WHAT'S HAPPENING

Friday, January 25
NO PLACE LIKE HOME BRUNCH
@ Community Center. 11am, Free

THE GRAVEL SPREADERS
Live band @ Smiley's, 9pm

Saturday, January 26
BESO NEGRO
Live gypsy jazz @ Smiley's, 9:30pm

FIRST FULL MOON OF 2013
Full at 10:38pm, moonrise 5:27pm

Monday Jan. 28th
OMGs @ The New Sweetwater
In Mill Valley Family Night 6-7:30pm

GARDEN WORK DAY
At Bolinas-Stinson School 10am-1pm

Tuesday Jan. 29
SINGER-SONGWRITER SHOWCASE
Featuring Van Waring, Jan Broek, Kacey Johansing, Jeff Manson & more, Bolinas Library 7-9pm FREE tea and snacks provided

COMMUNITY YOUTH NIGHT
@ 6:30pm-DJ Omatic, Ping Pong & Games

Saturday, February 2
GROUNDHOG DAY/IMBOLC/ST BRIDGET'S DAY
We're already halfway to the equinox.

OPENING RECEPTION
"Locos" ~ Tripp Carpenter, Kimberly McNeel and others
Working in wood, prints, paper, glue, metal, plastic, lightbulbs Bolinas Gallery, 2-6pm

CRAB FEAST
Kitchen remodel benefit @ Community Center, 6:30pm doors, 7pm dinner, $45. Live music from Pink Villain.
Info/tickets: lil@bocenter.org

Saturday, February 9
MARY SEDMAN ART OPENING
At Gospel Flat Farm Stand reception 2-5pm

SWEETHEARTS OF THE RADIO
KWMR fundraiser concert featuring Tim Weed & Debbie Daly, Susie & Eric Thompson & more 7 PM Dance Palace
Uniquities 3rd year anniversary and Buy, Sell Swap
Second Saturday on the Brighton Square-10am-2pm

THE SPIRIT HOUSE on Wharf Road
Photo by Ela Haworth

HAPPY HAPPY BIRTHDAY!!!!

January 28: Annie Coughlin
Rio Ariel Forest
James Robertson
John Sabbatini

January 29: Abel Pacific
Violet Tipaldi
Jim Bohman
Judy Olsen
Rick Gordon
Matt Lundy

January 30: Sandra della Valle

January 31: Kate Sanders
Chou-Chou O'Hare
Lynn Murray (remembered)
Charlie Winstead

February 1: Don Smith
February 2: Lauren Henderson
Kara Blake

February 3: "Elfriede" Paollett
Al Molina

Three Things I Love about Bolinas

1. Waking up to the sound of the ocean, not the freeway!
2. Our sweet Post Office where you can get your business done without waiting an hour thanks to Sharon's hard work.
3. The way any trip to the store takes forever after I've gabbed my way back and forth.

By June McAdams, subbing for Ned

Today's paper brought to you by:
June McAdams-Editor/ads
Jennie Pfieffer-Assistant
David Cattell-Printer
You are cordially invited
to the launch of the
Bolinas-Stinson Union School District
Pre-School-For-All Task Force

When: Monday, February 4, 2013
From 7:00 p.m. to 8:30 p.m.
At the Bolinas Campus, Quesada Building

Please join us for a discussion and conversation regarding
Pre-School for All in our communities.
This event marks the beginning of a process to study the
feasibility of providing high-quality preschool for all
children in our communities.
Facilitated by noted preschool educator and advocate,
Ethel Seideman, join in this effort to
form a working task force and inspire our communities
to reach the goal of preschool for all children.
This is a joint effort of the
Bolinas-Stinson Union School District,
Bolinas Children’s Center and the
Stinson Beach Preschool
made possible through generous funding from
First Five Marin.

Childcare will be provided with advance sign-up
by noon on 2/4 (call the District office at 868-1603)
Light refreshments will be served

The BOLINAS-STINSON SCHOOL BOOK FAIR
will be held on Thursday and Friday, February 7th & 8th.

We will have another excellent selection of brand new books. Book prices generally range between
$1.50 and $20.00 with an 8.25% discount for our customers (No tax). Children with no money on
Thursday will be given an envelope with slips listing the books wanted and the cost.
Money and slips must be returned by 2:30 Friday or else we can’t order books for your child.
For younger children, please send money and order slips in a sealed envelope with the child’s name
and the amount written on the outside. Checks should be made out to Bolinas-Stinson School.
Customers pay now and receive most books by February 13th. We have student helpers for young
children, but parents are welcome. This is a great chance to help the library and stock up
on gifts at a very reasonable cost. The Book Fair will be open Thursday until 3:45.
The library thanks everyone!
Grace Godino and Steve Allenhead
Go to Health: Tomatoes
You might not expect that the latest on the benefits of tomatoes would come from the Lapland Central Hospital in Finland. Despite their short growing season, Finns are said to love tomatoes when they can get them. Researchers studied what blood factors (from diet) were associated with a lowered risk of stroke in men, expecting to find correlations with levels of vitamins E and A. Instead, they found that men in the highest quartile of serum lycopene had a 55-59% lower risk of stroke than those in the lowest quartile. Alpha and beta carotene, vitamin E and A were not associated with stroke risk.

Researchers at the College of Nursing, University of Kentucky, found that patients with heart failure who had the highest intake of tomatoes in their diet had longer times between adverse cardiac events.

Studies from Chungbuk National University in Korea found that tomato extract added to the diets of mice caused weight loss, despite a high-fat diet. Total cholesterol and LDL cholesterol were also reduced.

Studies from the University of Talca in Argentina found that rats supplemented with tomato extract had a reduction of platelet clumping, which would reduce blood clotting and improve blood flow.

Recent Canadian studies have looked at post-menopausal women between 50 and 60 who were given lycopene-rich tomato juice, lycopene supplements or a placebo for 4 months. They were tested for blood markers of osteoporosis. Those taking tomato juice or lycopene were found to have reduced levels of bone breakdown compared to those given placebo. Subsequently, these researchers studied women who were told to restrict their intake of tomatoes or lycopene; in this study bone markers for osteoporosis were significantly increased.

U.S. studies from the 1990’s looking at male health professionals showed that frequent intake of tomato products was associated with a reduced risk of prostate cancer. Because further studies could not confirm this finding, Harvard researchers did a careful re-analysis in 2002 and again found a moderately reduced risk.

Clearly, tomatoes, which originated in South America, are loved all around the world. Enjoy them! Do not start taking a lycopene supplement after reading this story. Excess intake of single carotenoids may be counterproductive. There are many factors in tomatoes besides lycopene that can be healthy. Do start eating more tomato products while waiting for the ripe ones to come back into season. Tomato paste and low sodium organic Very Veggie are great choices — you can find them in the people’s store in glass containers — free of BPA and other chemicals. Beneficial compounds in tomatoes are best absorbed when eaten with fat, so include a healthy oil, such as olive, in your cooking or on your salad. Be careful of the high sodium content in many tomato soups and sauces. You probably know that watermelon is also a good source of lycopene.

Next week I’m going to write about the amazing abilities of silkworm cocoons to keep vaccines and antibiotics cool, even in extreme summer heat. This could be a great boon to immunization programs in Africa and Southeast Asia. Stay tuned!
Sadja Greenwood MD back issues sadijascolumns.blogspot.com

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Light refreshments will be served
Applications to serve on the Task Force can be found on the school website: bolinas-stinson.org
under the District Info tab/committees
MEETING AGENDA
BOLINAS FIRE PROTECTION DISTRICT
BOARD OF DIRECTORS
MONDAY January 28, 2013 at 7:30PM
Location:
Bolinas Fire Department Community Meeting Room 100 Mesa Road
The site is open to the public and is wheelchair accessible.
(This agenda is posted in accordance with
the Ralph M. Brown Act California Government Code Section 54950, et seq.)

1. Call to Order and Roll Call
2. Approval of Agenda
3. Fire Chief’s Report
   a. Update on Bolinas Road Access – Joint Committee
   b. Update Fire and Water Districts Shared Personnel
   c. Update on Terrace Avenue Surfer’s Overlook
   d. Fire Calls & Emergencies for December 2012
4. General Business
   a. Action Item #1: Consideration of renewal of KWMR contract for 2013
   b. Discussion: Emergency only access and egress alternatives to closure of Terrace Avenue and Overlook Road
5. Consent Calendar
   a. Approval of regular Minutes from December 17, 2012
   b. Approval of warrant lists from December 12 – January 22, 2013
   c. Approval of financial reports for November and December 2012 including account balances
6. Public Expression (The public may address the Board regarding matters not on the agenda.)
7. Committee Reports
8. Board Member Report
9. Personnel Matters (Board may go into a Closed Session.)
10. Announcement Re: Closed Session (if any)
11. Good of the Order
12. Adjournment

BOULINAS COMMUNITY CENTER
GET OUT OF YOUR SHELL!
CRAB FEAST
SATURDAY FEBRUARY 2ND 2013
featuring music by “PINK VILLAIN”

MENU
Fresh Local Cracked Crab
Food for Families Green Salad
Hummus Kitchen Shaw
Wild Onion Potatoes
Artisan Bread & Butter
Local Dessert Station
Beer and Wine for Purchase

INFO
Doors Open at 6:30 pm
Tickets $45
To purchase TICKETS or VOLUNTEER:
Call (415) 668-2128, stop by BFD office at
14 Wharf Rd. Mon-Fri 10 am - 2 pm
Or email: crabfeast@bolinasfire.org

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'

BOBOLICIOUS
New Year Resolutions

BAKERY SCHEDULE

SUNDAY
Quiche, French Scones, Britt’s Bananas, Gf Choc Cake
MONDAY
Lasagna (serving at 11:30am)
TUESDAY
Blueberry Muffins, Apple Pancake Cake
WEDNESDAY
Mobius Cake
THURSDAY
Blueberry Muffins, Apple Pancake Cake
FRIDAY
Gf Choc Cake, Banana Bread
SATURDAY
Quiche, Pie of the Week
Gf Choc Cake, Banana Bread

ALSO BAKED DAILY at Bobolicious: Breadd, Church Cake, Fresh Ground Peanut Butter Blondies, Cherry Almond Cookie*, and Oozaars* (plus or with Ham & Cheese)

(All Organic ingredients used except those with ‘*’)

NEW STORE HOURS
OPEN DAILY!!!

SUNDAY
7am - 6pm
MONDAY
7am - 6pm
TUESDAY
7am - 6pm
WEDNESDAY
7am - 6pm
THURSDAY
7am - 6pm
FRIDAY
7am - 6pm
SATURDAY
7am - 6pm

"In a rainbow everyday."
WEEKLY WRAP RECAP REVIEW REDUX
1/28/13 from jenniepeiffer

The “Grownups” are away today. With Monday Hearsay ed, Ned, in the city, June McAdams, the stalwart arts coordinator, is in charge of the paper, and I have stepped in to help and assist. That means today’s WEEKLY WRAP RECAP REVIEW REDUX won’t be able to go on and on today. Maybe that’s a good thing. I will just say that we had our first full moon of the new year, and a mighty one is was. Along with the resulting high and low tides, there were night critters out and about in force taking advantage of the bright night for hunting. Miss Kitty, our short, white (well she started out white) fluff ball of a curly hairedoodle-ish dog was on high night alert, ready to respond to the call of the wild, feeling her kinship with her ancestors, ready to run with the wolves and bark with the coyotes. She gets into her mighty hunter stance, then races around the yard, barking at anything that moves, but alas, with the horrifying news of Mary Edna’s cat being dragged off her porch in mid afternoon broad daylight by a coyote, we are keeping Miss Kitty confined to quarters during her full moon werewolf transitions.

The rest of the week for me was a lot of hand wringing about this month moving too quickly, what with our coming up on the last week of January, and I have not done any of my 2013 Startup list of things to do for the New Year. This was interrupted by a mid week trip to Sacramento for a day of listening and lobbying on behalf of our school district. It was JLAC day, (Joint Legislative, Action Committee), which happens every January, when the association of Marin school Superintendents and Boards of Trustees, spends a day hearing updates on the year’s budget and school related upcoming bills. There will be an in-depth report on this at next Tuesday’s monthly school board meeting.

NED’S THREE THINGS. Since Ned isn’t here today, he asked that I mention his THREE THINGS for the week, which are: Plum blossoms; Imbolc/Candlemas/St. Bridget’s Day, taking us halfway to the equinox; and the Saturday Besso Negro night at the bar, with high intensity shake your body music.

So it looks like this column did in fact go on and on, as we press on regardless. jp
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**Streaming on KWMR.ORG**

**Studio 415/663-8492/8317**

**Office 415/663-0568**

**MON - JAN 20**

**TUE - JAN 21**

**SAT - JAN 23**

**SUN - JAN 24**

**MON - JAN 25**

**TUE - JAN 26**

**SAT - JAN 27**

**SUN - JAN 28**

**MON - JAN 29**

**TUE - JAN 30**

**SAT - JAN 31**

**SUN - FEB 01**
FOR SALE

DRY DRY DRY SEASONED FIREWOOD
Oak Bay, Encampus - Cut locally
Gospel Flat Farm 868-0921

DMX

FREE

TOP-LOADING WASHER AND DRYER
yours for the asking, good shape. You pick up
Call 868-2945

SO'T 1/28

FREE

24" wide Apartment size Roper Refrigerator-like new-
FREE. Call 868-0553

TA 2/1

LOST & FOUND

A CORDLESS PHONE WAS FOUND outside the Bolinas Library last Saturday. It is not a cell phone. It was found on a bike outside the library.

1/25

FOUND: @ RBC - WOMAN'S JACKET reversible green and black with gold pin. Claim at Bolinas Community Center office.
RBC/1/11

LOST: 1 OLIVE GREEN CASHMERE GLOVE on Terrace or Overlook on Thursday 12/27-868-0539.
Thank you.

JM12/31

LOST: DANGLY EARRING WITH PINK & CLEAR teardrop shaped crystals and small leather pouch with square box on December 25th. Please call 264-5541 if found

JA 1/2/13

LOST: BLACK PERSOL SUNGLASSES inside of black smith case. Lost Sunday, 12/30, after soccer maybe on bike path? 9931

BL 1/31

LOST KEYS, EITHER ON POPLAR, THE TRAIL FROM the end of poplar down to Agate Beach or on the Beach.
If found call 9359

RD 12/17

LOST: MY GRANDDAUGHTER'S SILVER METAL case. 3-4" with a fairy design on it and her name $5 inside. Lost at end of Opal at bus stop. Maria 415-259-8739

MW 12/21

LOST: PRESCRIPTION GLASSES WITH DARK BLUE frames @ Winter Faire on Friday, 12/7.
If found, contact Robin-0527

R12/10

LOST: RAY BAN DRIVING GLASSES Green with blue on backside of glasses. Prescription with transitional lenses. 415 259-8739 thank you

MW 12/7

MISSING BLACK MALE CAT
He has scabby ears and his territory is between Maple/Oak and Elm. 0419

IH 12/7

LOST: ORNATE GOLDEN EARRING
At Community Center Thanksgiving Dinner or nearby.
If found please call - 1018 – Thank you

SL11/30

CLASSES

Class Schedule

Sunday
Yoga w/ Trisha
9:00 - 11:00 a.m.
Brazilian Dance w/ Ann
11:00 a.m. - noon
Nejutsu Martial Arts for adults w/ Martin
6:30 - 8:00 p.m.

Monday
Pilates w/Lisa (pre-register 868-0473)
5:30 - 6:30 p.m.
Figure Drawing every other Mon. (cont. 1/14/13)
6:45 - 9:45 p.m.

Tuesday
Yoga w/Lisa Brendel
9:30 - 11:00 a.m
Bo Babies
12:00 - 2:00 p.m.
Dance with Eleanor
2:00 - 3:00 p.m.
Arts for Youth w/ Joanna
5:30 - 6:30 p.m.
Com Unity Nights
6:00 - 7:00 p.m.
W/ free movies, games or music. Call -2128 for details

Wednesday
Pilates w/Lisa
8:30 -10:00 a.m.
After-School Theater w/ Lisa Townsend
3:30 - 5:00 p.m.
Theater with Patrice Daley
5:30 - 7:30 p.m.
Biblia en Español
8:00 - 9:00 p.m.

Thursday
Yoga w/ Trisha
8:00 - 9:30 a.m.
USDA food bank
12 noon
Congolese Dance & Song w/Sandor (cont. 2/14/13)
6:00 - 8:30 p.m.

Friday
Pilates Mat Class w/ Lisa
9:00 - 10:00 a.m.

Saturday
Yoga w/ Lisa Brendel
9:00 - 10:30 a.m.
Creative Movement w/ Lisa
11:00 - 11:45 a.m.
Ballet w/ Erika Townsend
12:00 - 1:30 p.m.

Check the Library marquee or Calendar in BCC Foyer for special events at the Community Center. For More Info call 868-3128 or visit Bcoenter.org

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.

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.
SERVICES

BRUSH TO MEADOW TRANSFORMATION

DMX

TREE SERVICE
Fine Trimming • Hedges • Removals • Brush Chipping
Insured #676377 Steve Ryan 868-1584

SRX

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

AIRPORT? Howard Dillon’s fast, comfortable, car for all
Bay Area pick-ups, early or late. Many satisfied local refs.
Phone 868-2144

HDX

SMILEY’S
SCHOONER SALOON & HOTEL
- INTERNET ACCESS • CHECK CASHING
- WESTERN UNION • ATM & CREDIT CARDS
- COLOR COPIER (B&W too)
41 Wharf Rd., Bolinas 415-868-1311

Community Mediation Board
868-0493
Involved in a conflict?
We have trained mediators. Free, Confidential, Effective

FORMER DIRECTOR OF APPLE TREE INTERNATIONAL
in Bolinas until March. Available to prune your fruit trees with
expert care. Free Estimates Sasha (415) 887-8150

SSG97

David Cattell, a member of the Uniquities collective,
is available at the store. behind the Book Exchange
and next to Seashore Realty, most Thursday’s from
Noon to 5pm for computer tech support. You can
call the store during those hours to schedule time,
868-8886 Jennie Pfeffer

HEALTH AND HEALING

CAREGIVER AVAILABLE
Excellent homecare, cleaner.
Call 868-1782 Anita & William

June McAdams, RN
Compassionate and Skilled
Hospice Care / Home Care
Newborn to Elders
Coastal Marin Only
More than 20 years nursing experience
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CHX

LIVE MUSIC AT THE BEACH
Fri., Sat. & Sun Nites DEC.-JAN>
Open Mic Sun. 8-12
DJ Spin Mon. 9-12:30
Pool Tourney Tue. 8-12
Karaoke Wed. 8-12:30
New Bands Thur. 8-12

MON. Jan. 28, 8-12, reggae, spin.
TUES. Jan. 29, 7-11 GRAND POOL TOURNEY
WED. Jan. 30, 8-12, MIDNIGHT ON THE
WATER & Irish folk birthday PLUS 9:30-12:30
LARRY’S KARAOKE

THURS. Jan. 31, 8-12, melodic orig. cd party.

DAVIS JONES
Fri. Feb. 1, 9-1 AFRO FUNK EXPERIENCE
SAT. Feb. 2, 9-1 alternative rock, SWOON
SUN. Feb. 3, 8-12, OPEN MIC with Diana

SMILEY’S SCHOONER SALOON & HOTEL
41 Wharf Road, Bolinas 415-868-1311

27 January

28 January

Runic half-month of Elhaz commences

This half-month is a period of optimistic power, protection, and
sanctuary.