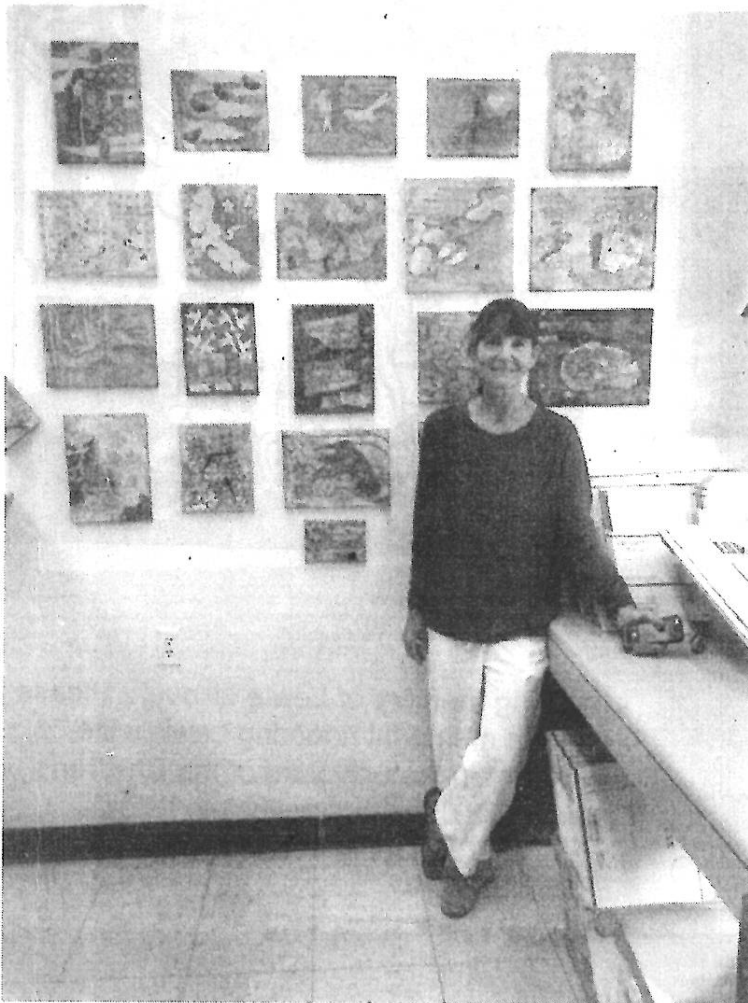


# Bolinas Hearsay News

Monday, August 7, 2017

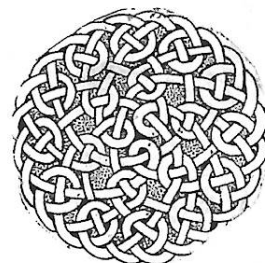
50 Cents



Sharel Arnet with her collage exhibit at the post office. Photo by Linda Samuels.

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

- August 7: Mechelle Cattell  
Danny Harrington
- August 8: Gregor Docherty  
Serita Basilio-Lewis  
Tina Ann  
Wilbur Richards
- August 9: Jody Spangler  
Cindra Joy  
Richard Brown  
Memphis Russum  
Charles Winstead  
Robin Thompson
- August 10: Susan Sanders  
Lily Field  
Bill Braasch
- August 11: Jim Anderson  
Teri Jo Wheeler
- August 12: Eleanor Lyman  
Elijah Yerington
- August 13: Mark Butler  
Tyrone Cree Brendel  
John Kent



## **WHAT'S HAPPENING?**

Monday, August 7

### **FULL MOON/PARTIAL LUNAR ECLIPSE**

Moon is full at 11:11am; moonrise at 8:19pm

Thursday, August 10

### **SANDY'S**

Psychedelic/pop/surf music @Smiley's, 8pm, no cover.

Friday, August 11

### **MUNCIE**

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

Saturday, August 12

### **MIDNIGHT ON THE WATER**

Local contra-dance band plays at Pt Reyes Farmers' Market, 10am to noon

### **SOUP SATURDAY**

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

### **CAMPFIRE STORIES**

At Olema Ranch Campground with Neshama Franklin, 8-9pm FREE

### **JUST FRIENDS**

Charlie Docherty's funk/pop band plays Smiley's, 9pm, \$10

Sunday, August 13

### **DIGISAURUS**

Live alt/indie music @ Smiley's, 8pm, no cover.

Tuesday, August 15

### **COMMUNITY CENTER**

Regular monthly meeting of the Board of Directors @ Library, 5pm

Tuesday, August 22

### **OPEN MICROPHONE**

w/ Charlie Docherty @ Smiley's. 7:30pm

Wednesday, August 23

### **PANORAMIC SEA HAPPENING**

3pm (weather permitting) Pawel Kruk and invited artists will attempt to reconstruct Tadeusz Kantor's Panoramic Sea Happening at Brighton Beach in Bolinas. In the name of the artists, we hereby invite all interested in participating. Bringing beach chairs is encouraged.

Thursday, August 24

### **SF MIME TROUPE'S SHOW "WALLS"**

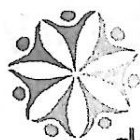
7:00 pm (Music 6:30) FREE!! Mill Valley Community Center, on the Back Lawn

Pasteup.....Ned Riley

Ads/books.....June McAdams

Press.....Jennie Pfeiffer



COMMUNITY &  
CULTURAL CENTER

dance palace

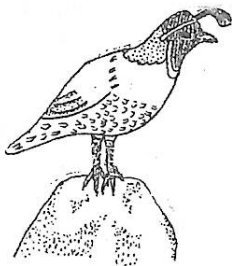
Point Reyes Community Lunch Jul-Dec 2017

07/06/2017 - 12:00pm

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.

**WHITE ELEPHANT SILENT AUCTION**

There are many ways to participate in Labor Day, but the silent auction is one of those great win win opportunities. The Community Center wins when there are great items to sell, as that helps us support all the wonderful classes and events that happen at the BCC. The donor wins by passing on some artifact that need to be released back to the community. Something way-to-nice to throw away, but for whatever reason (too full of memories or not enough time for your own garage sale) something you don't want to sell.

The white elephant always reminds me of Ganesha, the Hindu deity that has an elephant head, and multiple arms. Ganesha is the remover of obstacles. So if your stuff is weighing you down, bring the beautiful, useful, desirable items to the Community Center. We'll do our best to find someone who will love it.

P.S. Your donations are tax deductible, we'll be happy to give you a receipt.

**Donation Drop off Times:**

Thursday Aug. 31 (2-6) \* Friday Sept. 1 (10-6)

Saturday Sept. 2 (10-4)

**CALL -2128 FOR OTHER OPTIONS & PICK-UP**email: [Bolinascc@bocenter.org](mailto:Bolinascc@bocenter.org) • [www.bocenter.org](http://www.bocenter.org) •

14 Wharf Rd., Bolinas, CA 94924-0122

A Non Profit, Tax Exempt [501(c)(3)] Corporation No. 23-7117192



In loving memory of Lewie Likover. Please join us for a memorial honoring Lewie's life. August 27th, 2-4 in the backyard of the Children's Center/BPUD with a potluck to follow. 415-794-7342 for questions

THREE GREAT THINGS ABOUT THIS PLACE...

- The summer kitchen, perfumed with a basil plant and muskmelon.
- Bittersweet student departures—Calvin and Georgia are off to school after their summer at home.
- A very fine First-Tuesday-of-the-month Celtic music session at the Mayflower last week.

--Ned Riley



Plein air painting by Nicholas and Miles Coley, just off Marin Way. Photo by Curly Rigg



## The Gag-Me-With-A-Spoon Summer of Love

By Lloyd Kahn

My annoyance at all the lame krap floating around now about 1967 in the Haight-Ashbury district, "The Summer of Love," just about turned to repulsion of late. Yeah, strong word, but man is it bad! We went to the deYoung Museum in San Francisco (an architectural catastrophe) Friday for their exhibit. \$25 entrance fee! Most of the exhibit consisted of posters and yes, the posters were magnificent, but the exhibit was mostly '60s drivel.

The "hippie clothing" was awful. No elegance, no simplicity. People with bad taste and too much time on their hands; bad colors, mishmashes of design. A truly awful crocheted bedspread commissioned by Bob Weir. Two rooms of flashing video montages of blurry dancers -- senseless, dumb; not trippy, but sloppy.

And the clincher: when you leave the exhibit, they funnel you into The Summer of Love Gift Shop. I kid you not. T-shirts, hats, trinkets, a poster of lame buttons -- all made in China.

These curators are giving the '60s a bad name.

The "Hippie Modernism" exhibit at the Berkeley Museum was way better.

As is the exhibit at the California Historical Society. Really good b&w photos, tracing the '60s from the Beats-on. \$5 entrance fee.

There was a conference this weekend, some 45 presentations on the era, mostly by college professors.

Sorry, I've been brooding over all the distortions, all the weren't-there, don't-get-it pontificators.

"The Haight-Ashbury was a neighborhood. The '60s was a movement." -Ken Kesey

<http://www.lloydkahn.com>

### ATTENTION ALL STINSON BEACH PRESCHOOL

#### ALUMNI AND PARENTS OF ALUMNI

This excellent, Montessori based preschool that has been in loving operation for over 40 years, is sadly closing. There will be an "END OF AN ERA PARTY" coming up August 19, in the Bolinas Community Center. From 4:00 until 10:00. Everyone is invited.

There will be food and music and remembrances. A video loop is being planned with photos and events captured over the years. If you have any memories to share, or are able to help with planning, set-up, take down, or support in any way, you can contact Susan Tacherra, [susantacherra@gmail.com](mailto:susantacherra@gmail.com).

If you have photos or videos you can also contact Jeff Miotell, [jeff.miotell@gmail.com](mailto:jeff.miotell@gmail.com).

Submitted by jennypfeiffer

### WHAT HAPPENED THIS WEEK 8-7-17 MONDAY MORNING MEMO Week in Review Recap from Jenniepfeiffer

We are fully into August and looking at the last two weeks of vacation before teachers return to school August 21<sup>st</sup> and then students on the 23<sup>rd</sup>. Recaps are back and I was getting some positive feedback on the "non-columns" so I'm thinking I need to work on brevity.

One very major event of the past week was the signing of papers that officially sold Star Route Farms to University of San Francisco. It has been in the works for the past three years and it is good news in that the farm will remain an organic producer of excellent quality food and there will be an added educational aspect. There will be opportunity for the Bolinas-Stinson School and our community to partner with USF on projects and best news is employees will be able to keep their jobs with perhaps some added benefits and housing expansion. The Weber family started this farm, the first certified organic farm in the state, in the late seventies with a vision for excellent quality produce using organic methods. We thank them for that dream and can appreciate the work that has gone into the making of Star Route Farm as a leader in this food movement. It is my understanding that the name will remain. There will be a "meet and greet" with the University Provost coming up in September to find out more about their ideas for the farm moving forward. This is very good news. I am very thankful.

This has been a week of art around town. Some makers in the Museum courtyard Saturday, some exhibits closing and some new shows opening. Check out the Book Exchange. Vanessa Waring's brother, Vincent along with Melody Overstreet, had an opening on Saturday of words and pictures. It's lovely. Also, take a peek in the Post Office. We are an art loving town, and it's a pleasure to see so many of our talented friends and neighbors showing their work.

Next Saturday is another 2<sup>nd</sup> Saturday Sale at Bolinas Commons. Hopefully this will be a regular event. Join in if you have items to sell, exchange, or want to see what's for sale. Hope to see you there, jp \*Delightful collages by Sharel Arnet

### A TESTIMONIAL

I was recently able to utilize the services of Sean Bishop who advertises in the *Hearsay* (415 699-6204) as *WINDOWMAN*. I had a 50 year old sliding glass door that barely moved.

Sean arrived in the time window he said and proceeded to replace the rollers and make that door as good as new. Had the needed parts with him and charged me a very reasonable rate.

If you've got issues with doors, screens, etc Sean is the guy.

Malcolm Ponder



### **How Leafy Green Vegetables May Help Your Brain**

New research from the University of Illinois has found that men and women, ages 25-45, are helped to decrease brain aging by having green vegetables in their diet. The nutrient known as *lutien*, found in leafy green vegetables, avocados and eggs, was measured in the eyes of research subjects. People with higher levels of lutein had brain responses similar to people of a younger age.

Lutein is a nutrient that must be obtained through what you eat – the body can't make it on its own. It is found in brain tissue and in the eye. The researchers were able to measure levels in subjects' eyes by looking at an area in the back of the eye, the retina, where the pigment containing lutein is found. They also measured the subjects' speed at completing various tests with electroencephalograms.

The researchers said that most previous studies of brain function and aging have focused on older adults. This study looked at young to middle aged people to see if lutein made a difference in their thinking processes. Dr. Anne Walk, the first author of the recent paper in *Frontiers in Aging Neuroscience*, wrote: "The neuro-electrical signature of older participants with higher levels of lutein looked much more like their younger counterparts than their peers with less lutein. Lutein appears to have some protective role, since the data suggest that those with more lutein were able to engage more cognitive resources to complete the task." Others have pointed out that lutein also gives some protection against a type of blindness called macular degeneration.

Researchers on this study are continuing to study the effects of lutein on learning and memory, as well as how more dietary lutein may increase lutein in the eyes. In the meantime, we should all take advantage of the summer's bounty of spinach, kale, chard, lettuces and avocado, which have many health benefits in addition to those cited in this article.

Sadja Greenwood, MD past articles at [sadjascolumns.blogspot.com](http://sadjascolumns.blogspot.com)

### **Cómo las verduras verdes frondosas pueden ayudar a su cerebro**

Nueva investigación de la Universidad de Illinois ha encontrado que los hombres y las mujeres, edades 25-45, se ayudan a disminuir el envejecimiento del cerebro por tener verduras en su dieta. El nutriente conocido como *lutien*, que se encuentra en verduras de hojas verdes, aguacates y huevos, se midió a los ojos de los sujetos de investigación. Las personas con niveles más altos de luteína tenían respuestas cerebrales similares a las de una edad más temprana.

La luteína es un nutriente que debe obtenerse a través de lo que come - el cuerpo no puede hacer por sí mismo. Se encuentra en el tejido cerebral y en el ojo. Los investigadores fueron capaces de medir los niveles en los ojos de los sujetos mirando a un área en la parte posterior del ojo, la retina, donde se encuentra el pigmento que contiene luteína. También midieron la velocidad de los sujetos al completar varios ensayos con electroencefalogramas.

Los investigadores dijeron que la mayoría de los estudios anteriores de la función cerebral y el envejecimiento se han centrado en los adultos mayores. Este estudio examinó a jóvenes de mediana edad para ver si la luteína hizo una diferencia en sus procesos de pensamiento. La Dra. Anne Walk, la primera autora del reciente artículo en *Frontiers in Aging Neuroscience*, escribió: "La firma neuroeléctrica de participantes mayores con niveles más altos de luteína se parecía mucho más a sus homólogos más jóvenes que a sus compañeros con menos luteína. Lutein parece tener algún papel protector, ya que los datos sugieren que aquellos con más luteína fueron capaces de involucrar más recursos cognitivos para completar la tarea". Otros han señalado que la luteína también da cierta protección contra un tipo de ceguera llamada degeneración macular.

Los investigadores de este estudio continúan estudiando los efectos de la luteína en el aprendizaje y la memoria, así como cómo la luteína más dietética puede aumentar la luteína en los ojos. Mientras tanto, todos debemos aprovechar la abundancia de espinacas, col rizada, acelgas, lechugas y aguacate del verano, que tienen muchos beneficios para la salud además de los citados en este artículo.

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




### **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](mailto:868hearsay@gmail.com)



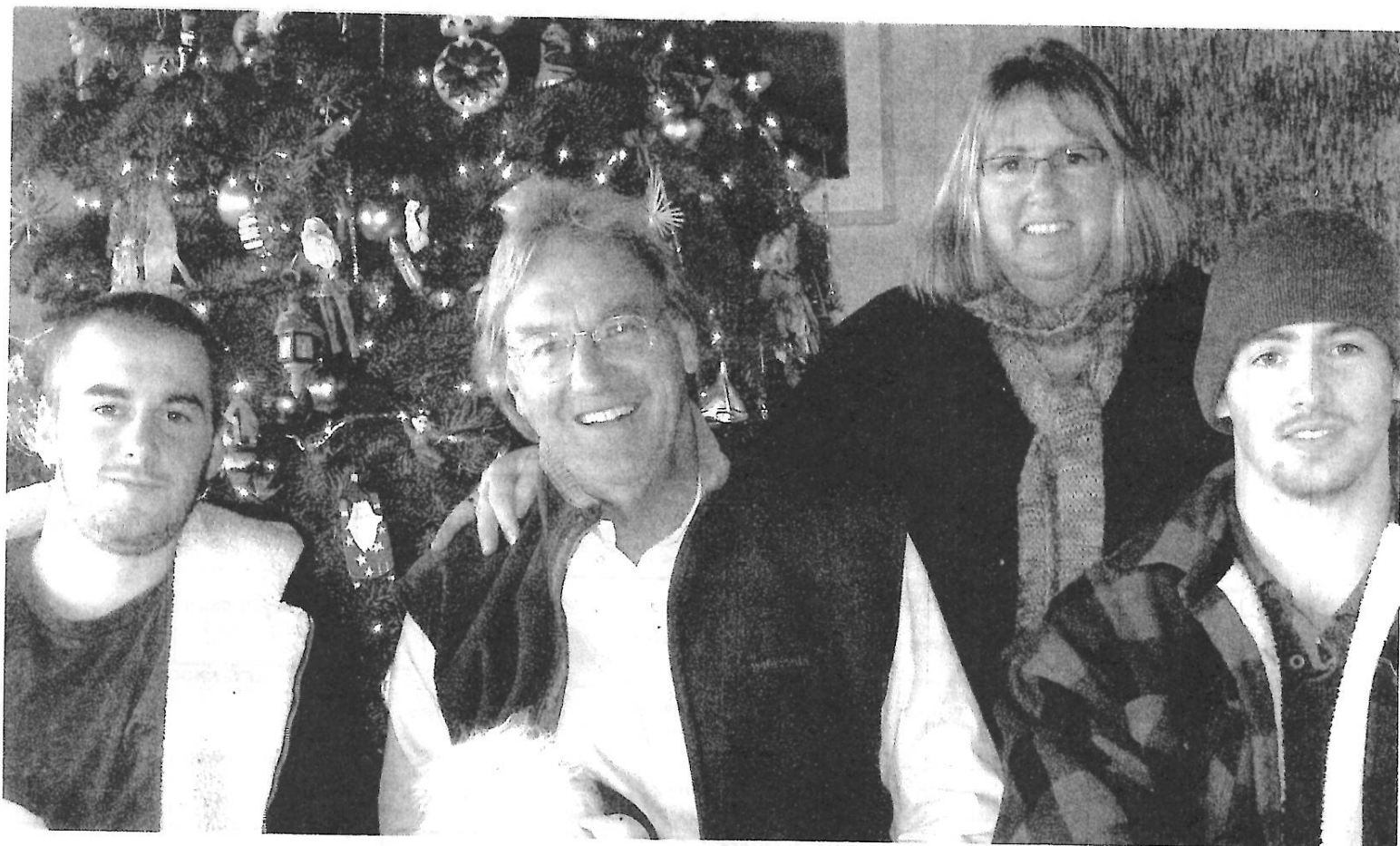
**Ken & Sam Levin**

**Window Cleaning**

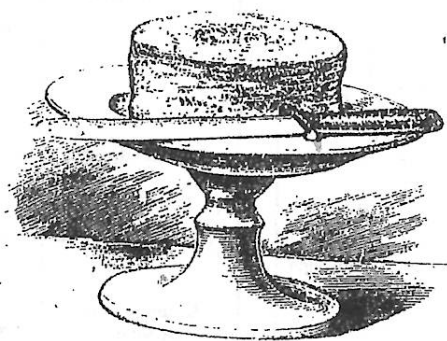
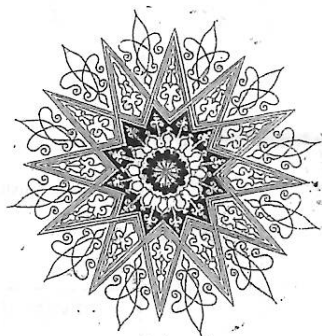
**415.663.9669**

**West Marin's Best**





The Barton family: Bill, Pat, Will and Sam. Pat passed away last week. Photo: Bill Barton



### CALLING ALL BOLINAS BAKERS

**LABOR DAY IS COMING SOON  
AND THE BCC IS PLANNING ON  
HAVING A DESSERT TABLE.  
ANYONE WILLING TO BAKE A  
SWEET THING OR TWO AND/OR  
TO HELP RUN THE TABLE FOR  
A TWO HOUR SHIFT, PLEASE  
CALL JUNE MCADAMS @ 868-9052.  
THANKS, JUNE**

## County will pursue rule requiring just cause for evictions

By Anna Guth

An ordinance requiring just cause for evictions has risen to the top of the list of a suite of measures Marin County is considering adopting to address the affordable housing crisis.

Supervisors stayed after the end of their regular meeting on Tuesday for a special meeting focused on four programs in the works to address the county's affordable housing crisis. The programs were among 11 for which the Board of Supervisors gave its staff a green light to research as part of a comprehensive strategy.

On Tuesday, supervi-

sors heard a report from staff and listened to input from community members, many of whom spoke in support of a just-cause ordinance in particular.

Commentators told heart-wrenching stories of evictions that left them scrambling, and representatives from organizations such as the Community Land Trust Association of West Marin, the San Geronimo Housing Association and the Bolinas Community Land Trust expressed the need for such an ordinance.

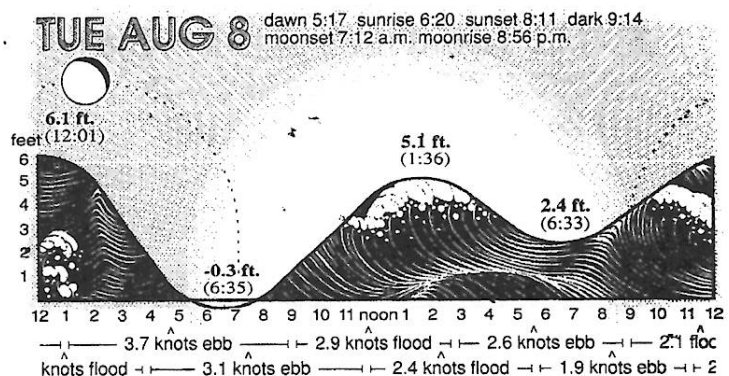
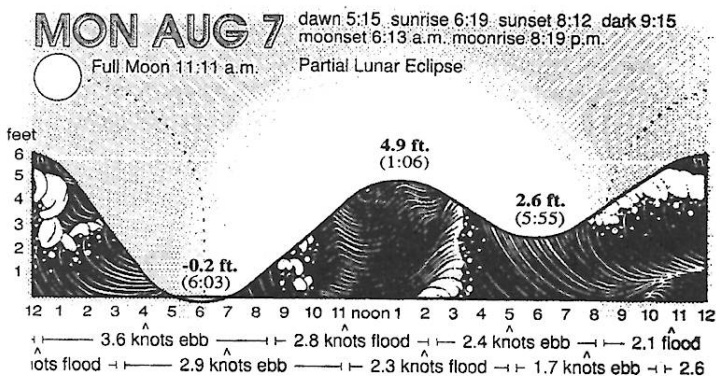
*Pl Reyes Light  
8/2/17*

*submitted by  
Monday editor*



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)	Fiesta!
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	National Native News	
8:00	With Eyes Open!	A Cuppa Jo				Morning Glory	Sunday Baroque
9:00	Nature Notebook	The Valley	Rise and Shine	Top of the Morning	Pieces of Peace new Art / Right Now	The Vicarious Traveler / Original Minds	
	Sound Science	Airwaves	Swimming Upstream		Milk St. Radio		
10:00	TURNING PAGES						
	At Nature's Pace	Reading to John / Toon In	Waves of Joy / Magic of Joy	For Children of All Ages / Radio Bookmobile	Reader's Delight	Day 6 (CBC)	Sunday Celebration
11:00	TALK & CURRENT AFFAIRS					Vida with Saga / Off-Center Sports	
12 pm	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal		
	The Bioneers						
1:00	Farm & Foodshed Report	New Dimensions	Planetary Radio	Attune-ment / Common-weal Conversations	Alternative Radio	Forms and Feelings	Happy Days
			Making Contact				Jazz Rhythms
2:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Non-violence Radio / The Local Organon		
3:00	AFTERNOON MUSIC					Hawai'i Calling / The Scoring Stage	Foraging with Betsy Nichols / The Kitchen Sink
	Cruisin'	Aztec Pride / Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday		
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					Circulo Musical	Midnight in Luxembourg / To Hell & Back
	Epicenter	Epicenter	Epicenter	Epicenter	Happy Hour		
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)			
	National Native News	National Native News	National Native News	National Native News			
7:00	EVENING MUSIC					EVENING MUSIC & DRAMA	
	Release Me / Foggy Ridge Music	Musical Varieté	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	Night Flight / Bring It On Home	Celtic Universe	Along For The Ride / Between Rock & A Jazz Place
8:00							
9:00	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 / Megalo-media Mélange	The Jazz Groove	Rock of Ages
10:00				Sit Down! / Get Down!			
11:00	Forms and Feelings (repeat)	new Left of the Dial	Sonic Sunspots	Under the Needle	The Latin Alternative	Saturday Night Function	L.A. Theatre Works
12 am	LATE NIGHT					LATE NIGHT	
	DeepWaking 12-1 KWMR Music	new Stuck in the Psychedelic Era 12-2	Sunspots to 1-30 KWMR Music	Best of British 12-1 KWMR Music	Radio Goethe 12-1 KWMR Music	KWMR Music	Grateful Dead Hour





## HELP WANTED

**OUR VINTAGE MS. PACMAN ARCADE-TYPE**  
 machine needs repair. Is there anyone nearby who might be able  
 to take a crack at it? Call 868 1817.

SG 8/11

## FOR SALE

**FOR SALE: 1993 HONDA CIVIC, 4 DOOR, 5 SPEED**  
 manual transmission, 193,000 miles. Runs good. \$900  
 707-287-3238

NH 8/25

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

RF X

## LOST AND FOUND

**LOST: LG CELLPHONE YESTERDAY BETWEEN**  
 2:30-4pm downtown or left in Jody Spangler's car.  
 If found call Ilka Hartmann -0419 or Pamela Jane -0937  
 or leave the phone at Smiley's or at the Bolinas Market.

IH 8/2

**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

**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.

## 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
Pirate Pizza in the Plaza & Kitchen (Starts 8/15)	3:00-7:00 pm
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 Gottr. (last Sunday of mth)	11:00-12:15 pm
----------------------------------------------------	----------------

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!



## WANTED

### STUDIO/WORKSHOP-

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

EG 8/7

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

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

SC X

## 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

**IF YOU ARE IN NEED OF A BATH OR HAIRCUT**  
for your dog, please contact Jenny at paws 4 thought.  
707-758-1038 e-mail: jenny.riviere@yahoo.com

JR 9/26

## 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:

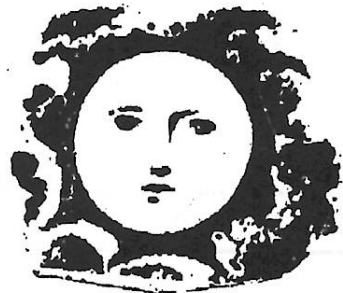
Mondays • 10 a.m. to 6 p.m.  
Tuesdays • 2 to 9 p.m.  
Thursdays • 2 to 9 p.m.  
Fridays • 10 a.m. to 2 p.m.  
Saturdays • 10 a.m. to 2 p.m.

### 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.

## HEALTH & HEALING

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LB 9/25



## 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
Brionas 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		
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