

Bolinas Hearsay News

Monday, October 13, 2014

50 cents



Jesse juggles apples between pressings. Photo by Curly Rigg

HAPPY HAPPY BIRTHDAY!!

- October 13: Julia Rose Cummings
Phil Butler
Lynn Copp
Steve Auer
Roger Sierra
- October 14: Annie Crotts (remembered)
- October 15: Jerry Bohlman
Jason Rodgers
Ruby Lee
- October 16: Kiowa Broek
- October 17: Heather Peacock
Kathy Sayers
- October 18: Jane Okamura Sanders
Peter Gubbins
- October 19: Magda
Micah
Ashley Ratcliffe
Candra Docherty
Stephen Haney
Perry Hooper
Richard Schoenherz

WHAT'S HAPPENING?

Monday, October 13

MESA PARK BOARD MEETING
7:00pm, Firehouse

Tuesday, October 14

CANDIDATES' NIGHT

For School Board candidates, at Bolinas campus, 7pm

WEST MARIN SHOPPING SHUTTLE BUS

to San Anselmo (Safeway) and San Rafael (T.J.'s and Whole Foods) leaves from Wharf & Brighton at 10:20; from Fire House at 10:30. Returns from San Rafael at 1 p.m. and from Redhill at 1:30 p.m. Info & Reservations: 640-7442.

Wednesday, October 15

SADJA GREENWOOD MD

in conversation with Steve Heilig, The New School @Commonweal, 3PM

BCPUD (UTILITY DISTRICT)

Regular monthly meeting of the Board @ BCPUD office, 270 Elm Rd, 7:30pm

Thursday October 16th

STINSON BEACH PRESCHOOL OPEN HOUSE

Join us for a morning of songs and play at our beautiful newly opened classroom, 10am-noon. Refreshments. Info: 868-0949

BOLINAS-STINSON WHITECAPS

Regular monthly luncheon meeting of Seniors organization @ Rod & Boast Club, 11:30am.

MOLLY MCGUIRE CHOIR

Live local vocals @ Smiley's, 8:30pm

Friday, October 17

MOVIES ABOUT LILY

Liz Grace shows films of Lily at 10, 20, and 30 years, @ Community Center, 7pm. Free.

ROYAL JELLY JIVE

Live soul jive & Gypsy jazz @ Smiley's, 9pm. Cover.

Saturday October 18

COMMUNITY CENTER

Meeting of the Board @ St Aidans, 10am

EARTHQUAKE DRILL

Town-wide rehearsal for the Big One, 10:30am. Info: 1566

GRAVEL SPREADERS

Live metal heehaw music @ Smiley's, 9pm. Cover.

Sunday, October 19

MAD MARMALADE

Adrienne Pfeiffer & Sharron Drake harmonize @ Coast Café, 6-8pm

Find your Birthday Treat Coupon in the Classified Section of Today's Hearsay

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

LIVE MUSIC AT THE BEACH
Fri. Sat. & Sun. Nite OCT.

Open Mic Sun. 8-12
 Record Spin Mon. 9-12
 Pool Tourn. Tue. 7-11
 Karaoke Wed. 8-12
 Showcase Thur 8-12



HOTEL ROOMS
 off the beach
\$110

Weds. Oct. 1, 8-12:30 **LARRY'S KARAOKE**
 Thurs., Oct. 2, 9-12, **EMILY & ELI**
 Fri. Oct. 3, 9-1, sweet rock, **THIS OLD EARTHQUAKE**
 Sat. Oct. 4, 9-1, **InThereOutThere Folkjazz & free jazz OMUA**
 Sun., Oct. 5, 8-12:30 **OPEN MIC w/Diana**
 Mon., Oct. 6, reggae, spin, 9-1, **MONDAY NIGHT LIVE**
 Tue. Oct. 7, 7-12 Jesse's **GRAND POOL TOURNEY**
 Wed. Oct. 8, 8-12:30, **LARRY'S KARAOKE**
 Thur. Oct. 9, 9-12, honky tonk piano, **Larisa Migachyov**
 Fri. Oct. 10, 9-1, danceable blues, **HIGH TIDE**
 Sat. Oct. 11, 9-1, world funk, Afro beat, **BLACKWATER GOLD**
 Sun. Oct. 12, 8:30-12 **OPEN MIC w/Emma Lee**
 Mon., Oct. 13, spin, reggae 9-1, **MONDAY NIGHT LIVE**
 Tues. Oct. 14, 7-12 Jesse's **GRAND POOL TOURNEY**
 Wed., Oct. 15, 8:30-12:30, **LARRY'S KARAOKE**
 Thurs. Oct. 16, 9-1, pop-rock-soul, **MOLLY McGUIRE CHOIR**
 Fri., Oct. 17, 9-1, soul jive & Gypsy jazz, **ROYAL JELLY JIVE**
 Sat. Oct. 18, 9-1, metal hee haw!, **GRAVEL SPREADERS**
 Sun. Oct. 19, 8:30-12:30, **OPEN MIC w/ELI**
 Mon. Oct. 20, 8:30-1 reggae, spin, **MONDAY NIGHT LIVE!**
 Tue. Oct. 21, 7-12 Jesse's **GRAND POOL TOURNEY**
 Wed. Oct. 22, 8:30-12:30, **LARRY'S KARAOKE**
 Thur. Oct. 23, 9-12, **RYAN ROBINSON**
 Fri. Oct. 24, 9-1, slide guitar, **JOE & VICKI PRICE**
 Sat., Oct. 25, 9-1, sweet Irish easy rock, **JUST FRIENDS**
 Sun. Oct. 26, 8:30-12 **OPEN MIC w/Charlie**
 Mon. Oct. 27, 8:30-1 reggae, spin, **MONDAY NIGHT LIVE!**
 Tue. Oct. 28, 7-12 Jesse's **GRAND POOL TOURNEY**
 Wed. Oct. 29, 7:30-9:30, **MIDNIGHT ON THE WATER**
 Irish Birthday Party; 9:30 to 12:30 **LARRY'S KARAOKE**
 Thurs. October 30. 9-1 **CatTailBlue**
 Fri. Oct. 31, Halloween Bash **COLE TATE BAND**
SMILEY'S SCHOONER SALOON & HOTEL
 41 Wharf Road in Bolinas 415-868-1311



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PARTICLE FEVER: FILM SCREENING & DISCUSSION TO BENEFIT KWMR

Imagine being able to watch as Edison turned on the first light bulb, or as Franklin received his first jolt of electricity. For the first time, a film gives audiences a front row seat to a significant and inspiring scientific breakthrough as it happens. Particle Fever follows six brilliant scientists—three theorists and three experimentalists—during the launch of the Large Hadron Collider, marking the start-up of the biggest and most expensive experiment in the history of the planet. Filmed over four years, from before the collider turned on in 2008 through the successful discovery of the Higgs in 2012, Particle Fever was directed by Mark Levinson, a Bay Area filmmaker with a PhD in Particle Physics from UC Berkeley, and produced by David Kaplan, a professor of Particle Physics at Johns Hopkins and also a graduate of Berkeley. The film was edited and mixed by long-time Bolinas resident Walter Murch, who will be available for a Q&A after the screening.

"Particle Fever succeeds on every level"
 —Todd McCarthy / The Hollywood Reporter

"Particle Fever is that rare, exhilarating science doc that's neither dumbed down nor drabbed up."

—Joshua Rothkopf / Time Out New York
Friday, October 17, 6 PM Doors open, 7 PM Film / \$20 at the door or through KWMR.

MUSIC FROM MARIN PRESENTS: MASTERPIECES AND REDISCOVERED GEMS OF THE 20TH CENTURY

Pianist Paul Smith is joined by fellow College of Marin faculty members Tara Flandreau and Anne Lerner-Wright as well as guest artists in a concert of works for piano, strings and clarinet.

Igor Stravinsky - Suite from The Soldiers Tale

Robert Russell Bennett - Ballad from Porgy and Bess

Erich Wolfgang Korngold - Suite for Piano Left Hand and Strings

Olivier Messiaen - selections from Quartet from the End of Time

Percy Grainger - Handel in the Strand
Sunday, October 19, 4 PM / Free

MUSIC DOCUMENTARY NIGHT

Very rare music documentaries accumulated over a period of years will be screened for the enjoyment of community members and to support young musicians in the West Marin School music program. Never screened commercially, broadcast on TV, or released to the public, these films have won numerous awards from film festivals all over the globe. There will be a short, post-viewing discussion following the film. Donations accepted.
Thursdays, September 25 & October 23, 7:30 PM, Free

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) **The food festival Saturday—a beautiful day, and we made some fine pizzas in the cob oven.**
- (2) **Our public school. Tuesday night is your chance to hear the candidates who will be guiding it into the future.**
- (3) **The monarchs are back! (Thank you Curly)**
 --Ned Riley

Women shroud in
black, in chains
Given to Isis
soldiers..
Breaks my heart..
History repeats
and repeats..
Parsis?

MESA PARK BOARD MEETING
October 13, 2014 7:00 PM
Bolinas Firehouse Community Room

Call to Order:
Board Members present:
Others:
Community Expression: Anna Gade, report on pool project
Downtown Park: Report on required signage
Maintenance Report:
Irrigation Report:
Treasurer's Report:
Election Up-Date:
Other:
Approve Warrants:
Approve Minutes:
Next meeting:
Meeting adjourned:
Submitted by Jane Mickelson

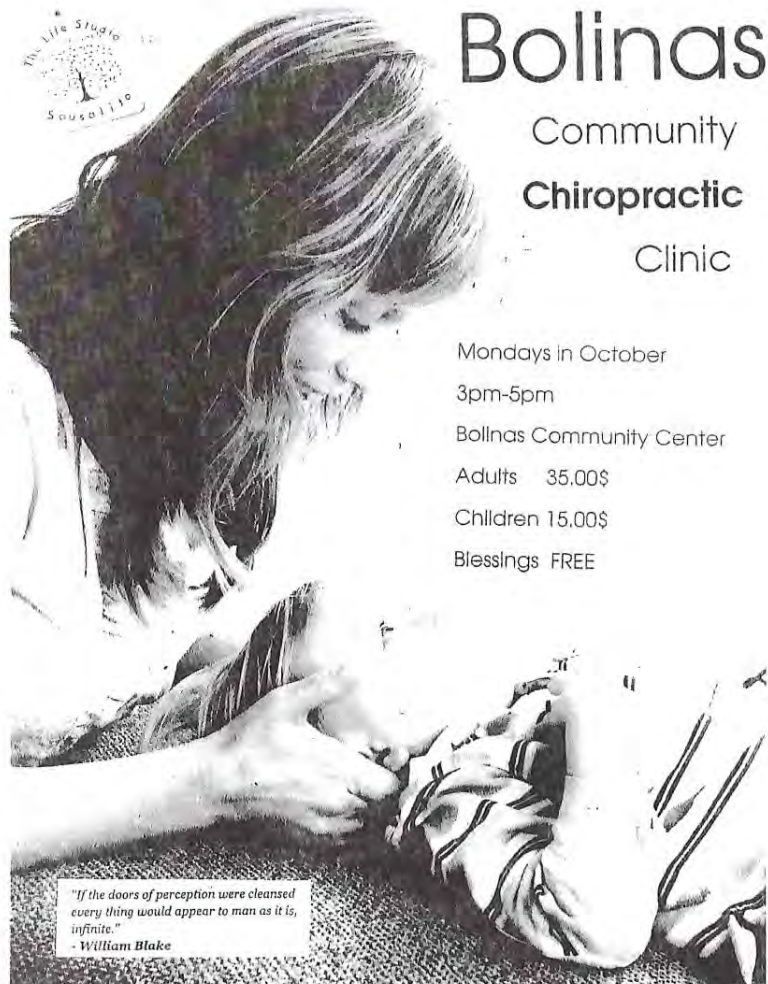
Lily films reminder

On Friday night, October 17, at 7:00 I will be showing three films of Lily Made when she was 10, 20 and 30 at the Bolinas Community Center. I will also show a rough cut of the film we have almost finished as she turns 50.

Each film is about 15 minutes. It is Free and I hope you can come.

Liz Grace


Smiley's
POOL TOURNAMENT
Every Tues. Night, 7:30 pm
1st Prize \$75-\$100
2nd Prize \$25
3rd Prize Smiley's Cash
\$5 buyin
41 Wharf Rd. 868-1311



Bolinas
Community
Chiropractic
Clinic

Mondays in October
3pm-5pm
Bolinas Community Center
Adults 35.00\$
Children 15.00\$
Blessings FREE

*"If the doors of perception were cleansed every thing would appear to man as it is, infinite."
- William Blake*



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Artificial Sweeteners can Undermine Your Diet

All those non-caloric packages of saccharin, aspartame, or neotame (lots of different trade names – Splenda, Equal, etc) you may have been putting in your coffee have been found to make changes in your intestinal bacteria - changes that can actually move you towards diabetes. The same is true for sugar free colas and other diet drinks. Researchers at the Weizmann Institute of Science in Israel started working with mice, and showed that the artificial sweeteners induced glucose intolerance – which occurs when the body cannot cope with the amount of sugar in the diet. They found that the gut bacteria – known as the gut microbiome – were involved – reacting to the sweeteners even though the body does not recognize these substances as food. The artificial sweeteners changed the composition of bacteria in the microbiome, and induced glucose intolerance. The new microbial functions are known to infer a propensity to obesity and diabetes.

The researchers then enlisted a group of human volunteers who did not generally use artificially sweetened food or drink, and had them consume them for a week. Many, but not all of the volunteers began to develop glucose intolerance after a week. The composition of their gut microbiome explained the differences. The researchers found two different populations of gut bacteria – one that induced glucose intolerance when exposed to artificial sweeteners and one that had no effect either way. They believed that certain bacteria in the guts of those who developed glucose intolerance reacted to the chemical sweeteners by secreting substances that provoked an inflammatory response similar to sugar overdose, promoting changes in the body's ability to utilize sugar.

Here's how Dr. Elinav of the Weizmann Institute summarized his findings: "Our relationship with our own individual mix of gut bacteria is a huge factor in determining how the food we eat affects us. Especially intriguing is the link between use of artificial sweeteners – through the bacteria in our guts – to a tendency to

develop the very disorders they were designed to prevent; this calls for reassessment of today's massive, unsupervised consumption of these substances."

What is a person to do with this new information if s/he uses artificial sweeteners? Here are some answers I found on the internet: add cinnamon to your coffee, or a little unsweetened cocoa. Try milk, cream, Almond Milk or unsweetened coconut milk. Many people use Stevia - from the leaf of a tropical plant. Only a drop is needed, though some find it has a bitter aftertaste. Not enough research has been done to tell if Stevia can alter the microbiome. I have used xylitol and concentrated pomegranate juice to sweeten cocoa. Xylitol is a sugar made from hardwood trees, corncobs or other plants, with 33% fewer calories than sucrose per gram. It has dental health properties, as it increases saliva production and is not metabolized by mouth bacteria. Bacteria are unable to produce as much acid in the presence of xylitol, so that the teeth are less damaged by acid and plaque. Many toothpastes are sweetened with xylitol. This would be my recommendation for people who want sweeteners in their coffee or tea – carry a little home made packet of xylitol. Chew xylitol gum during the day as well if you have problems with cavities (talk to your dentist first!). You can get xylitol at the People's store, and a good xylitol gum called Spry at some stores and the internet. If your passion is diet soft drinks, try substituting plain carbonated water with slices of lemons and oranges. Good luck – it takes time to change a habit, but it can be done.

Sadja Greenwood, MD back issues at sadjascolumns.blogspot.com



Vera at BCC FOOD FEST DAY
photo by Carly Rigg

FAULTLINE INSTITUTE WILLS AND TRUSTS CLASS TO BE RESCHEDULED

Because Tuesday night, October 14th, is candidates' night at the school, the Wills and Trust class will be rescheduled for another night.

Thanks. Jack Siedman -0477

**STINSON BEACH PRESCHOOL
OPEN HOUSE
THURSDAY OCT 16TH
10AM TO 12 NOON
ALL CHILDREN AND FAMILIES INVITED
Meet and Greet Our Teachers and Children
Join us for a morning of songs and play
at our beautiful newly opened classroom
Refreshments provided
All Prospective Families Encouraged to Visit
868-0949 more info**

BOLINAS EARTHQUAKE DRILL

Saturday, October 18th, 10:30am

Everyone, everywhere, should know how to protect themselves in an earthquake. On Saturday, October 18th at 10:30am, the Bolinas Fire Department and Disaster Council will be holding a town wide earthquake drill. This is an opportunity for everyone to practice how to be safer during earthquakes. "Drop, Cover and Hold On!" We are also organizing this to encourage you to prepare or update your emergency plans and supplies, and to secure your space in order to prevent damage and injury.

On the 18th, around 10:30am, you may notice people in your neighborhood carrying an orange backpack and wearing safety vests. These are members of the Bolinas Disaster Council. If you see them, walk up and introduce yourself. Ask them what they are doing. Each member of the Disaster Council has a specific job during a disaster. You will be better prepared in the event of a disaster if you know who these terrific volunteers are. Ask them how you can learn more or get involved in the Disaster Council.

Please, contact the Fire Department if you would like more information about the drill or information on how to be better prepared for a disaster. Our town is only ready for a disaster if each of us is individually prepared.

Sincerely,
Anita Tyrrell-Brown, Fire Chief
868-1566
Beth Carusillo, Bolinas Disaster Council
Coordinator
299-4100

WHAT HAPPENED MONDAY MORNING WEEK IN REVIEW 10/13/14 WRAP AND RECAP from Jennie Pfeiffer

It was a week with a full moon total Lunar Eclipse, and it was clear enough to actually see it happening, up until the very end when the fog started rolling in about 4:00 in the morning. It was very dramatic and I was glad that the bright moon had moved round to a position to blast in my face through the window, announcing the commencement of the event.

The week started with a Monday afternoon barbeque for the families of the District to showcase the beautiful organic garden outdoor science lab the 3/4/5 graders are tending along with the newly constructed outdoor food prep area complete with sink. It was a wonderful event with a large turnout of maybe 60 families enjoying Niman burgers, Boca burgers and delicious salads. It was followed by a tour of the specialist's programs: the art shops, music lab, tech lab, Learning Center, Library, gardens, and a P.E. area set up with games for kids and their parents. It was a beautiful evening and I appreciate all the volunteer work that went into taking this great idea from our new principal, Jason Richardson, through to such a delicious, informative, and happy event.

Tuesday evening was the monthly School Board meeting, a week early due to scheduling conflicts, so I hope no one failed to get the notice on that. There was a lot of conversation about the upcoming November ballot with the school's Measure B for Bond on it, as well as School Board elections. This is the first time in 8 years that we've had an election, due to lack of community members able or willing to run, so thanks to Christina Cunha, who stepped up this year, we have four people running for the three available seats. Along with Christine Cunha, Steve Marcotte, Nate Siedman, and I are running again for reelection to our seats. There will be a candidate's night tomorrow at 7:00pm in the school library.

Thursday night's Faultline class with eminent Shakespeare scholar, Hanford Woods, was illuminating with just the right touch of humor, befitting the Bard, and we will be starting with a Midsummer Night's Dream, which is appropriate for the weather, if not the calendar. Thanks to Sadjja for hosting.

Saturday's third annual Bolinas Food Festival, put on by the Bolinas Community Center to raise funds for the kitchen remodel - this year for a walk-in cooler - was once again a huge success, with excellent food booths, and a terrific line-up of musical talent, M.C.'d by Adrienne Pfeiffer. The pizza construction at the new park oven had very competent oversight by Jeff Clapp and Becca Trivelpiece, along with other volunteers. The park is looking beautiful and was being lovingly used to almost full capacity. After the Food Fest, was an entertaining evening at the Farm Stand, with delightful art and music from Vanessa, Jeff, and Charlie, from Vanessa's new CD, Giant in the Kitchen.

I will be giving an update on the Star Route Farm proposal in Wednesday's Hearsay. jp

Atonement, Attune-ment, At-One-Ment

healing the foundational wound of the Americas

by Bill Chisholm

It is said that you can't turn back the clock or re-write or re-right history, but it is possible to at least acknowledge a wrong or misdeed and start the healing process between people and the planet.

What I am going to say may make people wince. It makes me wince a bit to have to say it, but I think wincing is an important part of the healing process. It indicates that there is something that needs attention.

This is being written as my response to the notion of a holiday honoring Christopher Columbus, who I don't believe to be worthy of such an honor. It is one of those wrongs that need some righting, some history that needs re-writing.

The wrongs committed by the European colonizers of the Americas has never been publicly acknowledged, no apology has been forthcoming. One of the first steps in atonement is acknowledging the wrong the misdeed. One can not look at the genocide of 25 million indigenous people in the Americas and not acknowledge that a serious wrong was committed and in many cases aspects of those wrongs are ongoing. So this essay is both an acknowledgement and an apology. It is also a commitment to set the record straight and to move towards atonement.

Anyone that is not of indigenous blood is living on land that was taken, stolen, confiscated from those who were here first. It is true for myself as well as others; and I am not saying this to make anyone feel guilty, but to put in perspective what happened and is still happening in the Americas, North and South to indigenous people. This juxtaposed against the hard core "private property rights" espoused by many in the United States. To comprehend the cruelty of this one must go much deeper.

The indigenous cultures don't have a concept of "owning the land", they are in a relationship with the Earth and the other creatures that inhabit place. It is truly a matter of them belonging to the land, not the land belonging to them. Many know the pain of foreclosure, for not being able to met one's obligation, thus losing one's home. So being driven from the lands they had long occupied, is more akin to how the government took their children from their homes and sent them to boarding schools. Such an act tears at the fabric of civilized being.

The theft and the genocide came about from a people who claimed to be Christian and to believe in the Ten Commandments, two of the biggies of which are "Thou Shall Not Kill" and "Thou Shall Not Steal". So how did they get around it, they declared the indigenous population of the Americas to be less than human, savages, and they felt some how morally OK with killing and stealing. Pretty straight forward!

We can't turn back the clock, but we can go forward by acknowledging and apologizing for what went on and what is going on and to embrace our indigenous brothers and sisters and really as they would say "all of our relations" as partners in the great work that needs to be done in healing both the cultural wounds and the planetary wounds.

As an activist I have worked with and heard many indigenous leaders talk about how to make things right. They are not asking that non-indigenous cede their lands to the indigenous, what they are asking is that those treaties that were made between their ancestors and ours be honored, that their people and the planet quit being abused.

If we can get through the atonement stage and I'm certainly not saying it will be easy. It will be incredibly hard for some of non-indigenous descent to even acknowledge that a wrong was done or an apology needed. It will be equally hard for some indigenous folks to accept an apology after what has been done and is still being done throughout the Americas and throughout the world by colonial powers, still killing and stealing. If the planet is going to survive as a livable habitat for humans and other species, we have to get through the atonement phase and move into attunement.

It is in the attunement phase that we really need our indigenous brothers and sisters; for it is they in many instances that have kept their beliefs more in sync with the Natural World, a world sorely out of balance because of the greed and arrogance of those that believe themselves superior to other people, other species and to Nature. As an activist I once sat outside a federal courtroom in Nevada with Corbin Harney, an elder, a spiritual leader of the Western Shoshoni. He said to me "I heard the water speak. Anyone can hear the water speak if they will only listen." Nature in all its forms has much to say to us. We best learn to listen to attune ourselves to what it is saying.

At-One-Ment is I reckon a bit like Heaven, or Nirvani, the Great Hunting Ground, that place where one becomes fully aware, fully conscious of one's connection to the Whole. Some folks believe that it is only in death that we, humans, can get there, others believe that "enlightenment" is possible in this lifetime. Whatever one's beliefs it is a worthy process, a worthy effort. Many of those structures and institutions that keep us from even acknowledging are oneness with the rest of Creation are creations of humans seeking power over others, over Nature. If we abandon those impediments we can start to see the reality that we are all in this together... not only present generations but both past and future.

None of these aspects is stagnant in nature... Atonement requires acknowledgement, apology and action to rectify the situation. Attune-ment is constantly being aware of the changing world around and responding with respect, relevancy and reciprocity. At-One-Ment is the ultimate challenge of being Conscious of one's connection to all things and all beings and acting accordingly.

Submitted by

Dee O'Neal

CANDIDATES NIGHT OCTOBER 14, 2014 at 7:00 P.M.

A "Candidates Night" has been scheduled for Tuesday, October 14, 2014 at 7:00 p.m. in the Library on the Bolinas Campus – 125 Olema Bolinas Road, Bolinas, CA 94924.

This is your chance to come and pose questions on matters of the Bolinas-Stinson Union School District to the four candidates running for the three open seats on the BSUSD Board of Trustees. The candidates are:

Jennie Pfeiffer,
Nathan Siedman,
Steve Marcotte and
Christine Cunha

The format for the evening will be as follows:

- each candidate will make an opening statement;
- the audience then will have an opportunity to ask questions of the candidates;
- the candidates will then have the opportunity to ask each other questions.
- The evening will conclude with closing statements by each candidate.

Please come attend what promises to be an interesting and informative meeting.

Greetings Friends!

Adrienne Pfeiffer and Sharron Drake of Mad Marmalade here. We wish to make you aware of a new, regular thing we've got going on at the Coast Cafe on Sunday nights between 6-8pm. We'll be holding down the fort with our regular unusual blend of vintage and original tunes featuring harmony vocals over violin and acoustic guitar. On these special nights in Bolinas, we'll also be bringing on a host of friends and special musical guests, so you'll be likely to find something sweet, and unexpected. Last week, we featured Danny Cao of Vinyl (trumpet) and Anna Pfeifer on bass. We got some sweet stuff in store for you this coming Sunday, Oct 19th too.

There's no cover, just an occasional request to feed the tip jar, perhaps sip on some Thackrey wine and tuck into a plate of the daily specials.

Sunday Nights! Oct 19th, Nov 2nd, Nov 16th, etc.

Join Mad Marmalade alternating nights at the Coast Cafe! The other Sundays will find you in good hands with the incomparable Charlie Doucherty on guitar and vocals.

You will find further updates on our facebook page, and soon, our website. See you Sunday night!

A Blo that's Dynamic:

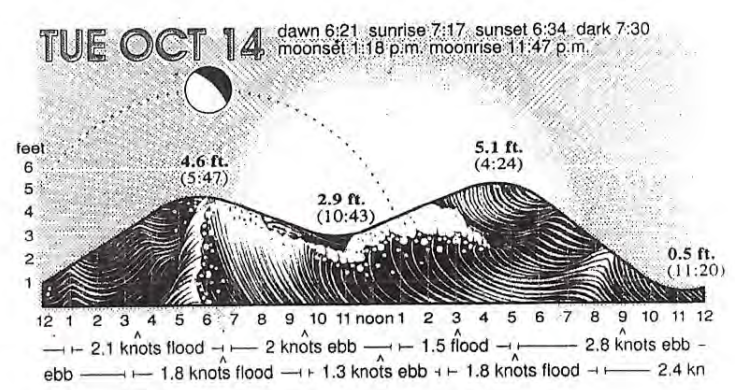
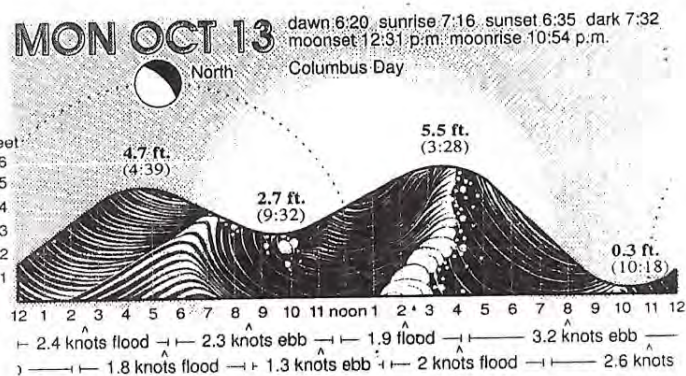
This dynamic, irreverent pair, **Mad Marmalade** met back in the aughts while traversing the boards of professional thea-tuh. A short time later, realizing their geographical closeness, fondness for a good Becherovka and penchant for performance in song, they started a duo that eventually became the aggressive folk quartet Pink Sabbath. The two have now reunited to conceptualize and torpedo vintage ballads and soulful originals that bring tears to the most seasoned concert goer and shut-in alike. With their brazen warbling of their specially composed three sheets-to-the-wind ditties, it is no wonder they are referred to as the Sweet Assailants of Song™!



KWMR RADIO SCHEDULE

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------|---|--|---------------------------------------|---|--|--------------------------------------|---|
| 6:00 | DAWN | | | | | WEEKEND DAWN | |
| | KWMR Music | Art of the Song | KWMR Music | KWMR Music | KWMR Music | As It Happens | 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 Happen (CBC) (repeat) | As It Happens (CBC) (repeat) | As It Happens (CBC) (repeat) | Morning Glory | Daybreak |
| 8:00 | With Eyes Open | A Cuppa Joe | Swimming Upstream | | | | |
| 9:00 | Park Wave-lengths / KT's Kitchen | Bioneers (repeat) / YDP: Retro Rock Hour | Rise and Shine | Top of the Morning / Pieces of Peace | New The Friday Guide | Vicarious Traveler / Original Minds | |
| 10:00 | TURNING PAGES | | | | | | |
| | At Nature's Pace | Reading to John / Vinyl Café (repeat) | Waves of Joy / ViewPoint (repeat) | For Children of All Ages / Readers Delight | New Libro Abierto | Day 6 (CBC) | Sunday Celebration of: Sacred Music... Gospel... World Music... |
| 11:00 | TALK & CURRENT AFFAIRS | | | | | | |
| | The Bioneers | Spirit & Mind / Questing | Alternative Radio | Philosophy Talk | An Organic Conversation | Viewpoint / The Place We Live | |
| 12 pm | Trash to Treasure | | | | | AFTERNOON MUSIC | |
| | Farm & Foodshed Report | New Dimensions | new day Moyers & Company | Attunement / Commonweal Conversations | Specials | Forms and Feelings | Happy Days |
| 1:00 | | | new day Making Contact | | Sabrina Artel's Trailer Talk | | Jazz Rhythm |
| | Ocean Currents / Post-Carbon | On Being | new day Climate One | Art's Desire / Hot Tech/Cool Science | Peace Paradigm / The Local Radio / Organon | | |
| 2:00 | AFTERNOON MUSIC & TALK | | | | | | |
| 3:00 | Cruisin'..... | Aztec Pride / Dawn Chorus | Classical Wednesday | Classical Thursday | Classical Friday | Hawai'i Calling / new Woodstock West | Riverwalk Jazz |
| 4:00 | | | | TeaTime Books (Coastal Airwaves) | | | The Vinyl Café (CBC) |
| 5:00 | NEWS & CURRENT AFFAIRS | | | | | | |
| | new Epicenter | new Epicenter | new Epicenter | new Epicenter | Happy Hour | | |
| 6:00 | As It Happens (CBC) | As It Happens (CBC) | As It Happens (CBC) | As It Happens (CBC) | | Circulo Musical | The Scoring Stage / To Hell & Bach |
| 7:00 | EVENING MUSIC | | | | | EVENING MUSIC & DRAMA | |
| | Release Me | Musical Varieté | Foggy Ridge Music / West County Prowl | Bakersfield & Beyond / Shorty's Junkhouse | Friday Funk Fest | Celtic Universe | Elbow Room / Between Rock & A Jazz Place |
| 8:00 | | | | | | | |
| 9:00 | Barbarian Beach Party / Silver Dollar Jukebox | Off the Cuff | Coast Highway Blues | Choose Your Own Adventure / Running With Scissors | Dr. Jazz Radio Programme | NEW title & hosts The Jazz Groove | L.A. Theatre Works |
| 10:00 | | | | The Latin Alternative | Magic Radio | | |
| 11:00 | Specials OR - Professor Kosmo | Forms and Feelings (repeat) | Sonic Sunspots | Best of British | Grateful Dead Hour | Saturday Night Function | Stuck in the Psychedelic Era with the Hermit |
| 12 am | LATE NIGHT | | | | | LATE NIGHT | |
| | Weekly Round 12-1 KWMR Music | KWMR Music | Sunspots 11:30 KWMR Music | KWMR Music | Radio Goethe 12-1 KWMR Music | KWMR Music | DeepWaking 12-1 KWMR Music |

5/28/14



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

CA NATIVES: Great landscaping choice!
FALL/WINTER: Great time to plant!
If you need help from our team:
Please let us know!
Lea: **natural landscapes**
868-9330 / 272-9598

LEx

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

BASIC COMPUTER TRAINING & SETUP

Computer building, Internal cleaning. \$35/hr
415 902-8298

ZMx

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

CIVIL ENGINEERING

PAUL KROHN, PE
LOCAL BOLINAS

STRUCTURAL: DESIGN/PLANS

CIVIL: SITE MAPPING/IMPROVEMENTS/ROADS

(530) 342-2926

11/5

HOUSING WANTED

UP FOR ADOPTION

For my health and happiness, for the abundance of love.
I need to return to Bolinas. Una 707-874-9586

UZx

WEST MARIN INTERIOR ARCHITECT REQUESTS

Home In Bolinas. Koré D'Abraanel 415-663-8255 Thanks

KD10/17

DEAR FRIENDS, WE NEED A HOUSE OR PLACE
to stay for one or both of us between Oct. 22 - Nov. 22 or so. If
you can help with any space within these dates, reply to
gchvat@gmail.com Hopefully, yours, Roy and Gilliam

R&G Cx

HEALTH AND HEALING

CAREGIVER AVAILABLE

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

CHx

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

WANTED

AIRPORT? HOWARD DILLON IS STILL DRIVING
with a little help from his friends or could use your car to get
there. Still looking for the perfect station wagon-low miles,
good condition & cheap. 868-2144

HD x

WILLIAM HENRY NEEDS A GOOD VEHICLE

operational with a reasonable price. 868-1782 or 233-1015

CHx



13 October

Fontinalia/Runic half-month of Wyn commences



Fontinalia was a Roman festival at which fountains, that is, holy wells and springs, were venerated. Wyn literally means joy, the rune being the shape of a weather vane. The mystery of harmony within

a disharmonious world is now manifest. Wyn stands for the creation of harmony within the given conditions of the present.



14 October

Winter's Day/Vinternatsblót

Winter's Day marks the beginning of the winter season in the old northern European calendar. Long-distance sailing and other summer activities also stopped on this day, as preparations for the winter took priority.



From 'The Pagan Book of Days,' by Nigel Pennick

Submitted by June McAdams

ANNOUNCEMENTS

STINSON BEACH PRESCHOOL OPEN HOUSE

THURSDAY OCT 16TH 10AM TO 12 NOON
 ALL CHILDREN AND FAMILIES INVITED

Meet and Greet Our Teachers and Children

Join us for a morning of songs and play at our beautiful newly
 opened classroom - Refreshments provided
 All Prospective Families Encouraged to Visit
 868-0949 more info

ST 10/15

FOR SALE

NEARLY NEW STATIONARY BIKE

(used 10x) NordicTrak GX4.5 \$100. Will deliver...
 Molly 415-298-1762 or 868-1762

MB 10/13

DRY DRY DRY SEASONED FIREWOOD

Oak, Bay, Eucalyptus - Cut locally
 Gospel Flat Farm 868-0921

DMx

FREE

BLUE HEALER -A SPECIAL DOG, MATURE, MELLOW
 and full of life ! Needs a home asap. I will help with food,
 vet and keeping him clean. Martine 868 9036

MA 10/3

RENAL FORMULA DRY CAT FOOD.

Sadly I don't need it anymore. Sally 0784

SR 10/3

LOST AND FOUND

KEYS FOUND AT AGATE BEACH SUNDAY

October 5th. Please call 415-2268900 to claim.

AP 10/6

LOST: SATURDAY EVENING, OCTOBER 4TH

2 year old's light brown leather sandal in front of 77 Brighton
 Ave. Please call Remy @ 415-4121996 if found. Thanks

R 10/6

LOST: IPHONE 5 ON THURSDAY SEPT. 18, REWARD, PLEASE CALL 868-2727

EP9/19

LOST: A BLACK WET-SUIT TYPE SWIM CAP.

Fell out of my bike backpack. I use it when swimming.
 bajacamilla@yahoo.com or 1336.

CF9/19

LOST: ONLY TRANSPORTATION - BIKE

Custom painted blue & burgundy, disc brakes, collapsed forks,
 have had here 12 or so years, Jerry - 415-763 9947

GK 9/17

FOUND: SMALL LADIES BRACELET

Mexican silver with inlaid stones-found on Bolinas Ridge.
 Call and describe to claim. 868-1618

AS 9/15/

LOST: MY LEFT TEVA SANDAL (BLUE BLACK-

size 10) snatched from my door Sunday nite. Did your dog bring
 it home as a trophy? Larch/Fern -Jutta 686-2549

JR 9/3

FOUND ON ROAD TO AGATE BEACH - A NICE SILVER

bike light with attachment that mounts on a bracket
 that is probably still on the bike!

Please contact Bolinas Hardware at 868-2900 to claim.

BBH9/5

CLASSES



Weekly Schedule

Monday

Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon
 Chiropractic Adjustments w/ Colleen 3:00 - 5:00 p.m.
 Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.
 Men's Percussion Ensemble w/ M. Pinkham 7:00 - 8:30 p.m.

Tuesday

Senior Stretch W/Anna Gottreich 11:00 - 12:00 p.m.
 Pirate Pizza (Pre-order at 328-1066) 4:30 - 7:30 p.m.

Wednesday

Pilates w/Lisa Townsend 8:30 - 10:00 a.m.
 Biblia en Español 8:00 - 9:30 p.m.

Thursday

Ashtanga Yoga w/Allison (New Series 10/2-10/30) 8:00 - 9:15 a.m.
 USDA food bank 12 noon - 1:00 p.m.
 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 (Adults/starts 9/20) 9:00 - 10:15 a.m.
 Ballet w/ Erika Townsend 10:30 - Noon

Sunday

Brazilian Jujitsu with Danny 9:30 - 10:45 a.m.
 Brazilian Dance with Anna 1:00 - 12:15 p.m.
 Common Voice Choir (9/28 - 11/16/2014) 7:00 - 8:30 p.m.

Check the Library marquee, Calendar in BCC Foyer or visit
www.bocenter.org for special events. For More Info call 868-2128.

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.

How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the
 BPUD office on Mon's, Wed's and Fri's 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 mail
 box 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.

Free Birthday Treat at Bobolicious
 Bring this coupon to receive a treat
 for your Birthday!
 Compliments of Bobolicious
 and The Hearsay News