

Bolinas Hearsay News

Monday, September 25, 2017

50 Cents



Diana Long Remembered memorial gathering.

Illustration by StuArt

WHAT'S HAPPENING?

Monday, September 25

BOLINAS FIRE DISTRICT

Regular monthly meeting of the Board of Directors @ Firehouse, 100 Mesa Rd, 7:30pm

Tuesday, September 26th

SARAH MACLEAN BICKNELL

Healer, teacher and mentor in North American indigenous traditions for over 25 years, @ Community Center, FREE 6pm - 8pm

Wednesday, September 27

MIDNIGHT ON THE WATER

Celtic & contra-dance music for Smiley's celebration of all September birthdays, 7:30-9:30pm, no cover

Thursday, September 28

BRIONES LIONS CLUB

Meeting at the Rod and Boat club, 7pm

SOFIA TALVIK

Live Swedish folk & Americana music @ Smiley's, 8pm

Friday, September 29

THROWN OUT BONES

Live rock/funk/folk music @ Smiley's, 9pm, \$5

Saturday, September 30

MEMORIAL GATHERING FOR TERRY BELL

Rod & Boat Club, 12:30-4:30pm, bring dish to share

THE BURNING MAN TEMPLES AND BEYOND

Temple creator David Best in discussion with visuals.

Commonweal, 3pm RSVP:

thenewschool@commonweal.org

THE HUMAN CONDITION

Live metal-core music @ Smiley's, 9pm, \$10

Sunday, October 1

39TH ANNUAL GYMKHANA

Marin County Pony Club's gymkhana & horse show at Vanishing Point Ranch, 9am-4pm. Pony rides, food, no dogs, please

HAPPY HAPPY BIRTHDAY!!!

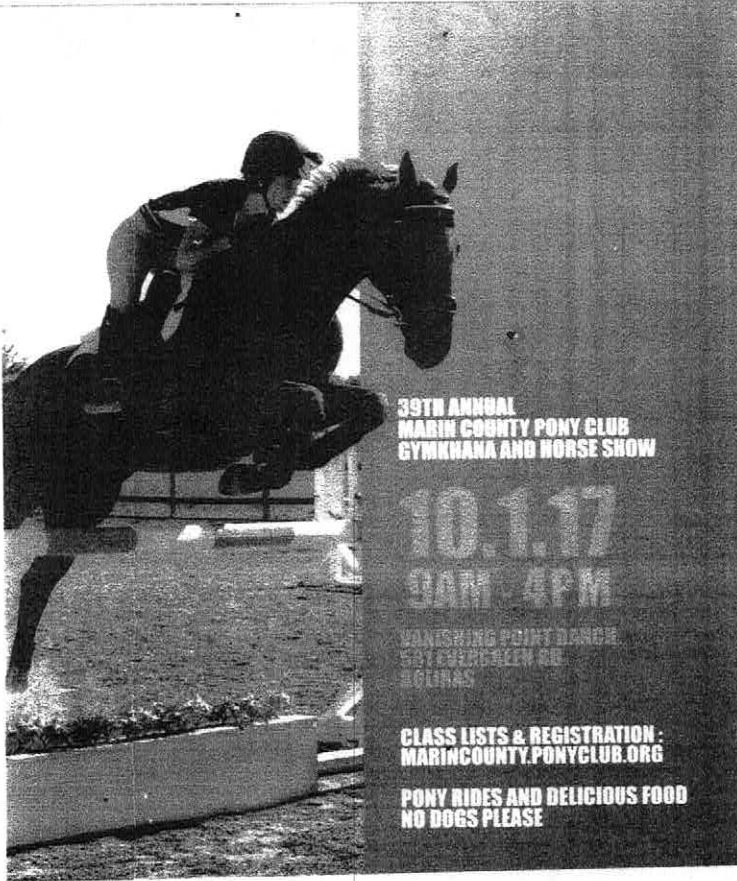
- September 25: Suki Fourman
Hector Mora-Lopez
Omar Rifkin
Nathaniel Wood
- September 26: Valerie Long
Dee O'Neal
Jim Quay
- September 27: Grace London
Amy Trivelpiece
Brian Lee
Flora Victoria Lee
- September 28: Joshua Ford
Jesse Butler
Mam Stephens
- September 29: Sheri Tiller (Cates)
Jon Bruner
Linda Beigel
Taran Donahue-Lewis
- September 30: Jennifer Turney
Mesa Broek
- October 1: Huston Brown
Gillian Ranger
Don Stewart
Jmu Stewart

"WILD FORM"

Jeff Manson album release party at the BCC with special guests Cool Maritime and B-side Brujas plus dinner by Tacos Oscar. 5pm free (but dinner not)

JAMES PATRICK REGAN

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



39TH ANNUAL
MARIN COUNTY PONY CLUB
GYMNASTICS AND HORSE SHOW

10.1.17
9AM - 4PM

WANTING POINT DANCE
SATURDAY SEPT 23
BOLINAS

CLASS LISTS & REGISTRATION:
MARINCOUNTY.PONYCLUB.ORG

PONY RIDES AND DELICIOUS FOOD
NO DOGS PLEASE



COMMUNITY &
CULTURAL CENTER

dance palace

For more information, to volunteer, or to join Call 415 663-1075
Save \$ by buying tickets in advance at: www.dancepalace.org

West Marin Choir - Fall 2017
09/26/2017 - 7:00pm to 8:30pm

West Marin Choir (formerly known as Common Voice Choir) sings soulful and uplifting group harmony songs and chants from around the world including a-cappella songs, American folk music, spirituals and a variety of world music. No music experience is needed and you do not need to know how to read music. West Marin Choir began in 2013 in Point Reyes and has grown to two chapters totaling 80 members throughout West Marin.

West Marin Choir: Fall Season 2017
Sept. 12 to Oct. 17, Tuesdays 7:00-8:30 pm
with Tim Weed

\$150 if paid by Sept. 7, \$165 after
Sign up at www.westmarinchoir.org or mail check to
Sound Orchard, PO Box 722, Point Reyes Station, CA
94956.

Questions can be directed to 415-663-4018
or mail@soundorchard.org.

OLLI: Courtroom Dramas in the Movies & Theater,
Part VII

09/29/2017 - 1:30pm to 3:15pm

Courtroom Dramas in the Movies and Theater, Part VII
Abortion in Roe v Wade, sexual harassment in the
confirmation of Clarence Thomas (Anita Hill), the
Anthony Weiner case, and women's suffrage will be
explored. The D. C. Stephenson trial and the Leo Frank
Trial involving the rise of the Ku Klux Klan in the 1920s
will be dissected. We will examine trials at sea in
Melville's "Billy Budd" and the "Mutiny on the Bounty
Court-Martial" and enjoy the Tracy and Hepburn attorney
characters in "Adam's Rib."

Oak Dowling, JD is a retired attorney with 43 years of
practice, including 31 years in San Rafael. He's a graduate
of the University of Wisconsin - Madison Law School and

EARTH WISDOM HEALER

Coming to Bolinas



Sarah MacLean Bicknell is a healer, teacher, and mentor. She has studied healing and ceremonial work in North American indigenous traditions for 25 years. She has training in North American Native and North European Native Traditions.

Join us for a **Free Talk**

at the Bolinas Community Center

Tuesday,

September 26, 2017

6-8 pm

One Day Workshop

The Eye of the Shaman

Living Constellation

September 30, 2017 9AM - 5 PM

Workshop \$150 all day

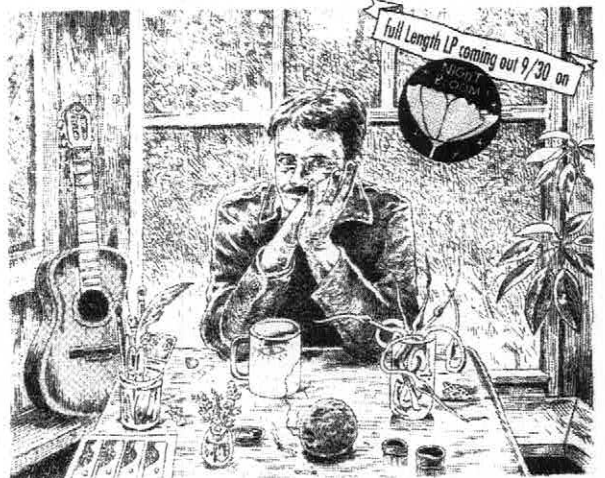
(Workshop & Healing Sessions will be held
in private home on Big Mesa)

For more information and to sign up for a class

email: Brooke@thehouseofwater.com

* Private healing available upon request *

J E F F M A N S O N
W I L D F O R M



RECORD RELEASE PARTY BOLINAS COMMUNITY CENTER

SUNDAY OCT.1ST 5PM FREE!

a native of Chicago. He has lived in Marin County for over 40 years and for over 24 years he has been a part-time instructor of Law at College of Marin. In his Law classes, he has used courtroom drama to demonstrate legal principles. As an avocation, he has performed in theater in Marin and San Francisco over the last 15 years.

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

Cornucopia

Visiting Mickey's farmstand last Friday was like stepping straight into the proverbial Horn of Plenty—into a bounty of gorgeous produce beyond what I've ever seen there in the past, though a visit is always a pleasure. How appropriate that it was also Mabon, the Celtic harvest-festival day, as well as the Autumn Equinox that ends the time of sunlight and growth and starts the time of long nights and dormancy.

And then I stepped into the gallery and beheld an exhibit of creative bas-relief sculptures curated by Oliver Whitcroft, including a womb-centered piece by Mickey himself, so befitting the occasion of his delivering to us the fruit of Mother Earth. Accompanying this was his beautiful statement written deep from the heart about farming as art, thereby developing as a life's work the theme of his college dissertation. Indeed, the produce out front had been lovingly arranged as a work of art in its multifarious colors, textures, and shapes.

Not stopping there, I peeked out back to see literally Tons of squashes of all shapes and colors piled to the brims of their pallet-baskets. And across the Creek was the Farmer himself monkeying with a disc-harrow and talking on the phone, causing me to resist my temptation to cross the bridge and gush forth to him about my rapture over the whole lush scene. So I'll do it here.

Thank you Mickey, Bronwyn of the beautiful eggs, the hardworking fieldhands, and all of the Murch family for this precious gift of 24/7 yummy local organic food to our community.

Don Smith

THREE GREAT THINGS ABOUT THIS PLACE...

- Playing tunes with Mike Draganis, who has spent the last NINE MONTHS in hospital. Welcome back, Mike—I was afraid we'd not play again.
- What a nice Indian Summer we're having this year. Sunny mornings, and we could park downtown.
- Sunday brunch outside on the patio at 11 Wharf.

Cheers, Ned Riley

Ken & Sam Levin

Window Cleaning

415.663.9669

West Marin's Best



The Military Budget Just Got Bigger

This is what I wrote to our war mongering and gutless Senators Harris and Feinstein who not only approved the Military Budget but increased it by some \$81 Billion more than was asked for. I can hardly see straight I am so pissed off. Here's the letter.

I was born in 1949 and as far as I can tell this country has been at war my entire life. That you not only gave such a huge increase, but further increased that money makes me ill. How many more innocents will be killed? Jesus, Ms Harris, what is the matter here? What are you thinking. That increase alone could have paid for Single payer health as well as free college.

I've had it!! And I am pissed that you didn't put up a fight against not only continued military investment but then increased it substantially as well.

Peace is all there is. We need to stop manipulating the rest of the world and being the big boss. War is such caveman thinking.

Thank you for listening to me.

And thank YOU for listening to me.

In Peace,
Meg Simonds

Time to Get Ready !

Dear West Marin Neighbors,

Time to Get Ready! On October 14th and 21st, our West Marin Fire Departments will offer a Community Emergency Response Team (CERT) training in Nicasio. This is an excellent and exciting opportunity to become prepared and help during a disaster that may overwhelm our professional first responders. Learn basic emergency first aid, triage, radio skills, team building, fire safety and light search and rescue in this 19 hour class, for only \$45.

If you are the type to jump in and help when the going gets rough, please consider taking the time to attend this two day class. We all hope a disaster won't occur, but when one does, West Marin will need to rely on our own resources. Let's pull together! To find out more information and to register, go to www.readymarin.org CERT classes are FREE to High School students and Refresher CERT's.

And remember to sign up at www.AlertMarin.org to receive emergency notifications from the Marin County Office of Emergency Services.

Thank you!
Anne Sands
West Marin Disaster Council Coordinator
West Marin CERT Class Coordinator

9/25/17

Your Microbiome has Circadian Rhythms

We humans have internal clocks; we experience daily changes in our energy, mood, appetite and sleepiness based on time of day, light and dark, temperature and sleep patterns. These changes are known as circadian rhythms. Microbes in our gut, the so-called 'microbiome', have also been found to have circadian rhythms. Our gut bacteria make small rhythmic movements throughout the day and night. In so doing they impact our physiology and affect tissues far away from the gut, such as the liver. Gene expression in the liver can change in tandem with the microbiome's rhythm changes, resulting in variations in important liver functions, such as drug metabolism and detoxification.

The new findings in a paper from the Weizmann Institute of Science in Israel, published 12/1/16 in the journal *Cell*, show that our circadian rhythms are deeply dependent on the oscillations of the gut microbes. Some of our daily rhythms are maintained but others are disrupted. Previous work by the authors of this study, Eran Elinay and Eran Segal, showed that disrupting feeding times and sleep-wake patterns in mice induced changes in the gut microbiome. Understanding more about this relationship could eventually help to find ways to intervene in obesity and its related metabolic problems, which are more common when circadian rhythms are disrupted due to shift work or jet lag. Also, since most drugs, from Tylenol to chemotherapy, are metabolized by the liver, a better understanding of gut/liver rhythms could affect how and when medications are taken or given. According to Eran Segal "What we learned from this study is that there's a very tight interconnectivity between the microbiome and the host. We should think of it as one supraorganism that can't be separated. We have to fully integrate our thinking with regard to any substance we consume."

A take-home lesson from this study is that we should become more aware of our daily patterns of eating and sleeping, and try to keep them as regular as possible. Eating during the day and letting the gut rest at night is desirable. Also, remember that your gut microbiome thrives on the fiber found in vegetables and fruits. Think of yourself as a 'supraorganism.' !

*Sadja Greenwood, MD back issues -
sadjascolumns.blogspot.com*

Su microbioma tiene ritmos circadianos

Los humanos tenemos relojes internos; experimentamos cambios diarios en nuestra energía, estado de ánimo, apetito y somnolencia basados en la hora del día, luz y oscuridad,

temperatura y patrones de sueño. Estos cambios se conocen como ritmos circadianos. También se ha encontrado que los microbios en nuestro intestino, el llamado microbioma, tienen ritmos circadianos. Nuestras bacterias intestinales realizan pequeños movimientos rítmicos durante el día y la noche. Al hacerlo, afectan nuestra fisiología y afectan tejidos lejos del intestino, como el hígado. La expresión génica en el hígado puede cambiar en tándem con los cambios del ritmo del microbioma, dando por resultado variaciones en funciones importantes del hígado, tales como metabolismo y desintoxicación del fármaco.

Los nuevos hallazgos en un artículo del Weizmann Institute of Science en Israel, publicado el 12/1/16 en la revista *Cell*, muestran que nuestros ritmos circadianos son profundamente dependientes de las oscilaciones de los microbios intestinales. Algunos de nuestros ritmos diarios se mantienen, pero otros se interrumpen. Los trabajos anteriores de los autores de este estudio, Eran Elinay y Eran Segal, mostraron que la interrupción de los tiempos de alimentación y los patrones sueño-vigilia en ratones indujeron cambios en el microbioma intestinal. Entender más sobre esta relación podría eventualmente ayudar a encontrar formas de intervenir en la obesidad y sus problemas metabólicos relacionados, que son más comunes cuando los ritmos circadianos se interrumpen debido al trabajo por turnos o el jet lag. Además, dado que la mayoría de los fármacos, desde el Tylenol hasta la quimioterapia, son metabolizados por el hígado, una mejor comprensión de los ritmos intestinal / hepático podría afectar cómo y cuándo se toman o se administran los medicamentos. Según Eran Segal "Lo que aprendimos de este estudio es que hay una interconexión muy estrecha entre el microbioma y el anfitrión. Deberíamos pensar en él como un supraorganismo que no puede separarse. Tenemos que integrar plenamente nuestro pensamiento con respecto a cualquier sustancia que consumimos".

Una lección para llevar a casa de este estudio es que debemos ser más conscientes de nuestros patrones diarios de comer y dormir, e intentar mantenerlos lo más regulares posible. Comer durante el día y dejar que el intestino descansar por la noche es deseable. Además, recuerde que su microbiota intestinal prospera en la fibra que se encuentra en verduras y frutas. Piensa en ti mismo como un "supraorganismo".

*Sadja Greenwood, MD números anteriores -
sadjascolumns.blogspot.com*

**MEMORIAL GATHERING FOR TERRY BELL
SATURDAY, SEPTEMBER 30TH 12:30 – 4:30
BOLINAS ROD & BOAT CLUB
POTLUCK – PLEASE BRING YOUR
FAVORITE DISH TO SHARE**

WHAT HAPPENED THIS WEEK
Week in Review Recap from Jenniepfeiffer
9-25-17 Monday Morning Memo

The ABCs of CBD

By Maria Grusauskas

This has been a week of beautiful weather, our so called "Indian summer" that we typically get in September which is lucky for us because summer holidays are usually over, students are back in classes, and we can have a little room to enjoy our town without the crush of vacationers. It's like a secret time of beautiful beach days, after the drippy cold days of "Fogust". But the down side is that these are high fire danger days for us, not having moisture in the air, so careful everyone. There was already a grass fire up Olema/Point Reyes way, so we are being advised not to have BBQ grills going and be careful about power tools. Fire Chief Anita has had crews out clearing brush along roadways, and I have noticed work being done to upgrade fire hydrants.

I looked up "Indian summer" to be sure there were no ethnic connotations of an insulting nature, since I'm finding that to be the case with so many expressions I have grown up hearing, and the etymology seems innocuous enough, though vague and ambiguous: "first noted in regions inhabited by Native Americans, or because they first described it to Europeans, or because it had been based on the warm and hazy conditions in autumn when Native Americans (so-called Indians) hunted." So should we change the expression to Native American Summer? Maybe just call it "native summer", referring to the hopes that the pilgrim tourists would go home and leave the area to local use. I can relate, though I am far from a "native", I do consider myself a local and love these beautiful faux summer days.

Otherwise, a quick run down of the week started with a Monday afternoon Facilities Committee meeting at school, with the beginnings of planning for what staff needs might be for facilities upgrades. This is preliminary research for a possible General Obligation Bond initiative for facilities improvements. Of course input from families and the Stinson and Bolinas School Community is important as well. I'm all for working with the Mesa Park Board to put in a Gym and pool for shared benefit. Also, a remodel of our multipurpose room, the Quesada, is important for better Dance, Drama, Music and Visual Arts use, and ADA upgrades are always important as well.

Tuesday mornings there is an African roots Diaspora Dance class with Amber Hines, for women in their later life power years. I am testing the waters on this. Feeling the need to shake my bones a bit, I took my upright, uptight, all white body down to the Community Center to search for whatever my Diaspora might be and dance to Amber's African roots rhythms and try to follow her exquisitely fluid and grounded (if you can imagine those two concepts together) movements. I doubt that I will ever be able to move in that beautiful way, but it is a delightful way to work up a sweat with other earnest elders who are beyond judging others' bodies or how they move them.

Wednesday was another wonderful women's day, with family over in the East Bay, connecting with sisters and nieces, a different sort of roots connection, but all good.

Thursday is throw-away day, trash pickup day, good day to discard bits and pieces of no longer useful flotsam and jetsam of long ago life lists and notes. Feels good, and since I am a person who tucks \$bills here and there, I get immediate rewards by discovering money in the most unusual places.

Friday was another delightful Deadhead day, with a Grateful Dead music night at the Community Center. This was a fundraiser for young Ruby S., continuing her fight to overcome Lyme's Disease. There were many beautiful, interesting, intriguing items donated for the silent auction,

P rayer, meditation and eating chocolate are three ways to increase levels of anandamide—one of the body's endogenous (that is, manufactured in the brain) cannabinoids, or endocannabinoids. I start with anandamide because, for one, it is known as the "bliss molecule"—its name derived from the Sanskrit for "inner bliss." Acting similarly to THC and CBD (cannabidiol)—two of more than 150 cannabinoids found in the cannabis plant—it dulls pain, and helps us to quickly forget it. It's responsible for runner's high, for instance. I also begin with this molecule because its discovery in 1992—by Raphael Mechoulam of Israel, 30 years after he discovered THC—helped shed light on the body's endocannabinoid system, or ECS.

The ECS acts as a homeostatic buffer, and helps to keep our neurotransmitter levels in proper balance. In the words of Michael Pollan in *The Botany of Desire*, it seems to exist as a natural curative for the "routine slings and arrows of life." It does this via cannabinoid receptors found throughout the body—predominantly in the brain, central nervous system and the immune system.

"Just to put it into perspective," says Santa Cruz-area chiropractor Dr. Michelle Bean, "we don't have receptors on our brain that directly bind Vitamin B. Or Omega-3s." There is no other known plant extract, she says, that can directly bind receptors on the brain and have an immediate and direct influence on the brain and central nervous system.

But if our bodies are already equipped with their own natural endocannabinoids, why should we need the aid of a plant's cannabinoids? This is one of many questions addressed by Bean and LeTa Jussila, licensed acupuncturist and herbalist, in their free weekly classes about CBD.

One answer is that our ECSs are being compromised by depleted diets, environmental toxins and stress. Too often these days, we're living stressed-out lifestyles, says Bean. "It's like having one foot on the gas and one foot on the brake. We are not designed to do that.

The fight-or-flight system in our body is designed to be used quickly, and then come back to rest. The sympathetic nervous system and the immune system do not operate at the same time."

In other words, explains Bean, "When we don't have a healthy endocannabinoid tone, our pain threshold starts to diminish. So stimuli that would typically not induce pain or disease starts to induce pain and disease."

One of CBD's many benefits to the human system is that it slows the breakdown of anandamide, extending the bliss molecule's effects. It also ignites pathways of arachidonoylglycerol, or 2AG, another endocannabinoid responsible for modulating many systems—including shutting down inflammatory processes in the body, a leading cause of disease, says Bean.

Bean and Jussila began their research of CBD after Bean saw it change her mother's life. After three spinal surgeries, her mother was in constant pain. "Within two days of administering different types of CBD and THC, her pain dropped from a chronic 15-year cycle of 10-plus to about a six. At the end of the week, she dropped down to a zero," Bean says.

Ailments that CBD is showing promise in helping include seizures, Parkinson's disease, brain inflammation, depression, anxiety, sleep and mood disorders, and the growth of cancerous tumors.

As CBD becomes widely available at health food stores, Bean cautions consumers to choose organically-sourced, non-GMO products. She also raises a point that is all too relevant to medicinal plants in the face of big pharma: "We have to know, especially in countries like ours that are so reductionist, that the cannabis plant has more than 150 cannabinoids for a reason—terpenes and flavonoids that work synergistically. The fear is we're going to start extracting just the CBD, synthesizing it in labs and giving it in pill form to people. It's already happening with two pharmaceutical companies."*

PACIFIC SUN | SEPTEMBER 13-19.

Pat Dickens

and Mirta's chicken or veggie mole was scrumptious. It all ended with a Grateful Dead concert film. It was a good time and a great show of community support and love and once again I am filled with admiration for Pam Springer's competence and ability to organize and host these events in such a gracious and beautiful way.

The weekend had a full Saturday. There was a Museum Art opening; an area wide Fiber Arts event at the Big Mesa Farmstead that filled parking at Mesa Park and along Rose Lane; a Co-ed soccer match at the soccer field; and a memorial for Diana Long with loving life remembrances and sad farewells.

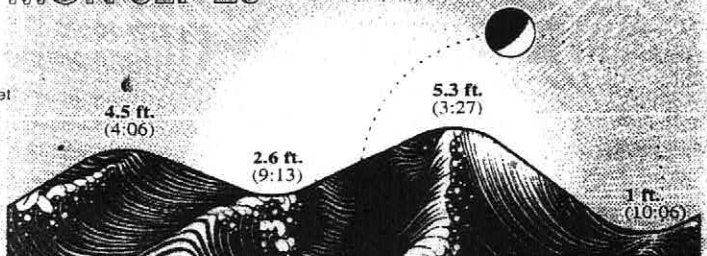
Sunday was a soft, sunny morning, a good time to reflect on the week over a bodacious brunch at 11:00 Wharf.

I hope your Native Summer Days are peaceful. POR, JP

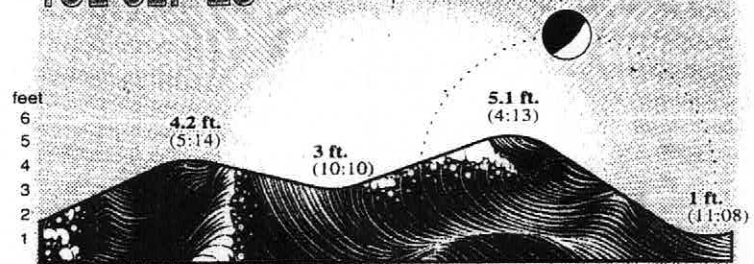
⚡ KWMR RADIO SCHEDULE - SEP ⚡

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

MON SEP 25 dawn 6:04 sunrise 7:01 sunset 7:02 dark 7:58 moonrise 12:11 p.m. moonset 10:40 p.m.



TUE SEP 26 dawn 6:05 sunrise 7:01 sunset 7:00 dark 7:57 moonrise 1:05 p.m. moonset 11:22 p.m.



12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11 12
 - 2 knots flood -> 2.2 knots ebb -> 1.7 flood -> 2.8 knots ebb ->
 -> 1.7 knots flood -> 1.6 knots ebb -> 2.3 knots flood -> 2.4 knots

12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11 12
 -> 1.7 knots flood -> 1.8 knots ebb -> 1.3 flood -> 2.5 knots ebb ->
 -> ebb -> 1.6 knots flood -> 1.5 knots ebb -> 2.2 knots flood -> 2.3 knots

FOR SALE

LEA'S YARD SALE - SAT. 9/23 & SUN. 9/24
10 am - 3 pm, at 71 Olema-Bolinas Rd.
Useful / Interesting / Beautiful

LE 9/22

POWER MOWER: HENRY SARLO
3 speed self-propelled w/adjustable height.
New drive belt. Cuts well. \$150.

SOLD HEARSAY AS WORK
1618

AS 9/22

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 case they become separated) & drop into door slot.

LOST AND FOUND

FOUND: A SIGNED CHECK WAS FOUND IN FRONT OF
the Bolinas-Stinson School on the morning of Wed 8/23.
Please call Kara in the school office at 868-1603
to identify and claim it.

KB 8/25

LOST: I LEFT MY WHITE & BLACK BELL HELMET @
People's Store on Sunday the 13th of August - \$20 reward.
Please leave at the People's Store or call 415-868-9052. Thanks

PS 8/21

LOST: I PHONE 4, 8/10 EVENING ON WHARF -
If found Please return to Dan at Smileys 415-868-1311

JA 8/18

LOST: LG CELLPHONE 8/1 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: OSPREY PURPLE AND GREY BACKPACK
on little mesa going up, at first curve.
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: VOLVO KEY WITH PUSH BUTTON REMOTE
control on a College Of Marin lanyard with, a miniature piston
on the key ring. Found on Overlook. Call 868-9052 to claim.

JMC 7/17

CLASSES



Weekly Classes and Events Schedule

MONDAY	
Somatic Exercise	9:30-10:45 am
Bo Babies & Toddlers Open Play Group (free)	12:00-2:00 pm
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/Angela Sterpka	7:00-8:15 pm
TUESDAY	
Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15 am
Pirate Pizza in the Plaza: Call (415) 328-1066	3:00-7:00 pm
Contemporary Dance w/Lisa (teens & adults)	6:30-7:45pm
WEDNESDAY	
Pilates Mat w/Lisa Townsend	8:30-9:45 am
Jyengar Yoga w/ Jennifer (Starts 9/13/17)	10:30-11:30 am
F.L.A.G.ship in front of Library (0-5yrs)	1:15pm - 2:30 pm
Beginning Yoga w/ Brenda Stine (September Series)	6:00-7:15 pm
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 th Fridays)	10:30-12:00 pm
Move & Tumble w/KT (3-5 yrs old) (10/6 - 12/1/17)	12:30 - 1:30 pm
No Place Like Home (Free Brunch 4 th Fri of Month)	12 noon
SATURDAY	
Diaspora Dance w/Amber Hines	9:00-10:30 am
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 for more info & special events!

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

FREE

PIANO
CALL 415-868-1782

CH 9/11

RIDE SHARE

RIDE TO SAN FRANCISCO SYMPHONY

There is a bus that leaves from Point Reyes that goes to Davies Symphony Hall in San Francisco. This happens 5 times this symphony season, October 26, November 16, February 15, 2018, April 12, May 31, 2018. The bus leaves at 10:00 am from the fire station in PRS and returns between 5:00 and 6:00 pm.
We arrive in SF around 11:30. The price for this ride is \$30 and you pay when you get on.
Any questions call Maria Garrigues 868-1898.

MG 9/25

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

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

JM 10/6

DRIVER: AIRPORT OR OVER THE HILL
Comfortable Toyota Matrix.
Call Dale -0782

DP 10/6

WANTED

DRIVER WITH CAR FOR ERRANDS IN TOWN
2-4 days a week; 1-2 times OTH or Point Reyes Station per
month. Check into a legitimate solid job: Marin County
Adult Social Services is now hiring "IHSS" providers: (415)
457-1636. Pay is \$13.+ per hour. Call Angela for details at
(415) 868-1840. Thanks community. Peace.

AR9/29

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

SC X

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.

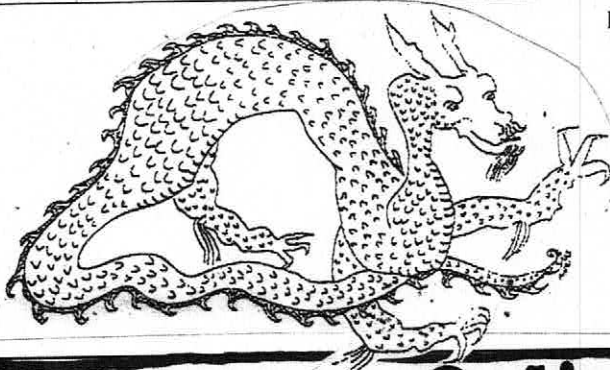
HEALTH & HEALING

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

FOR SALE / RENT

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

LB 9/25



Read the Hearsay Online

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

ANNOUNCEMENTS

CALL GOVERNOR BROWN (UPDATED PHONE NUMBER) TO VETO TELECOMMUNICATIONS BILL SB 649

The phone number listed in Wednesday's Hearsay
was not answered at all on Wednesday, not even for
voice mail messages. I found a different number and
got through to a live person. I asked Governor Brown
(through his assistant) to PLEASE VETO SB 649, the
Wireless Telecommunications Bill, and i explained
why (the reasons cited in Wednesday Hearsay—
especially giving us no choice).

I also said that almost the whole town of Bolinas is
opposed to SB 649 and he said he would include that
info in his message to Governor Brown.
THE CORRECT NUMBER TO CALL IS: 1(916) 445-
2841

Ellen Holmes