungi and even viruses. These microbes help us obtain nutrients from foods we normally can't digest, and also help to protect us from infections by disease causing bacteria. The microbiome in each person changes over time, depending on the food that is eaten. Different microorganisms prefer different food, so species may grow or decline in numbers depending on what you choose to eat. Some people take foods that contain live bacteria, such as yogurt or probiotic supplements. Probiotics must be consumed regularly to maintain the bacteria they contain, or the microbiome may revert to what it was before their introduction.

The study at Oregon State was done by Kathy Magnusson, who tested laboratory mice who consumed different diets. The animals then faced a variety of tests, assessing changes in their mental and physical function. She found that after just four weeks on a high-fat or high-sugar diet, the performance of mice on various tests of mental and physical functioning began to drop compared to animals on a normal diet.

Mice have proven to be a particularly good model for studies relevant to humans on such topics as aging, spatial memory and obesity, according to Dr. Magnusson. Comparable studies in humans would be extremely costly, due to difficulties in recruiting subjects, securing agreement on the assigned diet, and keeping subjects adhering to the plan for weeks. The mechanisms by which diet can affect behavior is still under study. Bacteria in the microbiome can release compounds that act as

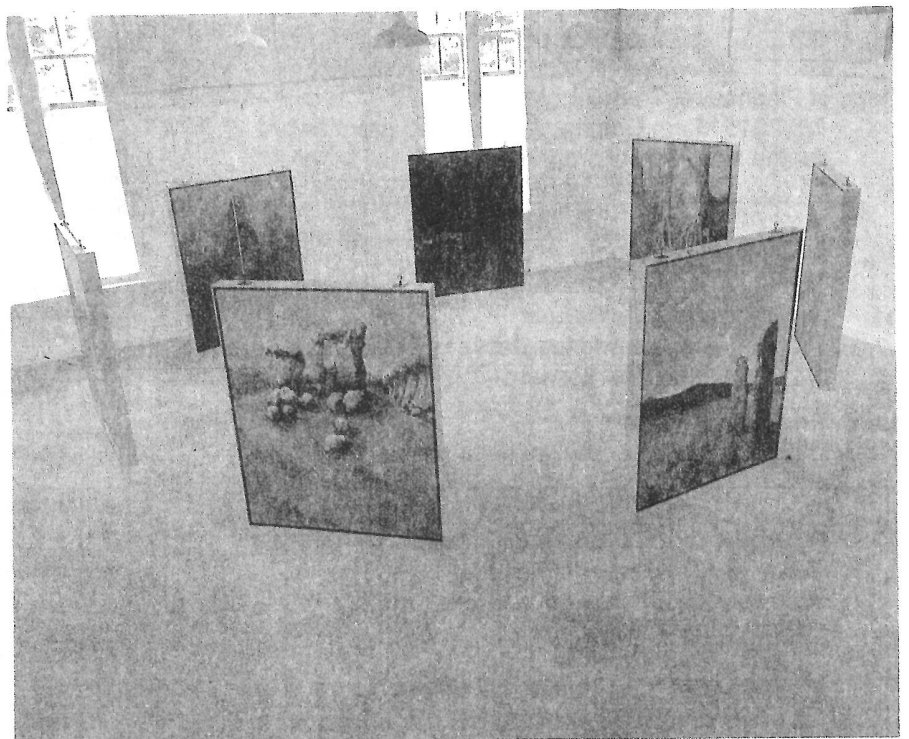
neurotransmitters, stimulate sensory nerves and modulate the immune system. It is also possible that the types of fatty acids and carbohydrates in a particular diet may be transformed by the microbiome into compounds that enter the blood stream and affect cognition. In the Oregon study discussed here, cognitive impairment in the mice was specifically related to an increased number of one group of intestinal bacteria (Clostridiales) and a loss of two others (Bacteroidales and Lactobacillales). The researchers guessed that the bacteria themselves somehow brought about the brain changes.

Here's a take-home lesson from this study: think about the importance of your microbiome and protect the good bacteria therein. They thrive on vegetables and fruits, lots of fiber, healthy protein and healthy fats. Don't send donuts, soda pop or junk food their way. Sugary foods may make your thinking less flexible. Who needs that? We all need to be able to adapt to our world of continuous, rapid change.

Sadja Greenwood back issues at sadjascolumns.blogspot.com

SPIRIT OF PLACES

- AN INSTALLATION BY DIETER TREMP -



COMMONWEAL GALLERY EXHIBITION SPACE

1 Aug. through 30 Sept., weekdays 9:00 to 5:00 p.m.

Artist Reception: Saturday, 5 Sept., 3:00 to 5:00 p.m

BOLINAS-STINSON UNION SCHOOL DISTRICT
125 Olema-Bolinas Road
Bolinas, CA 94924
Phone: 415.868.1603 Fax: 415.868.9406

AGENDA

Regular Meeting of the Board of Trustees
Tuesday, August 18, 2015

Closed session from 4:00pm -5pm
Opens in Library then moves to
2nd Floor Meeting Room
Open Session at 5:00pm.
Bolinas Campus Library

Item # Topic/ Description

1. **Call meeting to Order**
2. **Approval of Closed Session Agenda**
3. **Public Comments on Closed Session Agenda**
This is an opportunity for the public to address the Trustees on matters related to school business that is not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time.
4. **Recess to Closed Session**
 - 4.1 Public Employee Appointment/Employment [54957]
 - 4.2 Negotiations [54957.6]
 - a. Bolinas-Stinson Teachers Association (BSTA) CTA/NEA
 - b. CA School Employees Association (CSEA)Any action taken in closed session will be reported in open session as required by law.
5. **Reconvene into Open Session**
6. **Announcement of Reportable Action taken during Closed Session**
7. **Approval of Agenda / Introductions**
8. **Public Comments**
This is an opportunity for the public to address the Trustees on matters related to school business that is not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time.
9. **Correspondence/Information**
 - 9.1 Enrollment
 - 9.2 Board meeting locations for the 2015-2016 school year
 - 9.3 Un-used Sick Leave status
 - 9.4 Incoming: 7/21/2015 Marin County Dept. of Finance re: Transfer of funds
7/8/2015 Marin Community Fund re: grant award for the after-school program
 - 9.5 Outgoing: none

REPORT

10. **Special Report**
None
11. **Superintendent's Report**
 - 11.1 Budget and legislative update
 - 11.2 Business Services
12. **Principal's Report**
 - 12.1 Master schedule update

Consent

13. **Approval of the following Consent agenda items**
Warrants dated:
 - 13.1 7/20/2015
 - 13.2 7/28/2015**Minutes from the following meetings:**
 - 13.3 6/15/2015 Special**Other:**
 - 13.4 Summer School – addition
 - 13.5 Jump Start
 - 13.6 Counselor contract and increase in fees

BOARD CONSIDERATION

- | Item | Topic/Description |
|------|---|
| 14. | Inter District Transfer Approve Interdistrict transfers for two students (gr 6 & 8) |
| 15. | Extended Field Trip Approve 5 th grade trip to Walker Creek 5/2/2016 to 5/5/2016 |
| 16. | Instructional Minutes Approve Instructional Minutes for 2015-2016 |
| 17. | Consolidated Application Approve Consolidated Application |
| 18. | Transfer of funds (BP 3110) Approve transfer of funds for the 2015-2016 school year |
| 19. | Superintendent Memorandum of Understanding Approve Supt MOU for the 2015-2016 school year |
| 20. | Principal's employment contract Approve Principal's contract for the 2015-2016 school year |
| 21. | Bolinas Stinson Teachers Association (BSTA) salary increase Approve salary increase for the 2015-2016 school year |
| 22. | Resignation of Sarah Myers Accept resignation of Sarah Myers in her position as Specialized Program Assistant - Art |
| 23. | Human Resources Approve recommendation of the hiring committee for: Temporary Art Teacher - Certificated Specialized Program Instructor – Art - Classified |
| 24. | Chief Business Official Authorize Superintendent to negotiate a contract with the Business Manager candidate selected by the hiring committee. |

Item Topic/Description
REPORTS

25. **Board Member Reports**
The Board President will request reports from the members of the Board pertaining to District/School committees on which they serve. These include:
 - Negotiations Siedman/Dar
 - Fiscal Oversight and Advisory Committee (and FNC)[FOFPAC] Harmon
 - Technology Committee Harmon
 - Green Team Pfeiffer
 - Marin County School Boards Association (MCSBA) Pfeiffer
 - Joint Legislative Action Committee (JLAC) Pfeiffer
26. **Public Comments**
This is an opportunity for the public to address the Trustees on matters related to school business that is not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time.

27. Future Agenda Items

| | | |
|----|--------------------|---|
| 1. | Action | Approve recommendation for accountant hiring |
| 2. | Action | Approve temporary 5 th grade teacher hiring |
| 3. | Action | Approve math instructor hiring |
| 4. | Action | Approve BP 1330 Use of school facilities revision |
| 5. | Action | Approve BP 6173 and AR 6173 Education for Homeless Children |
| 6. | Principal's report | SSC survey report |
| 7. | Consent | Contract for OT Services |
| 8. | Action | AB1522-Mandatory Paid Sick Leave |

28. Adjournment

Mesa Park Board Meeting July 13th, 2015 time: 7 PM Bolinas Firehouse Community Room

Call to Order: 7:05pm

Board Members Present: Victoria Maier, Dylan Squires, Mark Lucanic, Charles Whitefield, Angie Calpestri via phone

1) Dylan Squires' resignation from the board- resignation has been redacted

Others: Jordan Materna, Gina Spigarelli, Mark Hug, Jen Pashley, Mike Hastings, Angela Vernon, Molly Brown, Chas

Community Expression:

- 1) Jennifer Pashley- Alchemy Team Ultimate Frisbee Club field use in MP on the soccer field, do wear cleats and cones, but no chalk, about people 20-25. Victoria motions Mark seconds. (5-0) approved.
- 2) Molly - (Lynn McClared) Makers Market on Labor day in Downtown Park (Sept. 7th) Local vendors. Can't be on the ADA paths. Charles: Can be back on the labyrinth, on the gravel past the dental office, as well as in front of the cobb oven. Signage is ok as long as it doesn't damage. Dylan: need to get an ok with the community center. Come back next meeting.
- 3) Jordan: Monthly drive in Movie at MP in parking lot will provide concessions with food truck. Dylan: should consider facing of screen so we don't

Mesa Park:

- 1) Purchasing a weed whip (Stihl \$600 from Jacksons). Dylan motions Victoria seconds (4-0) approved.
- 2) Steam cleaner \$300 Vapor Pro or \$500 Haan. Will purchase later.
- 3) Edger \$400-\$500 purchase next season
- 4) Gopher abatement- Zachary Smith, Smith's Gopher Trapping Service. Charles will contact.
- 5) Contact information. Victoria created and sent out to all board members as well as BPUD and the Firehouse.
- 6) Snack shack pricing (\$5,000-\$6,000). Will revisit after budget meeting.

Irrigation Report:

- 1) Outline of job descriptions
 - a) list of duties and time frames for future budgeting (Meadow Mowing, Arn, Chas).

Treasurer's Report:

- 1) Audit for Measure A
- 2) Financial audit
- 3) .Property tax senior exemptions- done
- 4) T3 submit and done
- 5) Budget- item list of repairs and needs for both parks
 - A) maintenance timeframes

Victoria contact Christine about budget meeting in two weeks (Wed, Thur, Sun)

Old News:

- 1) Ordering supplies:
- 2) Bowmen to adjust Sprinkler system
- 3) Phone contact tree/emergency contact list. -Victoria: BPUD and Fire Station have a copy already.
- 4) Park Website for booking cobb oven- Dylan
- 5) Locks- done
- 6) Signs on metal soccer posts (no dragging)/ replacement of metal post- Mark
- 7) Steam cleaner(\$300 vapor pro-\$500 Haan) Chas: the Vapor pro seems to be the best /weed whip (Stihl from Jacksons \$600)/edger pricing(\$400-\$500 Husqvarna)- Angie
- 8) Porta-potty removal payment question- Charles
- 9) Ash can for cobb oven- Charles done.
- 10) Bathroom key copy for Charles, BPUD, and Firehouse. -Victoria: BPUD and Fire Station have a set of emergency keys.

disturb the farms and neighbors. Angela: Should let the firehouse know. Films for all ages. Need dates. Dylan: would be nice to have a donation for the park for the use of the park. Will come back to the next meeting to see how the first showing goes. Angie: the bathrooms will be locked due to the timers. Chas will open the bathroom manually. Victoria: Trash needs to be cleaned up. Jordan will be in charge of trash pick up. Estimated Aug. 1st. Dylan moved to approve, Mark second (5-0) approved.

4) Gina and Mark- Saturday Oct. 10th getting married would like to use the parking lot for the shuttle to the reception. 20-50 cars. Charles will walk through with you to show you where the cars may park because of Marin shuttle and handicap parking. Ask for a donation to the park for the use. Victoria motions, Dylan seconds (5-0) approved

Downtown Park:

- 1) Putting up black construction fencing to prevent climbing on the hillside. Charles: we would like to keep it in it's natural habitat as well prevent injury. Dylan: concern of cutting the fence if a chain-link was used, which costs more in repairs in the long run. Charles: If we put a permanent wood fence and the top could cost around \$5,000. Charles: while we are pricing out fencing lets get more signs to post. Angela will

- get two more sings to post about not climbing the hillside.
- 2) Power wash the bathrooms- Chas completed this, worked fine. Charles: needs to be a monthly thing. Took an hour to clean both men and women's.
- 3) Instillation of the diaper changing station. Chas will complete.
- 4) Install purse hooks in both bathrooms. Chas will complete.
- 5) Clean & seal the concrete floors in the bathrooms (they're getting stained and Arn has a hard time cleaning them). Chas will complete.
- 6) Clean mold from bathroom ceilings; paint/apply sealant; inspect exterior for proper sealing. Chas will complete.
- 7) Plum tree limb hanging over Women's Bathroom - partially split, now dropping plums (also could be contributing to the mold issue inside the bathrooms, due to restricted ventilation). Charles will look at tree.
- 8) Pittisporum (sp?) and a pine tree growing over the property line impacting the BCLT apartment (behind the Gibson House). Arn says that it requires an experienced tree person to deal appropriately with it.
- 9) Leak in pump room, which was fixed by Ron Paul. Need help in how to clean filter, all the irrigation heads causing dirt to get in the system. Chas will go down to look.



Balancing Act
BOOKKEEPING PLUS

Christine Cunha, Owner
415.868.2700

- Full-Charge Bookkeeping
- Payroll
- Year-End Prep
- Mail Service
- Plus More...

Confidentiality Assured

48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

Al Anon Weekly Meeting-St. Aidan Church Wednesday 8:30-9:30am

Diana - 9249

Other:

Approve Warrants:

- 1) Transbay Security- Key copies \$30.37 Dylan moved Mark second approved (4-0)

Approve Minutes:

Dylan moved Mark second (4-0) approved

Next Meeting:

August 10th

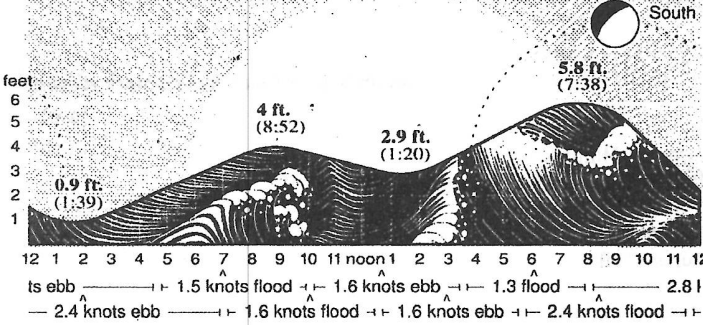
Meeting adjourned: 9:50pm

KWMR RADIO SCHEDULE

| | 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) | 5 am Sunday Baroque |
| 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) | Morning Glory | Daybreak |
| 8:00 | With Eyes Open! | Rise and Shine | Swimming Upstream | Top of the Morning | Pieces of Peace | The Friday Guide | Vicarious Traveler / Original Minds |
| 9:00 | A Cuppa Jo coming The Valley | | | | | | |
| | Park Wave- lengths | Airwaves | Fish Tales | | Day 6 (CBC) | | |
| | KT's Kitchen | | | | | | |
| | YDP: Retro Rock Hour | | | | | Sunday Celebration | |
| 10:00 | TURNING PAGES | | | | | | |
| | At Nature's Pace | Reading / Vinyl Cafe to John (repeat) | Waves of Joy / Radio Bookmobile | For Children of All Ages / coming Casual Footsteps | Libro Abierto | Vida with Saga / new Reveal | |
| 11:00 | TALK & CURRENT AFFAIRS | | | | | | |
| | Trash to Treasure | Spirit & Mind / Questing | Alternative Radio | Philosophy Talk | Cuerpo Corazón Comunidad | | |
| 12 pm | The Bioneers | | | | | | |
| | Farm & Foodshed Report | New Dimensions | Planetary Radio | Attune- ment / Common- weal Convers- ations | An Organic Conversation | Happy Days | |
| 1:00 | | | Making Contact | | | | |
| | Ocean Currents / Post- Carbon | On Being with Krista Tippett | Climate One | Art's Desire / Hot Tech/Cool Science | Peace Paradigm Radio / The Local Organon | Jazz Rhythm | |
| 2:00 | AFTERNOON MUSIC | | | | | | |
| | Cruisin' | Aztec Pride / Professor Kosmo | Classical Wednesday | Classical Thursday | Classical Friday | Riverwalk Jazz | |
| 3:00 | | | | | | The Vinyl Café | |
| 4:00 | new Art of the Song | Youth DJ Project: "The Loft" | Youth DJ Project / Prof Kosmo | TeaTime Books (Coastal Airwaves) | | Learnin' / To Hell & Kirven Bach | |
| 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 | | | | | | |
| 7:00 | Release Me | Musical Varieté | Foggy Ridge / West County Prowl | Bakersfield & Beyond / Shorty's Bunkhouse | new Night Flight / new Boy Voyage | Celtic Universe | |
| 8:00 | | | | | | | |
| 9:00 | Barbarian Beach / Silver Party / Dollar Jukebox | Faultline Radio | Coast Highway Blues | Off The Cliff / Running With Scissors | Magic Radio | The Jazz Groove | |
| 10:00 | | | | | | | |
| 11:00 | Forms and Feelings (repeat) | DJ Your Life / Professor Kosmo | Sonic Sunspots | Sit Down! The Latin Alternative | Grateful Dead Hour | L.A. Theatre Works | |
| 12 am | LATE NIGHT | | | | | LATE NIGHT | |
| | KWMR Music | KWMR Music | Sunspots to 1:30 KWMR Music | Best of British | Radio Goethe 12-1 KWMR Music | KWMR Music | DeepWaking 12-1 KWMR Music |

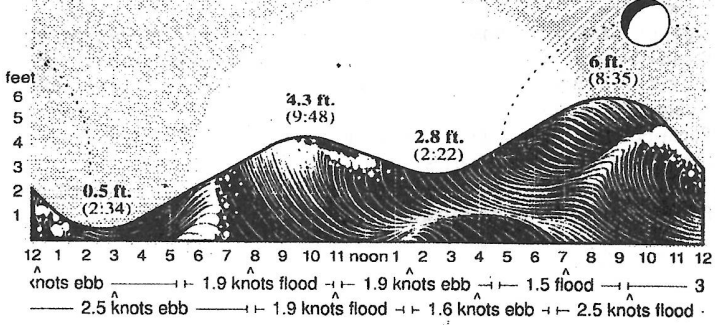
MON AUG 24

dawn 5:33 sunrise 6:33 sunset 7:51 dark 8:51
moonset 1:16 a.m. moonrise 3:45 p.m.



TUE AUG 25

dawn 5:34 sunrise 6:34 sunset 7:49 dark 8:49
moonset 2:08 a.m. moonrise 4:39 p.m.



FOR SALE

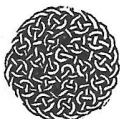
Bellecon Rebounder-"ThePorche"of mini-rebounders
 bungie cord=no stress on your joints. Offered for \$500-saving
 you \$99. Selling now to help pay my grandson's college tuition.
 Health benefits: Reverse osteoporosis! Boost immune system,
 cardio workout=2 miles jogging in 10 minutes of bouncing.
 Come try it. Rejuvenate! Martine 9036

MA 8/21

LUMBER RACK FOR SMALL TRUCK

Fit to 57" wide X 73" short bed. From a Japanese pickup. Rusty
 but serviceable in Bolinas. \$35. 415-306-3152

M 8/19



WANTED

I HAVE A FULLY SELF CONTAINED

8ft x 22ft motor home and need a space where I may park and
 occupy it. No services need to be provided other than the space.
 No trades/pay rent only. Low profile, very quiet.
 Local references. Contact Phil Shaw at e-mail:
 BREEZERSTORM@gmail.com

PS X

WANTED: BICYCLE FOR BURNING MAN

StuArt- 868-2769

SC X

Classified ads that are free

As a public service to help the recycling of things ~ the finding
 and returning of things ~ and the need for transportation, the
 Bolinas Hearsay news will print for free ads in the categories

LOST & FOUND. FREE and RIDE SHARE.

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 hearsaynews@yahoo.com

**Maximum approx. 20 words, will run at
 least one week, often longer**

LOST AND FOUND

REI SUN PROTECTION HAT-TAN FABRIC.

Much needed. Call Martine 868 9036

MA 8/7

LIBRARY BOOK LEFT AT BOOKSTORE...OOPS

If you bought it, please return to library. "Pirate Diary: The
 Journal of Jake Carpenter." Happy to reimburse you.
 Call Will 246-1446

WM 8/7

FOUND: IF YOU LEFT A BOWL, DISH OR PLATTER
 at Tom D'Onofrio's Memorial call Joy @ 0982. Thanks, Joy

JC 8/5

LOST: CELL PHONE OLD CASIO BUTTON

phone ! reward! Between school, town, Terrace, Elm, Opal.
 Ron Brown- Return to Fire Dept.

RB 6/22

LOST: SMALL PADDED CAMERA BLACK CASE

lost in park during The Sun Festival on Sunday.
 If found, call 0938

M6/22

CLASSES



Weekly Classes and Events Schedule

MONDAY

Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon
 Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.

TUESDAY

Senior Stretch W/Anna Gottreich 11:00 - 12:00 p.m.

WEDNESDAY

Pilates w/Lisa Townsend 8:30 - 9:45 a.m.
 Ninjitsu w/ Martin (Starts 1/14/15) 6:30 - 8:00 p.m.

THURSDAY

USDA food bank 12 noon
 Congolese Dance w/ Sandor 6:00 - 7:30 p.m.

FRIDAY

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 a.m.
 No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 p.m.

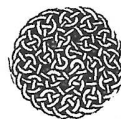
SATURDAY

Diaspora Dance w/ Amber Hines 9:00 - 10:15 a.m.
 Ballet w/ Erika Townsend 10:30 - Noon

SUNDAY

Brazilian Dance with Anna Gottreich 11:00 - 12:15 p.m.
 CommUnity Night (see website for details) 6:00 - 9:00 p.m.

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



How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the
 BPUD office on Mondays, Wednesdays and Fridays
 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
 mailbox 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 as they might become separated) & drop into door
 slot.

FREE

WEATHERED BRICKS

Less than 100. Call Tina Ann -2523

TA 8/14

WE ARE REORGANIZING OUR SUPPLIES

and have a lot of extra white greenhouse shade cloth. Very
 handy stuff. Outside the fence on Poplar at Aspen till it's gone.

MN 7/31

JUNIOR LOFT BED W/ 3 DRAWER CHEST, DESK

& bookcase. Single mattress. Great shape - outgrown.
 L 80", W 42", H 46". Call 9851 - vmsg 342-6347

SS 7/24

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

SERVICES

PROFESSIONAL WRITING, RESEARCH, MARKETING

A (transplanted) local seeking telework -- part time/ project.
Political advocate for nonprofit. Master's Degree.
Local/professional references.
Andrew.W.Cattell@gmail.com 415.717.5342

AC 8/14

BRUSH TO MEADOW TRANSFORMATION

Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /
plowing / post-hole drilling. Don Murch -0921

DMX

HANDYMAN: HOME REPAIR, CARPENTRY,
painting. Hauling too! 27 years experience. Local refs.
Steve Hill -2310

SHX

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

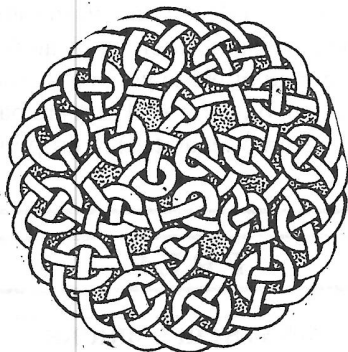
a Subaru SW for all Bay Area (& beyond?) destinations.
Many local refs 868-2144

HD x

ANNOUNCEMENT

LOVE DOGS FOR LIFE, INC., is an amazing non-profit that is dedicated to helping pets stay with their people through financial or life changing setbacks. There are delightful **Love Dogs for Life** products – mugs, bags, shirts, magnets, and art items, available for sale at *Uniquities Variety*, Thrift & Gift and Really Good Pet Food Emporium. All proceeds go to help fund this helpful and much used organization.

JP8/3/15



hearsaynews@yahoo.com

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

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

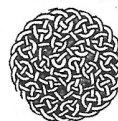
HEALTH & HEALING

CAREGIVERS AVAILABLE

Excellent homcare & cleaning.
Call 868-1782 Anita and William Henry

CH x

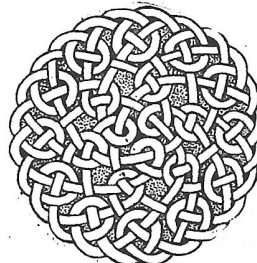
June McAdams, RN
Compassionate and Skilled
Hospice Care Home Care
Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052



HOUSING WANTED

LOOKING FOR A SMALL HOME,
can pay up to \$1,000! Juan and Azucena and toddler Regina.
415-858-9782 or 415-868-0419 Ilka

IH 8/21



17 August

Odin's Ordeal (1)

The first day of Odin's ordeal on the world tree Yggdrasil, leading to the discovery of the runes. According to the *Edda*, Odin hung on



the tree for nine days and nights. This is commemorated from 17 August to 25 August, the final day being the festival of the Discovery of the Runes, when Odin fell "screaming" from the tree, having gained the knowledge.



18 August

Odin's Ordeal (2)

19 August

Odin's Ordeal (3)/The Rustic Vinalia/Egyptian Day

F Roman festival of the Rustic Vinalia is a day of offering to the ripening grapes. This is a festival of the goddess Venus (right), in her aspect as guardian of gardens, olive groves, and vineyards.



From The Pagan book of Days

By Nigel Pennick

Submitted by June McAdams