

Bolinas Hearsay News

Monday, October 28, 2013

46 ¢ + tax

WHAT'S HAPPENING

Monday, October 28, 2013

FIRE DISTRICT

Regular monthly meeting of the Board @ Firehouse, 7:30pm

Wednesday, October 30

MIDNIGHT ON THE WATER

Old-time string band music for the celebration of all October birthdays. @ Smiley's, 7:30-9:30pm. Free, free cake too

Thursday, October 31

HALLOWEEN OPEN HOUSE

Snacks, Soup, & Cider @ Community Center, 5-8pm

Friday, November 1

BCPUD SEWER POND LANDS COMMITTEE

Meets @ BCPUD office, 9am

DIA DE LOS MUERTOS/ALL SAINTS

Remembrance of loved ones who have passed, Community Center, 5-8pm

JUST FRIENDS

Garth Weber, Michael Pinkham, Jerome Bohlman, Molly Maguire, Charlie Docherty
Day of the Dead Dance at Smiley's, 9:30pm

Saturday, November 2

DIA DE LOS MUERTOS

Remembrance continues, Community Center, 5-8pm

BARN DANCE

The School foundation sponsors chili dinner, Midnight on the Water, middle school dance demo, & Square Dance w/ The Road Oilers @ Stinson Community Center, dinner 6-7pm, dance 7-10pm, \$10/5.

Sunday, November 3

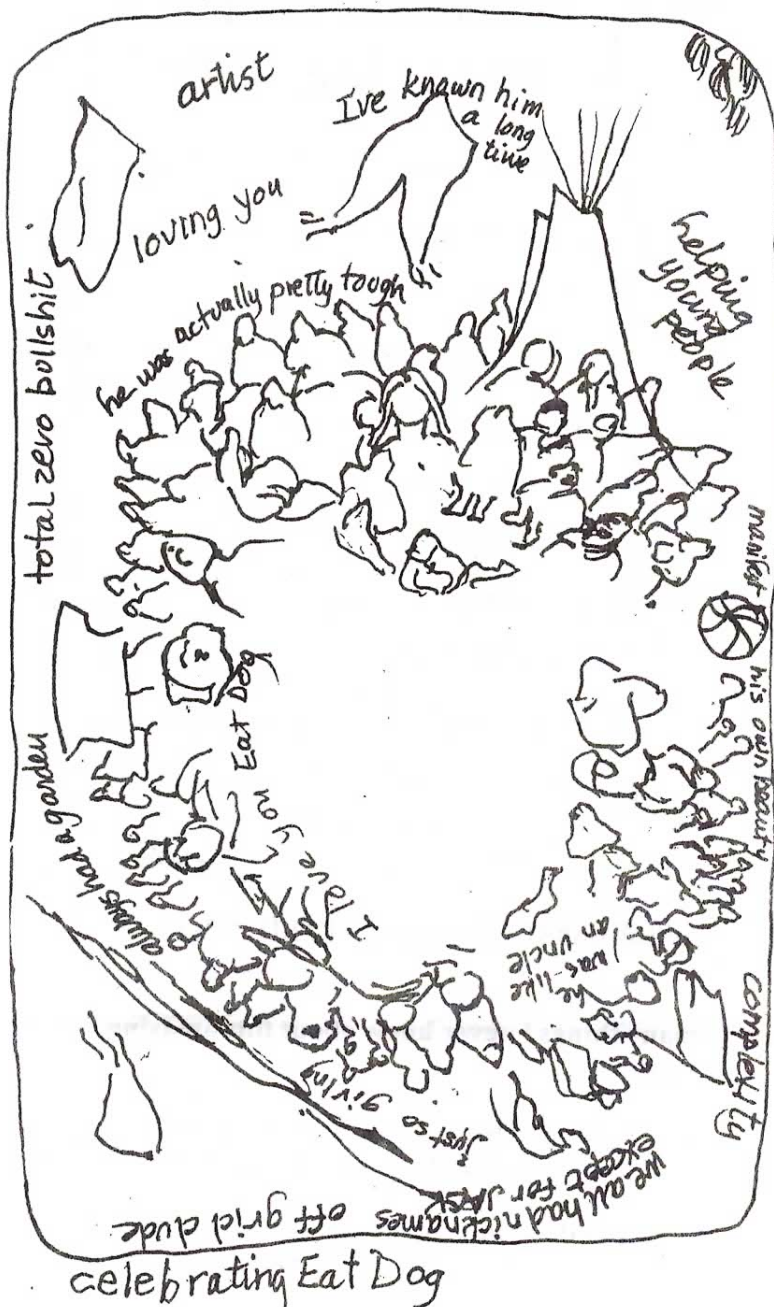
MARCONI/RCA ARTIFACTS

Meeting to collect artifacts illustrating history of Marconi & RCA @ Museum, 4-7pm

Tuesday, November 5

LET'S TALK ABOUT OUR AGING

First meeting of new Elders group, @ Firehouse, 1:30-3pm



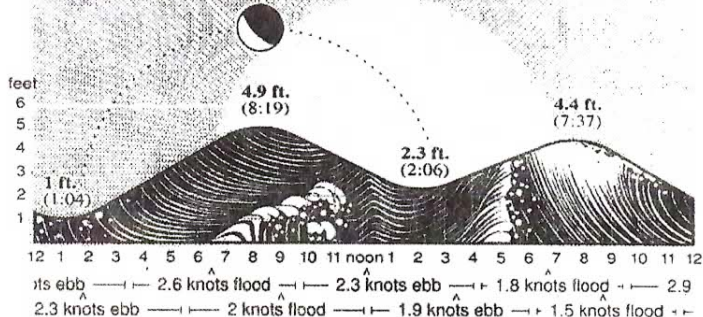
celebrating Eat Dog

HAPPY HAPPY BIRTHDAY!!!

- October 28: Butch (H.D. Lueker)
William Matthew Henry
Yoey Kahn
- October 29: Louis Patler
Jim Harrington
Heather Cobb
Erwan Bezie
Flower Sierra
- October 30: Richard Estrada
- October 31: Michael Sims (remembered)
Anne Vrolyk
- November 1: Michael Phinney
Wesley Straton
Ney Alvarado
- November 2: Doug Robinson
Jesse Boychuk-Horvath
- November 3: Susannah Mills
Kai Mander

MON OCT 28

dawn 6:34, sunrise 7:31, sunset 6:15, dark 7:13
moonrise 1:36 a.m., moonset 2:54 p.m.



pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

The Bolinas-Stinson Beach School Foundation BARN DANCE!!

Saturday, November 2, 2013

At The Stinson Beach Community Center

Adults \$10.00, Kids \$5.00

6pm – 7pm : Dinner with musical accompaniment from Midnight On The Water

7pm – 10pm : Square Dancing with Caller Becky Hill and The Roadoilers

Dinner : Chili, Cornbread and Salad for sale as well as drinks, desserts, Beer & Wine

- Belle Wood



THREE GREAT THINGS ABOUT THIS PLACE...

- (1) **Eat Dog's Memorial:** so many people there, so many things I never knew about this amazing man.
- (2) **Day of the Dead, or Samhain in the Celtic tradition,** marking the shadowed part of year.
- (3) **A hot dry sauna on a cold blustery night.**
--Ned Riley

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT



BCPUD BOX 390 270 ELM ROAD BOLINAS CALIFORNIA 94924 415 868 1224

A Meeting of the Sewer Pond Lands Committee Of The Board Of Directors
November 1, 2013 9:00 a.m. 270 Elm Road, Bolinas

Agenda

- 1. Call to Order.
- 2. Roll.
- 3. Access to Parcel C of Gospel Flats Farm Lease.
- 4. Revisions to Gospel Flats Farm Lease.
- 5. Topics for Future Discussion.
- 6. Community Expression.
- 7. Adjournment.



COMMUNITY & CULTURAL CENTER
dance palace

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

DAY OF THE DEAD

For over 3000 years, the indigenous people of Mexico, the Southwest and California, have celebrated a ritual honoring the dead. This ritual became known as El Dia de los Muertos, the Day of the Dead. It is a celebration of life and a time to share memories through arts and crafts, music, stories and food. For this year's Day of the Dead, Ernesto Sanchez will create a Community Altar that merges reverence for our love ones passed with a touch of splendor and whimsy. He invites community members to take part in creating the altar over the next two months and will host skeleton-making parties at his studio. Anyone interested in working on the altar should call Ernesto at 415-852-2572, email him at Ernestostudio@gmail.com. Ernesto has lived in the Bay Area since 1969. His work is multimedia and multicultural. Join us in celebrating those who have gone before us. Please bring photos, flowers or mementos of a loved one. Aztec dancers will conclude the night's festivities. Local Mexican food and drink will be offered at a separate cost. Produced by the Dance Palace with support from the Marin Community Foundation.
Friday, November 1, 6:00PM / Sliding Scale / Donation

Go to Health - Cranberries

Cranberries will be plentiful in stores as holiday meals approach. According to researchers at Rutgers University, they are among the top foods with proven health benefits.

Cranberries are full of anti-oxidants, which protect cells from unstable molecules known as free radicals. The National Institutes of Health is funding research on cranberry's effects on heart disease, yeast infections and other conditions.

So far, research has found that drinking cranberry juice - unsweetened is best - can help to prevent urinary infections by binding to bacteria so they can't adhere to cell walls, especially cells lining the bladder and urethra. Once a urinary tract infection is established, however, there is no hard evidence that cranberry juice can treat it - antibiotics may be needed. Unsweetened cranberry juice in small bottles is available at the People's Store. Dilute and drink - or gargle for your teeth and gums. Then swallow!!

A compound in cranberries - proanthocyanidine - prevents plaque formation on teeth. Mouthwashes are being developed to prevent periodontal disease. In the meantime, you can try rinsing your mouth with slightly diluted unsweetened cranberry juice.

In some people, regular cranberry juice consumption for weeks or months can kill H. pylori bacteria, which can cause stomach ulcers.

Drinking cranberry juice daily may increase levels of HDL, or good cholesterol and reduce levels of LDL, or bad cholesterol. Research is also going on about substances in cranberries that are effective against cancer.

Here's a recent abstract from a scientific journal, reporting on work from the University of Massachusetts.

Emerging evidence is elucidating how non-nutrient phytochemicals underlie the health promotion afforded by fruits and vegetables. This review focuses on Vaccinium macrocarpon, the American cranberry, compiling a comprehensive list of its known phytochemical components, and detailing their prevalence in cranberry fruit and its products. Flavonoids, especially colored anthocyanins, abundant flavonols, and unique proanthocyanidins, have

attracted major research attention. Other notable active components include phenolic acids, benzoates, hydroxycinnamic acids, terpenes and organic acids. Health effects of cranberries, cranberry products, and isolated cranberry components in humans and animals, as well as in vitro, are debated. Evidence for protection from several bacterial pathogens, cancer, cardiovascular disease, and inflammation is compelling, while neuroprotection and anti-viral activity also have begun to draw new consideration. Emerging bioavailability data is considered and potential molecular mechanisms are evaluated, linking phytochemicals to health effects through their biochemical properties and reactions.

Are you interested in stocking up on cranberries? You can freeze them and have some available all year. The People's store has stocked frozen cranberries in the past, and may do so again. Worried about the amount of sugar needed to offset the sour taste? Try putting cranberries in a fruit shake, or make cranberry sauce with an orange, cloves, cinnamon and xylitol, the low glycemic sugar that comes from trees and is good for your teeth and less problematic for diabetics. Xylitol is available at the People's store. (Try it for hot chocolate too!)

Cranberry - Coumadin interaction: if you are taking Coumadin (warfarin) to prevent blood clotting, you should avoid drinking cranberry juice daily. It may increase your risk of bleeding. Small amounts of cranberries should be safe - check this out with your doctor.

Sadja Greenwood, MD back issues at sadjascolumns.blogspot.com Check out my novel, Changing the Rules, at the Grand Hotel, Uniquities, the Stinson Beach and Point Reyes book stores, and Amazon.



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bringing order to your financial world

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT



BCPUD BOX 390 270 ELM ROAD BOLINAS CALIFORNIA 94924 415 868 1224

NOTICE TO BIDDERS

REPLACEMENT OF WASTEWATER TREATMENT PLANT CONTROL PANELS AND RELATED ELECTRICAL AND PIPING UPGRADES BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

The Bolinas Community Public Utility District ("BCPUD") is planning to replace the control panels and install related electrical and piping upgrades at its wastewater treatment plant (the "Project") at 101 Mesa Road in the unincorporated community of Bolinas, Marin County, California (the "Project Location").

The Project is made up of three tasks. Task 1 (Upgrade of Irrigation Pump Station), Task 2 (Upgrade of Aeration Pump Stations) and Task 3 (Replacement of Irrigation Relief Line Piping). For Task 1 and Task 2, BCPUD is soliciting bids for additive alternates. Additive Alternates 1 and 3, if authorized, would replace the existing equipment with NEMA 4X Stainless Steel; Additive Alternates 2 and 4, if authorized, would replace the existing equipment with NEMA 1, Mild Steel, Powder Coated, and install the equipment inside prefabricated Tuff Sheds.

BCPUD will receive *unsealed* Qualifications and *sealed* Bids for the Project at the BCPUD office located at 270 Elm Road, Bolinas, California 94924 on or before **December 3, 2013 at 12:00 p.m.** All Bidders must submit a base bid for the Project (Tasks 1 - 3) as well as bids for Additive Alternates 1, 2, 3 and 4. Bids will be publicly opened, examined and declared on that day and hour, and referred to and considered by the Board of Directors of the District. BCPUD will let the contract to the responsible Qualified Bidder complying with these instructions and providing the lowest bid for the Project, provided its Bid is reasonable and it is in the best interest of the BCPUD to accept it.

The determination of the lowest Bid shall be based on the lowest total of the bid prices on the total base bid for the Project (Tasks 1 -3) plus the total bid for Additive Alternates 1 and 3. The BCPUD retains the right in its sole discretion, however, to direct the winning Bidder to install the Project with all, none or some combination of the Additive Alternates if it is in the best interest of the BCPUD as determined by a majority vote of the Board of Directors of the District at a public meeting.

Qualifications shall be unsealed. Bids shall be sealed and endorsed on the outside of the containers as follows: "Replacement of Wastewater Treatment Plant Control Panels and Related Electrical and Piping Upgrades, By: [bidder name]".

Each bid shall conform and be responsive to the Contract Documents, which shall include this Notice to Bidders, the Information For and Instruction to Bidders, the Qualifications form, the Bid form, the Drawings and Specifications, and the Agreement. Qualifications and Bids shall be submitted on the forms included in the Contract Documents without removal therefrom.

Each bid shall be accompanied by a certified check or cashier's check payable to the District, or a satisfactory bid bond in favor of the District, executed by the bidder as principal, and an admitted surety insurer as surety, in an amount not less than ten percent (10%) of the amount of the total base bid for the Project (Tasks 1 -3). The check or bid bond shall be given as a guarantee that the bidder shall execute the contract, if awarded to it, in conformity with the contract documents and shall provide the statutory performance bond and payment bond each for 100% of the total amount payable by the terms of the contract, conditioned upon the faithful performance of the contract, such bonds to be provided within five (5) calendar days after the mailing date of the notification of the award of the contract to the bidder.

Notice is further given that pursuant to Section 22300 of the Public Contract Code, the Contractor is permitted to substitute securities for any monies withheld by the District to ensure performance under a contract. At the request and expense of the Contractor, securities equivalent to the amount withheld shall be deposited with the District, or with a State or Federally chartered bank as the escrow agent, who shall then pay such monies to the Contractor. Upon satisfactory completion of the contract, the securities shall be returned to the Contractor. Securities eligible for investment shall include those listed in Section 16430 of the California Government Code and Section 22300 of the Public Contract Code. The Contractor shall be the beneficial owner of any securities substituted for monies withheld and shall receive any interest thereon.

The Contract Documents are on file and open to public inspection at the office of the BCPUD located at 270 Elm Road, Bolinas, California 94924. Bidders may obtain the Contract Documents at no charge from the BCPUD website, www.bcpud.org. Bidders may also purchase a copy of the Contract Documents at the BCPUD office for a non-refundable fee of \$50 per set. Bidders may purchase a full size copy of the Drawings for the Project for a non-refundable fee of \$30 per copy.

A mandatory prebid meeting and site walk will be conducted on **November 13, 2013 at 10:00 a.m.** The meeting will start at the BCPUD office located at 270 Elm Road, Bolinas, California and proceed to the Project Location. Questions will be taken at the meeting and responses made by addendum.

The successful Bidder and any subcontractor shall pay not less than the prevailing rate of per diem wages as determined by the Director of the California Department of Industrial Relations. Copies of such prevailing rate of per diem wages are on file in the offices of the District, to which reference is hereby made for further particulars. The prevailing rate of per diem wages shall be made available any interested party on request. The successful Bidder shall post a copy of such determinations at each job site.

BCPUD reserves the right, in its sole discretion, to reject any or all Bids, determine which Bidders are qualified, determine which proposal is the lowest Bid of a responsive, responsible bidder, terminate the proposal process at any point in the process, decline to enter the Agreement with the Qualified Contractor submitting the lowest responsible Bid, decline to add any of the additive items to the contract, and decline to issue a Notice to Proceed after awarding a contract. BCPUD also reserves the right to waive any informality not material to the cost to perform the work in the Bids. No bidder may withdraw its bid for a period of sixty (60) days after the date set for the opening of bids.

Continued next page

Submission may be made by hand delivery, overnight delivery, or US mail. Note, however, that submissions must be received at the BCPUD Office by the due date and time; submissions postmarked but not received by the due date and time will not be considered. No Bid will be accepted after the time set for Bid Delivery. Qualifications and Bids that are not received by the time and date specified herein, do not contain all the required information and completed forms, or do not meet the minimum criteria may be deemed non-responsive and rejected without consideration.

This Notice shall not create any legal rights or responsibilities. All terms of this Notice shall be as set forth in the Contract Documents.

Call for Marconi / RCA History & Artifacts. Do you have stories or objects to share? Please come to Bolinas Museum on Sunday Nov. 3, 4-7PM to let us know what you have.

BOOK REVIEW
Changing the Rules
by Sadja Greenwood

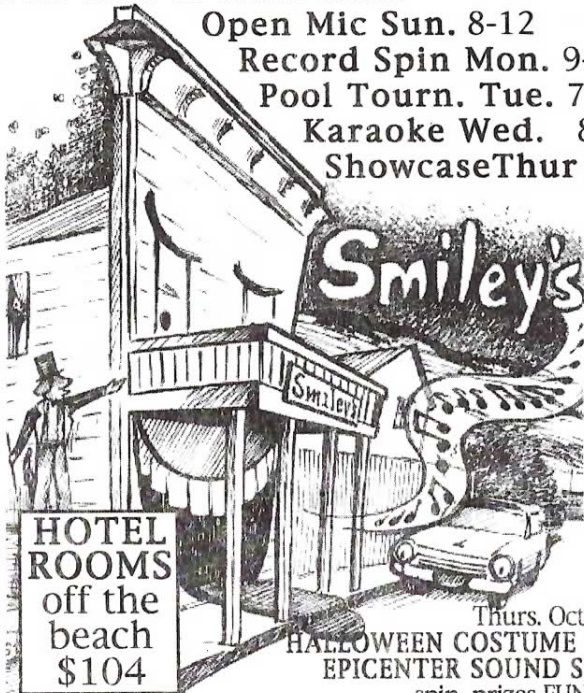
This is the compelling story of Claire – a bright, ambitious college woman in the 1950s who is struggling to be recognized both as a serious and worthy medical student and as an equal partner in an intimate relationship with her domineering husband. By deftly crafting this novel rather than just presenting a historical documentation of life in the '50s, Dr. Greenwood starkly yet engagingly illuminates the prevailing misogyny and male dominance of the time. We accompany Claire through her successive and sometimes appalling challenges, ending mercifully with emergence into her own exuberant sense of self. Claire's tale is fun and sexy and infuriating and educational by turns, one event to the next. Particularly informative as well as relevant to our present time are the events involving illegal abortion and the desperate and often fatal situations that such laws have forced women into – women who in those days even in America had little to say about becoming impregnated in the first place. Besides being a good read, this gem is nourishing food for thought as our society continues to debate how much control women are entitled to over their childbearing life. The author is a primary-care doctor who worked to provide family planning and abortion care at the University of California, Planned Parenthood and overseas.

- Don Smith



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

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



Thurs. Oct. 31 9-1
HALLOWEEN COSTUME PARTY
EPICENTER SOUND SYSTEM
spin, prizes FUNNNNN!

Fri. Nov. 1, 9-1, Day of the Dead celebration, **JUST FRIENDS**
Sat., Nov. 2, 9-1, **5-CENT COFFEE**
Sun. Nov. 3, 8:30-12:30, **OPEN MIC w/Diana**
Mon. Nov. 4, 9-12:30, spin, reggae, **MONDAY NIGHT LIVE**
Tue. Nov. 5, 7-12, Jesse's **GRAND POOL TOURNEY**
Weds. Nov. 6, 8:30-12:30, **LARRY'S KARAOKE**
Thurs. Nov. 7, 9-12:30, **Casey Johanssen & Friends**

Fri. Nov. 8, 9-1, **Otto Mobile+ TV Mike & the Scarecrows**
Sat. Nov. 9, 9-1, rowdy rock & roll, **CHROME JOHNSON**
Sun. Nov. 10, 8-12:30, **OPEN MIC w/Emma Lee**
Mon. Nov. 11, 8-12 reggae, spin, **MONDAY NIGHT LIVE!**
Tue. Nov. 12, 7-12 Jesse's **GRAND POOL TOURNEY**
Wed. Nov. 13, 8:30-12:30, **LARRY'S KARAOKE**
Thur. Nov. 14, 8-12 **Molly Maguire & the Bolinas Choir**

Fri. Nov. 15, 9-1, new grass American roots! **FREE PEOPLES**
Sat. Nov. 16, big band groove/blues **BLACK WATER GOLD**
Sun. Nov. 17, 8-12:30, **OPEN MIC w/Eli**
Mon. Nov. 18, reggae, spin, 9-12:30, **MONDAY NIGHT LIVE**
Tue. Nov. 19, 7-12 Jesse's **GRAND POOL TOURNEY**
Wed. Nov. 20, 8:30-12:30, **LARRY'S KARAOKE**
Thur. Nov. 21, 8-12:30, **EMMA LEE**

Fri. Nov. 22, 9-1, **HONEY DUST**
Sat. Nov. 23, 9-1, **SOL DOC**
Sun. Nov. 24, 8-12:30, **OPEN MIC w/Charlie**
Mon. Nov. 25, 8-12:30, reggae, spin, **MONDAY NIGHT LIVE**
Tue. Nov. 26, 7-12 Jesse's **GRAND POOL TOURNEY**
Weds. Nov. 27 7:30 **MIDNIGHT ON THE WATER** Irish
Birthday Party & 9:30 to 12:30 **LARRY'S KARAOKE**
Thur. Nov. 28, 9-12:30, Larissa's Honkeytonk Thanksgiving
Fri. Nov. 29, 9-1, gypsy jazz **BESO NEGRO**
Sat. Nov 30, 9-1, melodic **THIS OLD EARTHQUAKE**
SMILEY'S SCHOONER SALOON & HOTEL
41 Wharf Road in Bolinas 415-868-1311

HALLOWEEN OPEN HOUSE

THURSDAY OCTOBER 31

5-8PM

TAKE A BREAK FROM TRICK OR TREATING AND JOIN US FOR SNACKS, SOUP AND CIDER

AT BOLINAS COMMUNITY CENTER





90.5 FM + 89.9 FM
WWW.KWMR.ORG



6	DeepWaking 12-1 am		Weekly Feed 12-1 am		KWMR Night Music		S Sunspots to 1:30 am		KWMR Night Music		Grateful Dead 12-1 am		Radio Goethe 12-1 am			
	KWMR Night Music		KWMR Night Music		KWMR Night Music		KWMR Night Music		KWMR Night Music		6:00 am As It Happens		KWMR Night Music			
7	Day 6 (CBC)		As It Happens (CBC)		As It Happens (CBC)		As It Happens (CBC)		As It Happens (CBC)		Morning Glory		Daybreak			
											# Gregory DeMascio # Anneke van der Veen		# Gregory DeMascio # Anneke van der Veen			
8	With Eyes Open! Peter Asmus Park Wave-lengths L. Farley		Hear the World A Cuppa Jo with Dr. Joe		Rise and Shine Mary Siedman Amber Distasi		Swimming Upstream Amanda Eichstaedt		Morning Blunder		Hear the World (RNW)		Barrio Vibes			
	KT's Kitchen		Krista Tippet On Being (repeat)		Airwaves Raul Galliot		Fish Tales David Cook		Howard Dillon Charlie Docherty		Art of the Song (repeat)		Solange Echeverria			
9	Turning Pages # Janet Robbins # Lyons Filmer		Turning Pages # Neshama Franklin # Vinyl Café (repeat)		Turning Pages # Joy Maulitz # ViewPoint (repeat)		Turning Pages Janet Robbins		Krista Tippet On Being (through November)		New Series Climate One		Vicarious Traveler Vicki Leeds		Original Minds Elia Haworth	
															Sunday Celebration of Sacred Music # Rick Clark	
10	Open House		#1/#3 Specials TBA #2/4/5 Queating Calpestri & Mickelson		The Bioneers (repeat)		An Organic Conversation		Nuestros Niños		Viewpoint Ellen Shehadeh		The Place We Live Marc Matheson		10 am BirdNote	
	The Bioneers				Making Contact											
11	The Farm and Foodshed Report Robin Carpenter		New Dimensions		Alternative Radio		Attune-ment Anthony Wright		Common-wealth Conversations		Specials TBA # Airwaves (repeat) # Tamas (repeat)		Forms and Feelings		Happy Days Marcie Judelson	
													Jim Bennett		Jazz with Kendrick Rand	
1	West Marin Matters #1 J. Stock #2/4 Gong & Stephan #3/5 S. Santiago New		Spirit & Mind Anthony Wright		The Local Organon P. Fenn C. Schultz New Slot		KWMR Peace programs (repeat)		Philosophy Talk		New Peace Paradigm Stephanie Van Hook		Coming Pieces of Peace		Jazz Rhythm Dave Radlauer	
															LAST SUNDAYS	
2	Cruisin'..... Rick Clark		What's New?		New Day/Time Aztec Pride		Classical Wednesday		Classical Thursday		Classical Friday		# Hawai'i Calling Susanna Henderson		Riverwalk Jazz	
			Jimo & Friends		Jorge Ramirez		#1/5 Specials #2/4 Chris Breyer #3 Susan Deixler		# Susan Santiago # Jeffry Wilkinson		#1 S. Henderson #2/4 N. Masonson		# World Playground Guest Hosts		The Vinyl Café (CBC)	
3	# Youth D.J. Project # The Latin Alternative		Art of the Song		Youth D.J. Project # Devon McMorrow #5 Coastal Airwaves Vickisa		TeaTime Books		Mimi Calpestri Howard Dillon		#3 Janet Robbins #5 Specials		Circulo musical		Learnin' Kirven Brian Kirven	
															To Hell & Bach Beth Underwood	
4	New Time Trash to Treasure		Sabrina Artel's Trailer Talk		Open House		Epicenter: West Marin Issues		# Art's Desire # Hot Tech/Cool Science		Happy Hour		Jesus Martinez			
	New Time Moyers & Company		Live Wire! Radio		#1 Pt Reyes Dialogues Last: WM Political Reps		# Art's Desire # Hot Tech/Cool Science		Julie Motz		Liberacha		The Celtic Universe # Loretta Farley # Lyons Filmer		Ears Akimbo's Elbow Room Paul Flowerman	
5	Release Me...New music Amanda		Musical Varieté		Foggy Ridge Music		West County Prowl		Bakersfield & Beyond		Shorty's Bunkhouse		Friday Funk Fest		Between Rock and A Jazz Place	
			Charlie Morgan		Will Minor		Jeff Manson		Mike Varley & Amanda Eichstaedt		Shorty		Fairfax Funkateer		Grey Shepard	
6	New Time Barbarian Beach Party		Silver Dollar Jukebox		Faultline Radio		Coast Highway Blues		L.A. Theatre Works		Doctor Jazz Radio Programme -- Breyer		Rick's Jazz Café		Choose Your Own Adventure	
	Katie Eberle		Peter Martinelli		Jaimo Crespo		Larry Rippee		Contemporary and Classic Drama		Magic Radio		Rick Clark		Fred Smith	
7	Monday Night Mixtape		Professor Kosmo plays.....		The Latin Alternative		Sonic Sunspots Tony Palmer		NEW		Chris Breyer		Saturday Night Function		The Kitchen Sink Patrick Kleeman	
	Jacoba Charles				Professor Kosmo plays.....				Best of British Unsigned New music from the UK Professor Kosmo plays....		Professor Kosmo Plays.....		# Marc Matheson # Jeff Wilkinson		Stuck in the Psychedelic Era with the Hermit	
8																

9.11.13

Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317

WEEKLY WRAP & RECAP 10/21/13 From Jenniepeiffer

This will be the last regular Weekly Wrap & Recap of 2013, what with the light shrinking to the dark, hunker-down time of year and multiple commitments calling, such as the Local Zone Phone Directory update, Halloween, Thanksgiving, then festivities/shows/craft fairs for the Holidays of various denominations and derivations. I get overwhelmed this time of year, and like to cut back on time requirements. I panic about all the things on the "To do" list for 2013 that haven't gotten done. Somehow I think I might actually still do some of them. This is not to say there won't possibly be some irregular columns (they're always a little irregular in content anyway) if mood and time allows.

So this is a short recap of the week, to say it's been an inspiring time of Community gatherings and a reminder of why I love this town so much. Monday was the annual display of generosity that the Coast Cafe puts on as a thank you to the community for continuing support. Playing music at this event gives a great

vantage point for watching the kaleidoscope of families and friends coming to enjoy the gift of delicious food.

Tuesday the school board met to discuss how we're going to handle the retirements of Superintendent Larry Enos, and interim principal Elaine Doss. It will not be easy. Then Wednesday, The Preschool Task Force went to Redwood City to see how they incorporate preschool into their program, a concept we're exploring.

The most moving gathering of townfolk this week was yesterday at Eatdog's memorial at his awe inspiring nursery, Gillyflower. The words from the many people who have known Eatdog over the decades he's lived in Bolinas were inspiring and insightful. He touched so many lives, mentored so many youth, and gave us all the example of how to live a life with intention, authenticity, and aesthetic creativity. We will miss him in our town. Maybe we can give support to Alethea and family by helping to keep that amazing garden going. Press on regardless. jp

FOR SALE

DRY DRY DRY SEASONED FIREWOOD

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

DMx

How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD office on Mons, Weds and Fris 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 as they might become separated) & drop into door slot.



LOST AND FOUND

LOST: PRESCRIPTION SUNGLASSES IN DARK HARD
case. Lost on Tues Oct 22 on Grove or Elm.
– Reward 868-0108 or 847-5069

DM1025

LOST IN BCC KITCHEN AFTER LABOR DAY:
My 10" chef's knife with blue tape & my name on handle. Susie
-1646

SS10/18

LOST: KAYDON'S BIKE HELMET (SKATE STYLE)
Call 9036 if found

10/2 MA

LOST: KIDS KLEAN KANTEEN GREEN WATER
bottle with green sport top, downtown. 415-342-7369

NC 10/16

LOST: SPRING GREEN BIG-SHIRT
Call 2283 if found

10/11 KO

LOST SUNGLASSES, WOMEN'S FRAME,
brown with brown lenses, Dior. They are much missed!
REWARD! 415-868-0681 or 917-209-4639

O 9/18

LOST: A PAIR OF VERY COOL RAYBAN SUNGLASSES
at farm stand art show opening last weekend, 9/7-
(599) 288-3401

VW 9/13

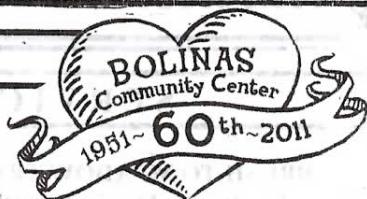
LOST: LABOR DAY-AMPLIFIER STAND-
a pair of cowboy boots with wooden top. StuArt-2769

SC 9/9

STOLEN BICYCLE: BLACK SCHWIN 3 SPEED
with basket, white wall tires, lg. seat. Last seen on Gospel Flats
may be downtown. Allan @ PO Box 254

AL 8/28

CLASSES



Weekly Schedule

Monday	
Chi Gung w/ Susie Stewart	10:00 - 11:00 a.m.
Pilates w/Lisa Townsend (pre-register 868-0473)	5:30 - 6:30 p.m.
Theater with Patrice Daley	7:00 - 8:30 p.m.
Tuesday	
Yoga w/Lisa Brendel	8:30 - 10:00 a.m.
Bo Babies & Toddlers (Free Hangout)	1:00 - 3:00 p.m.
Pirate Pizza in BCC kitchen (pre-order 328-1066)	4:30 - 7:30 p.m.
Aerial Arts for Youth w/Joanna (starts 10/15)	3:30-5:45 p.m.
Wednesday	
Pilates w/Lisa Townsend	8:30 - 10:00 a.m.
After-School Theater w/ Lisa T. (starts 10/30)	3:30-5:00 p.m.
Theater with Patrice Daley	5:30 - 7:30 p.m.
Biblia en Español	8:00 - 9:30 p.m.
Thursday	
Yoga w/Lisa Brendel	8:30 - 9:30 a.m.
USDA food bank	12 noon
After School Ballet w/Erika Townsend (Starts 9/5)	3:30-5:45 p.m.
Congolese Dance w/ Sandor	6:00 - 8:30 p.m.
Friday	
Pilates Mat Class w/Lisa Townsend	9:00 - 10:00 a.m.
No Place Like Home (Free Brunch 4 th Fri of Month)	10:30 - 11:30 p.m.
Saturday	
Yoga w/ Lisa Brendel	9:00 - 10:30 a.m.
Kids-Movement Class (2-4 yrs) w/ Lisa Townsend	10:45 - 11:15 a.m.
Kids Movement Class (4-6 yrs) w/ Lisa Townsend	11:15 - 12:00 p.m.
Ballet w/ Erika Townsend	12:15 - 1:45 p.m.
Sunday	
Yoga w/ Trishna (Classes start 9/8/13)	9:00 - 11:00 a.m.
Brazilian Dance with Anna (Classes start 9/8/13)	11:15 - 12:15 p.m.

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



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ARE PUBLIC SERVICE ADS, AND RUN FOR FREE.

Please keeps ads to around 20 words.
We will run them for at least a week
or until you ask for removal.

Hearsay Staff

FREE

LARGE WOOD PIECES (FIREWOOD)
End of Evergreen. Come and take it.

JR 10/11

ELECTRIC 220 VOLTS COMPRESSOR
Works Great. Table Saw - old school, new blade.
868-0686 – Jerry

10/25 JB



HEARSAY NEWS CLASSIFIEDS

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Fill out form and drop in door slot. If you have included payment please note. Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

SERVICES

BRUSH TO MEADOW TRANSFORMATION

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

DMX

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

SHX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING

Dump Runs, Cow Manure, Recycling, Humane animal removal - Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

TREE SERVICE

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

SRX

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

HDX

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- INTERNET ACCESS • CHECK CASHING
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41 Wharf Rd., Bolinas 415-868-1311

hearsaynews@yahoo.com

Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day. Or request a link to the password-protected website to read online and info on how to subscribe.

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

SERVICES

THE OPTIMAL TIME for planting CA Natives is during the rainy season!

If you would like our help, please call **natural landscapes**

Lea Earnheart and Associates - 868-9330
specialists in restoration landscaping for over 20 years

LE 11/6

HOUSING WANTED

CALLING ON THE BOLINAS TRIBE, PLEASE HELP for finding affordable, clean living space for mature longtime local lauded woman activist. Creative, responsible with references. Call Camila 868-0426 or e mail: dakini@svn.net

CMx

NEEDED

LONG BLACK BOOTCAST SIZE 8
For bone fractured /sprained ankle. 868-0686 - Neeltje

BJ 10/30

HELP WANTED

STAR ROUTE FARMS IS LOOKING FOR A DRIVER/ market person 2 day/week, Thursday and 1 weekend day. Early start. Clean drivers license required. Please call 868-1658 and speak with Annabelle or Warren.

A/X

HEALTH & HEALING

June McAdams, RN

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Newborn to Elders

Coastal Marin Only

More than 39 years nursing experience

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CAREGIVER AVAILABLE

Excellent homecare, cleaner.

Call 868-1782 Anita & William

CH X

28 October

Fyribod/Runic half-month of Hagal and Celtic tree month of Ngetal commence



The festival of Fyribod, or Forebode, is a marker of winter and bad weather. The runic half-month of Hagal, the transformative hailstone, is a time to undergo the changes leading up to winter. The Celtic tree month of Ngetal, the reed, is symbolic of measurement (as a meteward) and of record (as the reed pen). A time of introspection, analysis, seeking, and finding order.

