WHAT'S HAPPENING
Wednesday, November 21
POET BOB HOLMEAN
in conversation w/ Michael Lerner, Commonweal, 10am-
noon. www.The-New-School.org

JERRY HANNAN
Thanksgiving Eve celebration at Smiley's, 9pm

Thursday, November 22
THANKSGIVING HOLIDAY

COMMUNITY CENTER THANKSGIVING DINNER
Doors open at 4pm Dinner at 5pm Bring a dish to pass.
Everyone welcome- info @ -2128

Friday, November 23
JUST FRIENDS
Live local music @ Smiley's, 9:30pm, Charlie Docherty,
Jim Vest, Jerome Bohman, Molly McGuire, Michael
Pinkham

OPEN STUDIOS
Visit local artists in their workplace. Runs all weekend. Info:
www.coastalmarinartists.com

Saturday, November 24
SMALL BUSINESS SATURDAY
Free samples of Hot Smoothies, Bobolicious, 2-3pm

OPEN STUDIOS
continues

COLE TATE
Live rockin' blues at Smiley's, 9pm

Sunday, November 25
OPEN STUDIOS
continues

THE BIRD THAT SWALLOWED ITS CAGE
Walter and Aggie Murch, Commonweal, 2-4PM, register at
www.KWMR.org

Woodcut print “The City from Grizzly Peak”
by Tom Killion

HAPPY HAPPY BIRTHDAY!!!

November 19: Joanne Kyger
Dan McNaughton
Nathan Siedman

November 20: Jim Alsen
Danielle Vantress
Ron Wilhelm (remembered)
Erin Dell

November 21: Albert Hollander
Doris Ober

November 22: Betsyann Gallagher
Calvin Pfeiffer-Bryne

November 24: Georgia Mowry-Riley
Zetana Audrey Demmerle
Lone Fly

November 25: Jasmina Henley
Mikaela Sabbatini
Thanksgiving Day - Service for Petaluma, Novato, and West Marin only. For all others, service delayed one (1) day.

Christmas Day - No Service for Commercial or Residential. Service delayed one (1) day.

New Years Day - No Service for Commercial or Residential. Service delayed one (1) day.

President's Day - Normal Service. No interruptions.

Memorial Day - Normal Service. No interruptions.

4th of July - Service for Petaluma, Novato, and West Marin only. For all others, service delayed one (1) day.

Labor Day - Service for Petaluma, Novato, and West Marin only. For all others, service delayed one (1) day.

MLK Day, Columbus Day, Veteran's Day, Easter, Christmas Eve, Halloween, and New Years Eve...normal service.

NOTICE:
The Bolinas School Music Department seeks a working guitar amp. Please leave message for Anny Owen @ 868-1603 or email: annyo@bolinas-stinson.org. Thank you!

THREE GREAT THINGS ABOUT THIS PLACE...

(1) First fire of the season in the woodstove, on a rainy, chilly Friday night. What a comfort.

(2) Perfect fireside reading: the most recent volume of Robert Caro's fascinating biography of Lyndon Johnson.

(3) First rainy season soccer game on the Mesa Park field—and too bad about those voters who may (votes are still being counted) have kept Measure E from passing. So the town is choosing not to maintain its park?

--Ned Riley

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
Go to Health – Reduce your blood pressure with what?

Chocolate: Recent studies have shown that compounds in cocoa, called flavanols, reduce blood pressure via the formation of nitric oxide (NO) in the body. NO is a signaling molecule in the body, which causes blood vessels to relax and open wider. The people living on San Blas Island off Central America drink cocoa every day, as their main beverage, and have normal blood pressure regardless of age. Cocoa or chocolate has more protective flavanols if it has not been ‘Dutch processed’, so read labels carefully, and buy unsweetened cocoa powder (not Dutch-processed) or a dark chocolate bar with 70% cacao content. You can sweeten the cocoa powder with xylitol, and do a favor to your teeth. (Xylitol is a sweetener derived from plants that prevents bacteria from sticking to the teeth.) A recent report from the University of L’Aquila in Italy showed that elderly people with mild cognitive impairment showed improvement with cocoa flavanols, as well as reductions in their blood pressure.

Beets and beet juice: numerous recent studies have shown that drinking beet juice lowers blood pressure and improves athletic performance. The nitrates in beets (also found in leafy green vegetables) are translated into nitric oxide in the body. Blood vessels widen, allowing for more blood flow. In addition, beet juice reduces the amount of oxygen needed by muscles during activity. For example, test subjects used less oxygen while walking, reducing the effort it took to walk by 12%. This could be helpful for the elderly, and those recovering from heart and lung problems.

When competitive male cyclists were given beet juice before a timed trial, they were able to improve their racing times by 3%. Since in the world of elite sports a 3% improvement is big, athletes are turning to beet juice, as well as tart cherry juice, with enthusiasm. Beet juice and freeze-dried beet juice powder are widely available on the Internet – although fairly costly.

Celery and celery seed: these foods have a long history in Indian Ayurvedic medicine to treat fluid retention, arthritis, gout and other problems. Chinese medicine also recommends celery to treat high blood pressure. A substance called phthalide in celery acts as a diuretic, and apparently causes an equal loss of both sodium and potassium, which is helpful in maintaining sodium-potassium balance in the blood. It also works by relaxing smooth muscles lining blood vessel walls. A study done at the University of Chicago in the 1990s showed that a celery extract given to laboratory rats lowered their blood pressure 12-14%. In humans, a comparable daily ‘dose’ of celery would be about 4 stalks. There are numerous individual reports of people using celery for blood pressure, but no further studies on this question. Perhaps this is because it is hard to get funding for natural substances. Celery seed, used as a spice, comes from a different plant related to edible celery. Like celery, it acts as a diuretic, promoting loss of excess fluid in the body. It is also used as an anti-inflammatory food. Chefs suggest that you add celery seeds to soups, tomato dishes, salads and eggs. Light toasting brings out a sweet flavor.

Sadja Greenwood, MD  back issues sadjascolumns.blogspot.com
MOSTLY MEETINGS & MISCELLANY
Monday Morning Recap & Week in Review 11/19/12
From Jennie geliefert

IT’S BEEN A MEETING AND MUSIC WEEK: Mesa Park Board, Green Team, School Board, Marin County School Board Association, White Caps, and Bolinas Community Center Board were on the meetings menu; and an excellent music night Saturday with Maitrey’s musical Reggae production, teamed up with BoBolicious Julis Augustyn for a delicious dinner choice of Salmon or Faux chicken with salad, roasted roots Reggae veggie, and/or sautéed local farm greens. So delicious! and loved seeing Amy’s students do some early music for us.

The Mesa Park Board thanked outgoing president Geoff Guepel for 12 excellent years of service to the Community on the Park Board. Geoff is stepping down this month, and his evenhanded gavel and organized chairing of the meetings will be missed. Thanks Geoff.

Dylan Squires will be joining the Board and was sworn in Monday night. There is still no final word on Meas. E funding to keep the parks facilities maintained, i.e. toilet facilities, field mowing, trash picked up, play ground and basketball court repaired, parking lot maintained, and years of shepherding along the irrigation project which is finally scheduled to be installed this spring so fields will be playable year round. Measure E is only for the grounds at Mesa Park. If a pool gets enough support to Install, it will have separate funding, and the downtown park has its own maintenance budget.

We really need that measure to pass. Tuesday morning was a school Green Team meeting in the library at school, Former member, Rachel Gertrude, was back as a guest speaker, talking about sustainability in the larger world, as she reported on the Women’s Congress for the Future Generations, that she attended.

We also had a presentation from Gwen Heistand, who has been at Volunteer Canyon for the past decade, and talked about "songlines", using the landscape for learning, which she wrote about in a recent issue of “The Heron,” an Audubon Canyon Ranch publication. There is new energy this year for plans to expand the school garden this spring. This is a Board sponsored committee on sustainability and is open to the community.

- The Board approved Resolution #5 2012-2013 in appreciation of Sandy Thomas. Superintendent York read the resolution and presented a plaque to Sandy.
- Current enrollment stands at 108 students
- Report on First 5 Marn Grant award in the amount of $25,000 for early childhood education
- Lunch Program update - computerized accounting of snack and lunch sales
- Assessment report. Principal Doss shared information on the district wide scores on the 2012 STAR tests. Results were available.
- Don Jolley reported on the Middle school math program. Information was distributed.
- Amy Green reported on the Middle School Advisory program. Information was distributed.
- School Property dissolution. The Board approved surplus material dissolution - (library books, textbooks). Materials were offered first to students with the balance donated to the Global Book Exchange in Novato.
- The Board approved: Classified work hours increase of one hour per week each for Carol Gilman and 4 hours per week for Suki Ferrand (school cooks).
- The Board Approved Resolution 6 2012-2013 Authorization to sign on behalf of the Board, Paula Romney.
- The Board Approved Interdistrict Transfers (2)
- The Board approved a differential salary adjustment for the Maintenance II classification effective 7/1/2012.
- The Board approved the purchase of a school truck as a replacement to the existing.
- The Board approved a new policy # 5131 regarding a mandated anti-bullying Policy. This policy may be viewed on the website under District reports and plans. In December the Board will review and take action on other related anti-bullying policies and procedures. These draft policies and amended existing policies may be viewed on the website under District reports and plans.
- Technology Committee

Technology Committee: Principal Doss reported a main goal is to have more classroom computers, install an overhead projector in the 5th grade classroom and writing grant proposals (i.e. i Pad for Special Ed). The next meeting will likely be after the winter break but will be announced at the 1/24/2012 meeting.

Green Team Trustee Pfeifer reported that the committee met this morning (11/13/12) at 8 a.m. in the Library.

She was delighted to report that many new parents are involving themselves in the program.

Tuesday night was the monthly meeting of the School Board of Trustees, moved from the regular first Tuesday of the month, which was election night. Whenever a regular meeting time is changed, the new meeting is called a special meeting, so that’s why this was publicized in that way. I am submitting separately - at the bottom of this column - the meeting highlights that were published in last week’s school Backpack Mail, a weekly publication for the school community, which is available on the school’s website - Google Bolinas-Stinson School. Marin County School Board Association (MSSCB) is an organization that allows cross communication between school districts, to help advance education in the County. That meeting was Wed Wednesday White Caps monthly luncheon at the Rod and Boat Club featured spiral ham, potluck offerings, and free flu shots. Nice to get a shot for free without having to drive anywhere, as I sat watching the lagoon and the seagulls (which have gotten quite aggressive - one dove into StuArt’s plate, grabbed a carrot, which he dropped into Stu’s coffee as the gull beat a speedy retreat) while getting shot with some sort of flu prevention antibodies. I don’t usually get one, but with a new grandson coming into the household, thought it might be prudent.

Saturday morning was the regular monthly meeting of the Community Center Board. The Food Fest report showed a very successful start of the kitchen remodel project fund project. More is needed, so think of the Center if you are so fortunate as to be able to do year end giving. The Winter Fair is coming up, so visit your application at the Peoples’ Store if you are thinking to vend. New Directories should be out by then.

Happy news is that Ila is home from surgery and is recovering well, and may be able to make it to the Center’s Thanksgiving feast, organized in her absence this year by Lia and Randi, our Center dream team. Many thanks to them, thanks to all the community members who work everyday to make this such a wonderful place to live & good Thanksgiving greetings to all.

Inspired by Xerxes Whitney: "what are you grateful for?" If you’d like to make a short comment, we will use as a feature in the Thanksgiving issue of the Citizen this week, where WE will be thanking all of you, our readers, advertisers, contributors, for all your support this past year. The Citizen is truly YOUR paper. Check out the improved website at westmarincitizen.com. Happy Thanksgiving.
Sunday, Nov. 25
2-4 pm

The Bird that Swallowed Its Cage: A Reading & Conversation with Walter and Aggie Murch
Held at the Commonwealth

Co-presented by KWMR, Point Reyes Books, and The New School at Commonwealth. Event is free, but RSVPs required; please register on KWMR's website at www.KWMR.org.


Please note that the Commonwealth Gallery is on the second floor, and there is no elevator available. And please carpool if you can; parking is limited!

The New School at Commonwealth
451 Mesa Road • Bolinas
868.0960 www.The-New-School.org

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- Apple Pie: best pie ever, local apples, covered pie $25.00
- Pumpkin Pie: beyond traditional $22.00
- Sweet Potato Pie: an old favorite topped with pecans $22.00
- Pecan Pie: southern style $25.00
- BoboliCious Apple Cake: with local apples $25.00
- Cheesecake: NY style lightly brushed with Brandy, or Lemon, or Pumpkin, or Chocolate, or Mint $30.00
- Holiday Wreath Fruit Cake: a festive tradition $25.00
- Gluten Free Chocolate Bandt Cake: from the heart $20.00

Cookies: Gingerbread or Sugar $8/dozen
- Almond Buds: Miniature almond pound cake rosettes $12/dozen
- Biscotti: $2.75 each 3/3.50; 6/21; $26/baker's dozen

Available: Herbal Tonics, Supplements & Judith's Herbs, Holiday & All Occasion Candles, Local Artisans Handmade Scarves & Bags, Organic (non-GMO) Chocolates, Chile Hot Cocoa, Asian Tea Cups, Travel Mugs, ornaments, gift certificates, and more!

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COMMUNITY THANKSGIVING DINNER
Join the annual celebration of Thanksgiving in West Marin, co-sponsored by the Dance Palace and the West Marin Community Resource Center. More than 100 volunteers help with cooking, serving, and decorating for this wonderful community celebration. This is a great way to get involved in our community and celebrate what you are thankful for this year. Call 415-663-8361 to volunteer. Free to the community, donations accepted.
Thursday, November 22, 1-5 PM

DANCE PALACE HOLIDAY CRAFTS FAIR
More than 40 craftspersons from all over the Bay Area will display their wares including jewelry, pottery, clothing, toys, weaving, Christmas ornaments, and more. Visitors to the fair can buy all their holiday gifts, and enjoy delicious seasonal food and drink. Contact the Dance Palace at 415-663-1079 for more information or e-mail Kelly@dancepalace.org
Friday, November 30, 4-9 PM
Saturday, December 1, 10 AM-6 PM
FOR SALE

LIVE CRAB AT THE FARMSTAND
Fri, Sat, Sun eves and by appointment.
Reservations Recommended. Don Murch 640-5425 cell

ABOVE GROUND SWIMMING POOL
With propane heater and pump. 4' deep and 16' across. $1000
Christine -0892

FOR RENT

SELF-CONTAINED STUDIO LIVING SPACE
available on Bolinas Big Mesa. Small private deck, shared
washer/dryer and utility room, overgrown garden!
$1000 including utilities. 868-9236

BEAUTIFUL RUSTIC ONE-BEDROOM
Mesa cabin, large sunny yard, for long- term rent to stable
trustworthy person. Special place for special person - we need to
feel very comfortable with each other. $1000 includes utilities
except propane. Please email inquiries: mlnerr108@gmail.com

HOUSING WANTED

HOUSING NEEDED MONTH OF DECEMBER
Local couple looking for sublet in Bolinas from December
10-December 26. Please call Melinda or Jeff @ 868-0533

LOST & FOUND

FOUND: 2 KEYS ON RING.
Red plastic-house and green decorators. Now at Hearsay Office.
Call 0138, M-W-F-0-12N to claim.

L O S T

White Marin Mountain bike-purple hand bar grips-Reward
868-1568

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.
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ARX

BOLINAS “IN-HOME HAIRCUTTING SERVICES”
call Angela for appointment. -1840

19 November

20 November

Praetextatus and Paulina

Praetextatus and Paulina, guardians of the Eleusinian mysteries, are commemorated today. In 364 c.e., they resisted the order of Christian emperor Valentinian to suppress these Greek Pagan mysteries. They continued to allow the entire rite to be performed in the traditional way. At right is Demeter, the presiding goddess of the mysteries.