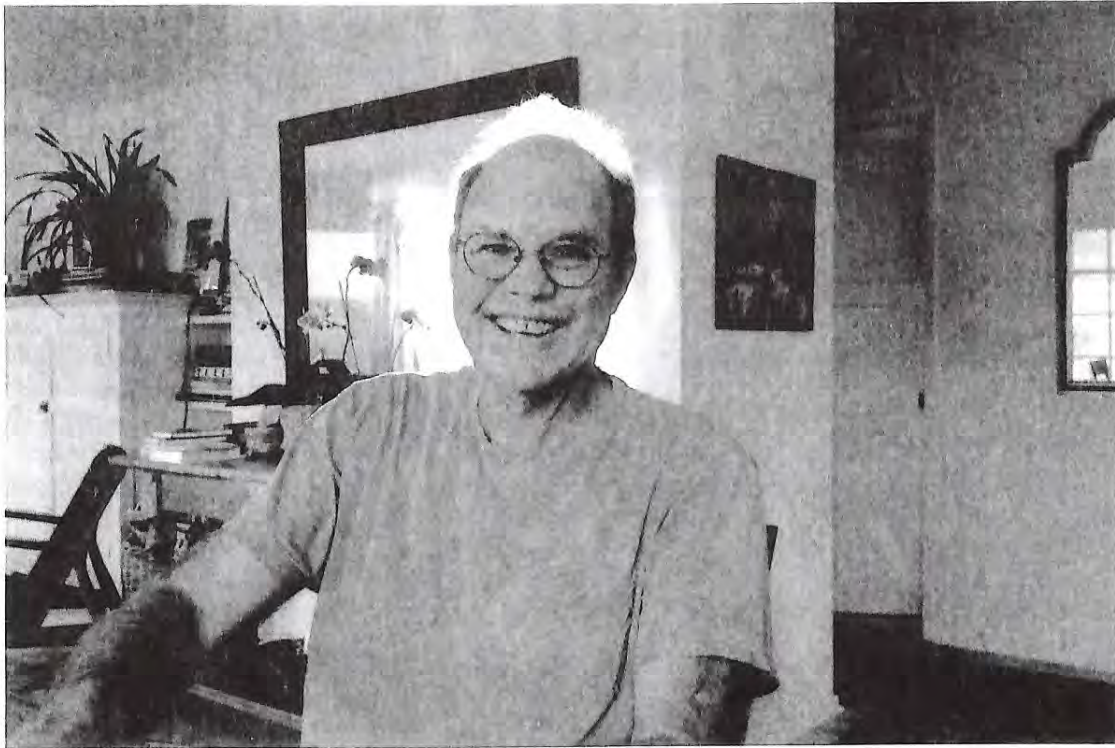


# Bolinas Hearsay News

Monday, November 24, 2014

50 cents



**Michael Guilkey**

**September 16, 1949 – November 15, 2014**  
Garden-lover, baseball fan, father, husband, and beloved by so many. Our new ancestor. May he rest in peace and be free on his new journey.

Memorial to be held January 3rd, 2015 at the Stinson Beach Community Center.

## WHAT'S HAPPENING?

Monday, November 24, 2014

### **FIRE DISTRICT**

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

Tuesday, November 25

### **TUNE IN TO RISE AND SHINE**

8:00am, 89.9 or KWWR.org for special thanksgiving show with Mary Siedman and Amber Distasi

Wednesday, November 26

### **MIDNIGHT ON THE WATER**

Acoustic contra-dance music for Smiley's celebration of all November birthdays, 7:30-9:30pm. Free. Free cake too.

Thursday, November 27

### **THANKSGIVING**

Thanksgiving Dinner at the Community Center, Doors open at 4pm, Dinner at 5pm

Friday, November 28

### **BOLINAS/STINSON BEACH OPEN STUDIOS**

Twenty-two local artists participate in both towns, 11am-5pm.

### **HONEYDUST**

Live rock @ Smiley's, 9pm. Cover.

Saturday, November 29

### **BOLINAS/STINSON BEACH OPEN STUDIOS**

Twenty-two local artists participate in both towns, 11am-5pm.

### **FENTON COOLFOOT & THE RIGHT TIME**

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

Sunday, November 30

### **BOLINAS/STINSON BEACH OPEN STUDIOS**

Twenty-two local artists participate in both towns, 11am-5pm.

## HAPPY BIRTHDAY!!!

- |              |   |
|--------------|---|
| November 24: | Georgia Mowry-Riley<br>Zetana Audrey Demmerle<br>Lone Fly<br>Ayn Plant                          |
| November 25: | Jasmina Henley<br>Mikaela Sabbatini   |
| November 26: | Elaine Brown<br>Art Moritz<br>Kerry Livingston<br>Rose London<br>Damion Brown<br>Aileane Hurley |
| November 27: | Shanna Fleming<br>Lisa Wilkens<br>Mitchell Barnes<br>Weston Borg                                |
| November 28: | Steve Reinertsen  |
| November 29: | Katie Ponder<br>Alana Smith<br>Claire Heart<br>Doug Scoville                                    |
| November 30: | Brandan Kearney<br>Freya McCamant<br>Claire Simeone   |

Announcing a wonderful Annual Holiday Event:

### BOLINAS STINSON BEACH OPEN STUDIOS THANKSGIVING WEEKEND 2014

Friday, Saturday & Sunday, November 28 & 29, and 30, from 11 to 5

Again this year a group of talented and diverse artists and craftspeople will be opening their studios to visitors this holiday weekend.

Twenty-two artists working in a variety of media including Painting, Watercolor, Sculpture, Ceramics, Textiles, Photography and Mixed Media are participating.

A brochure which illustrates each artist is available at the studios and local businesses. Signs will guide visitors to individual studios.

**NEW THIS YEAR:** Group Exhibition of participating artists, at 11 Wharf Road, Bolinas, an historic inn dating from 1890.

Open the preceding weekend, Nov. 22 & 23, 11 - 5,  
and during the hours of the Open Studios event, Nov. 28, 29 & 30.

For complete information and maps please visit our website:  
<http://www.coastalmarinartists.com>

A special opportunity to view art in the studio where it is made, and perhaps pick up a treasure or two; many artists will feature special small items for the holidays. The perfect holiday outing.



COMMUNITY &  
CULTURAL CENTER

dance palace

P.O. BOX 217  
503 B STREET  
POINT REYES STATION, CA 94956  
WWW.DANCEPALACE.ORG  
415.663.1075

### COMMUNITY THANKSGIVING DINNER

Join the annual celebration of Thanksgiving in West Marin. Sponsored by the West Marin Community Resource Center in cooperation with the Dance Palace, this wonderful community celebration is open to all. Over 100 volunteers help with cooking, serving, and decorating. This is a great way to get involved in our community and to celebrate what you are thankful for this year. Call the Resource Center at 415-663-8361 to volunteer.

**Thursday, November 27, 1:30 PM / Free**

## 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

### Thanksgiving Community Potluck Dinner

Thursday November 27th 2014, 4pm  
Doors Open, Dinner at 5pm  
Free Entry



Join us for our annual Thanksgiving Dinner Celebration and Potluck. Please bring a dish to share for 12 people and your own drinks.

Ilka Hartmann is organizing the evening and needs volunteers to help set-up, breakdown, cook turkeys and help with other small tasks. Please call Ilka at (415) 868-0419 to volunteer.

### The Taste of Biodiversity

Saturday November 29, 2014, 6pm  
\$20 sliding scale (No one turned away for lack of funds!)



A night of foods...films...and fun! A benefit for The BoTierra Biodiversity Research Center located in Bolinas, California.

Don't miss this unique and exciting opportunity to sample many tasty foods from foreign lands that have now found a new home right here in West Marin. Join BoTierra Founder, research botanist and polyculture farmer, John Glavis as he shares his work and discoveries of delicious nutritious food plants with great promise as new crops for local gardens.

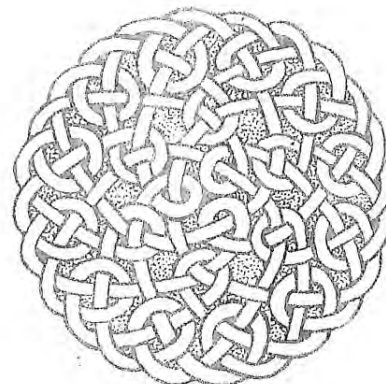
### THREE GREAT THINGS ABOUT THIS PLACE...

- (1) First fresh crab of the season. And then a crab omelet the next day. Yum.
- (2) The Bo-Stin Youth group dinner on Friday. What a great job Ian and Bridget are doing with our youngsters.
- (3) Rain, rain, rain, don't go away. Looks like we're up to the historical average for this time of year. More!

--Ned Riley

pasteup  
ads/books  
press

Ned Riley  
June McAdams  
Jennie Pfeiffer



WHAT HAPPENED  
MONDAY MORNING WEEK IN REVIEW  
11/24/14 WRAP AND RECAP from  
Jenniepeiffer

It is the gratitude time of year, and of course the rain was up there high on the long list of things to be grateful for, followed by the many ways people work together to make our part of the world such a bountiful place to live. I was very grateful to be in attendance Friday night at the Bolinas Community Center for the Gratitude Dinner hosted by the awesome members of the Bolinas-Stinson Youth Group, an organization for pre-teens and teens that has been in existence for seven years. This group was established by and for the youth of our Bolinas-Stinson communities, after a frightening night of poor judgment led to some street violence at the end of Brighton, by the beach. A town meeting led to the realization that important social needs of our young people were being neglected. A circle of adults and older teens worked to address some solutions. I am grateful that those people came forward and want to thank Sadja Greenwood and Pam Dake for continuing, all these years later, to support this organization as adult sponsors. Ian MacLaird and Sophie Rox were the youth leader/mentors at the outset, and Ian has continued to work in that capacity, now along with Bridget Bartholome. It was moving to be there to see these teens turning into competent and thoughtful members of our two communities. It was a delightful night, started with a gratitude circle with many words of thanks for all the wonders of nature in our environment, and for the excellent food donated for the delicious lasagna, salad, garlic bread, and chocolate dessert fountain on the night's menu. There was a tip of the hat to the Parkside for providing these BSYG members pizza and ice cream at their Monday meetings, as well as to the library in Stinson, providing a place for their evening homework sessions. I loved the video and slide show after the meal that gave an excellent look at how much these students enjoy having this weekly opportunity.

So thanks to everyone who is involved in this program, directly or indirectly, including donations, bus driving, parental support, teachers, vendors, and all the interested community members who were there Friday to show enthusiasm.

Everywhere you look there is something to be grateful for, and I am thankful for that. jp

Tuesday, November 25, 7:00pm  
Common Voice Holiday Series

Get ready for holiday caroling! Join Common Voice Choir for a 4-class series of holiday songs from a variety of traditions around the world. New members welcome. Tuesdays, Nov 25 to Dec. 16, 7:00-8:30pm at the Dance Palace. Dues are \$100 if paid by Nov. 19, \$115 after. Sign up and get more info at [www.CommonVoiceChoir.org](http://www.CommonVoiceChoir.org).

## Raccoon Research

I need to understand raccoons better so I can figure out how to keep them from raiding Bolinas's garbage cans without the driver having to get out of the truck to undo a bungee cord, which is a big nuisance. So I'd be grateful if you'd pass on to me any knowledge you have about whether raccoons can:

- get into a gray can without first tipping it over; or
- push over a free-standing gray can without having anything next to it to push against.

Thanks!

Don Smith, 2662

**California Orchids will be open  
to our West Marin neighbors!**

**8am-1pm**

**Mon. 11/24, Tues. 11/25 and**

**Wed. 11/26**

**515 Aspen Rd**

**868-0203**

I am scared

I think.

Could be the inane reaction formation:

to feel, to emulate, to convince myself into catharsis.

'Oh, I am alive' I pretend,

or maybe I am just used to distractions

or that I think I owe something to --

No, just used to.

The newness is new

I am scared

but, forge past and out through the distractions

into completely barren new sight

die anew

Thank you for curating all the hearsay,

Angelica

Paradise Valley apprentice

From: "sukasa12" <[sukasa12@bellsouth.net](mailto:sukasa12@bellsouth.net)>



## Sleep Apnea - What is it; What can Help? The Didgeridoo?

Each time you breath in, muscles in your throat, chest and diaphragm help you inhale; air flows from your nose and mouth into your lungs - the breath of life. During your waking hours your breathing is usually regular and automatic, unless you suffer from asthma or other lung diseases. Throat muscles are important, although we are generally not aware of their action, by keeping the airway open and stiff so inhalation is easy. When you sleep, these throat muscles may relax, narrowing your airway. Normally, this narrowing doesn't prevent air flow in and out of your lungs. But if you have sleep apnea, your airway can become partially or fully blocked because of factors like these:

\*Your throat muscles and tongue relax more than normal. Aging may play a role here.

\*Your tongue and tonsils may be large compared to the opening into your windpipe.

\*Overweight may cause extra fat tissue to thicken the wall of the windpipe, narrowing it and making it harder to keep open.

\*The shape of your head and neck may result in a smaller airway size.

Apnea is a word that means the suspension of breathing. During sleep apnea, when the opening to the windpipe is narrowed or closed, people snore loudly and/or stop breathing for a time. Breathing may stop for up to a minute. Blood oxygen levels drop, triggering the brain to disturb sleep. This helps to tighten airway muscles and open the windpipe. Normal breathing starts again, often with a snorting sound. When this happens repeatedly during the night, drops in oxygen levels and constant waking can result in the release of stress hormones. A risk of high blood pressure, heart attack, stroke and irregular heartbeat is increased. People with this condition often have excessive daytime fatigue because of sleep disturbance. They often do not experience REM sleep and do not have dreams.

Sleep apnea can be greatly helped by a device called CPAP - continuous positive airway pressure, as well as by certain dental devices. Many people

with sleep apnea have used these treatments, which are important and helpful. However, it is not easy for everyone to get used to these treatments and use them regularly.

Since the human mind is infinitely inventive, new treatments that involve breathing techniques were bound to emerge. Instructors teaching the didgeridoo noted that their students reported reduced daytime sleepiness and less snoring after practicing the instrument for several months. In Zurich, a group of doctors, respiratory therapists and sleep therapists decided to test the proposition that training the upper airway by digeridoo playing would reduce daytime sleepiness, due to training the muscles of the upper airways that control airway dilation and wall stiffening. The recruited 25 patients, average age 50, who had sleep apnea and were willing to learn the didgeridoo. Half the patients became a control group, who had to wait for 4 months before taking the didg training. The patients had weekly lessons, and were told to practice for 20 minutes 5 times a week. They were instructed in circular breathing. Apparently the practice was enjoyable, as compliance was excellent - the subjects practiced 6 days a week, and there were no dropouts. The same was true of the control group, who started didg playing 4 months later. The study found that patients had reduced daytime sleepiness and snoring - the effectiveness of didg playing was slightly less than that of regular CPAP use, but still notable. The study was published in the British Medical Journal in 2006.

A study in Australia looked at the effectiveness of didgeridoo playing on boys with asthma. The comparison group was singing lessons for girls. Asthma is a problem for 15% of Austrian Aborigines, probably because of poverty and poor living conditions. Girls are not supposed to play the didgeridoo for cultural reasons. Asthma relief was more pronounced for the didg players than the singers. Playing the didg has a pronounced effect on lung capacity, relaxation and the ease of controlled breathing.

**Continued next page**



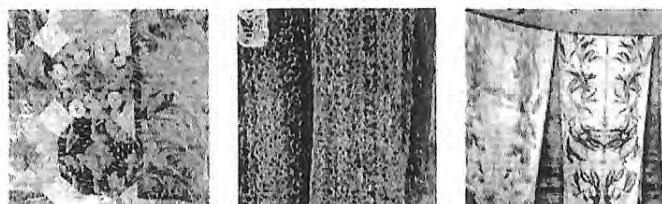
WINDUSTRIE FARMS  
HOLIDAY SALE

Sunday November 30 From 10 AM to 4 PM

This year try Christmas shopping on the farm. Find warm snuggly hats, scarfs, sweaters, and socks made from local wool, handcrafted jewelry, pottery, children's gifts, art and much, much more.

Support local artists and give hand-crafted gifts.

Hearth-fired pizzas  
2263 Chileno Valley Rd.  
Petaluma, CA  
707-775 3390



STAR ROUTE FARMSTAND

This Week Featuring

TUESDAY NOVEMBER 25

We will do a pre-THANXGIVING stand with all the trimmings you need for T-Day

Spinach, Herbs, Salad  
Savoy Cabbage and Cauliflower  
Sprouting Broccoli (aka) Sexy Brazilian  
Spring Onions, Baby Carrots

Fri. & Tues. 12 - 5 PM • Roadside In Our Field

Continued from prev. page

I have been taking classes in didgeridoo playing in Petaluma, and have found playing the instrument to be calming, mesmerizing, and helpful for my lungs. I love the sound of the low vibrations. Other people in the classes have found improvement with their sleep apnea. The teacher, Elise Peeples, will be giving an introductory class in January as well as continuing lessons. The classes will take place on Saturday morning in Petaluma. I plan to post fliers about the classes and also give them to local doctors who may want to refer their patients. Feel free to contact me if you are interested. Full disclosure - I am crazy about wind instruments.

Sadja Greenwood Back issues at [sadjascolumns.blogspot.com](http://sadjascolumns.blogspot.com)

The First Thanksgiving  
The Village Elliott: 11/08

Forsooth, to make history living,  
Me thinks, best to commence my scrivving,  
Then, doth I implore thee,  
Partake of The Story  
Of Our Nation's True First Thanksgiving.

"Dear Priscilla, thou looketh quite prim,"  
Spake John Alden, himself looketh grim,  
"Miles Standish shall starve lest  
He gathers thy harvest,  
Elsewise, his only fare, his hat brim!"

Proud Priscilla grinned, spread wide one limb,  
"Prithee, speak for thine own self, Pilgrim!  
If Miles doth eat his hat,  
Wouldst thou care for fare, that?"  
Posed Sweet Maiden, exposed by her whim;

Then, like Dimsdale doth to modest Hester,  
When the Rev'rend doth later molest her,  
Dear John got down to kneel,  
To Thank God for his meal,  
Saying Grace, in place to ingest her!

Then Prim Maiden tore off John's britches,  
Like one of Beelzebub's witches,  
Or Mad Maid from Salem  
Gadzooks, doth assail him,  
And Plymouth rocks its bundled stiches!

Forsooth, I have now finished scrivving,  
The true tale of Our First Thanksgiving,  
But, shouldn't we thank Squanto?  
Like Long Ranger's Tonto,  
If absent, no Paleface left living!

Happy Thanksgiving

From: "Elliott Kolker" <villageelliott@yahoo.com>

BREAKAWAY MATCHA  
A DIFFERENT GREEN BUZZ!  
breakawaymatcha.com  
415-462-3313

**B**  
**A** **Balancing Act**  
BOOKKEEPING PLUS

Christine Cunha, Owner  
415.868.2700

- Full-Charge Bookkeeping
- Payroll
- Year-End Prep
- Mail Service
- Plus More...

Confidentiality Assured

48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

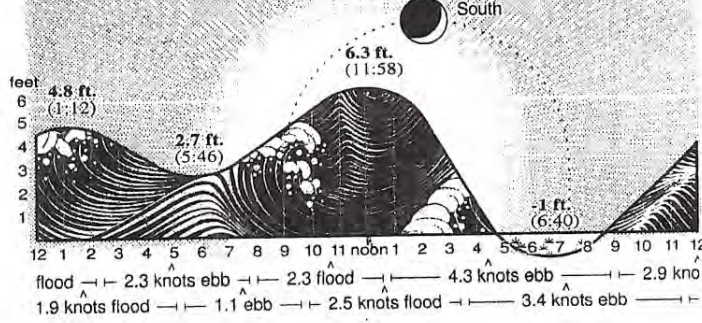
# KWMR RADIO SCHEDULE

	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 Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Daybreak
8:00	With Eyes Open!	A Cuppa Jo	Rise and Shine	Swimming Upstream			
9:00	Park Wave-lengths KT's Kitchen	Bioneers (repeat) YDP: Retro Rock Hour	Airwaves	Top of the Morning Pieces of Peace	New The Friday Guide	Vicarious Traveler Original Minds	
10:00	TURNING PAGES						
	At Nature's Pscs	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 new day Making Contact	Attunement Commonweal Conversations	Specials Sabrina Artel's Trailer Talk	Forms and Feelings	Happy Days
1:00	Ocean Currents Post-Carbon	On Being	new day Climate One	Art's Desire Hot Tech/Cool Science	Peace Paradigm Radio new day The Local Organon		Jazz Rhythm
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 The Vinyl Café (CBC)
4:00	new Youth DJ Project	Youth DJ Project	Youth DJ Project	TeaTime Books (Coastal Airwaves)			
5:00	NEWS & CURRENT AFFAIRS				Happy Hour		
	new Epicenter	new Epicenter	new Epicenter	new Epicenter		Circulo Musical	The Scoring Stage To Hell & Bach
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		EVENING MUSIC & DRAMA	
7:00	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 Magic Radio	NEW title & hosts The Jazz Groove	L.A. Theatre Works
10:00				The Latin Alternative			
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 9/8/14
12 am	LATE NIGHT					LATE NIGHT	
	Weekly Feed 12-1 KWMR Music	KWMR Music	Sunspots to 1:30 KWMR Music	KWMR Music	Radio Goethe 12-1 KWMR Music	KWMR Music	DeepWaking 12-1 KWMR Music

5/28/14

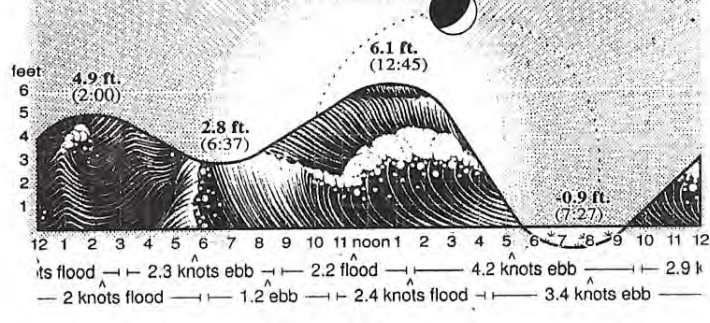
## MON NOV 24

dawn 5:59 sunrise 7:00 sunset 4:53 dark 5:54  
moonrise 8:58 a.m. moonset 7:20 p.m.



## TUE NOV 25

dawn 6:00 sunrise 7:01 sunset 4:53 dark 5:54  
moonrise 9:51 a.m. moonset 8:23 p.m.



## FOR SALE

**DRY DRY DRY SEASONED FIREWOOD**  
 Oak, Bay, Eucalyptus – Cut locally  
 Gospel Flat Farm 868-0921

DMx

## HOUSING WANTED

**2 LOCAL GARDENERS LOOKING FOR A ROOM OR**  
 cottage/cabin to rent. Locally employed with good references.  
 Wilson Perez: 415-2186985

WP 11/24

**SF SINGLE 34 YO MALE LOOKING FOR HOUSING**  
 on week-to-week or monthly basis. Very flex. re: dates – love  
 Bolinas for rest, thinking, healing & want to have place to come  
 regularly. Cottage guest room bedroom all ok. Clean sane  
 engineer – let's play backgammon! Alex94123@gmail.com

AV 12/5

**BRIDGET OF DR. BARIENTOS AND ADAM**  
 of the Peoples Store are seeking a quiet peaceful place to call  
 home. Please call 504 717-6735

BM 12/31

## WANTED

**MOTHER OF 2 ISOLATED ON THE MESA.**  
 Kindly asking for a car donation. With advance gratitude.  
 Call 868-0563/ 720-4058 or email: lisreute@gmail.com

LR 12/8

**WILLIAM HENRY NEEDS A GOOD VEHICLE**  
 operational with a reasonable price. 868-1782 or 233-1015

CHx

**NEEDED: I NEED A REFRIGERATOR-MINE HAS DIED!**  
 PLEASE CALL 868-1633-Thanks, Suzanne Bartlome

SB 11/28

## ANNOUNCEMENTS

**THE 2015 LOCAL ZONE PHONE DIRECTORY**  
 is gearing up for production. If you have any phone corrections,  
 new listings, or classified ads to be included, please email your  
 information to hearsaynews@yahoo.com directed to the  
 directory, or drop off at *Uniquities Variety* behind the bookstore.

Jp 11/1

## COMIDA DE THANKSGIVING

Centro de Comunidad en Bolinas  
 Jueves Noviembre 27

Las Puertas Abren a las 4  
 Comida empieza a las 5. Por favor  
 traen un "potluck plato" para 12  
 personas y tus propios bebidas.  
 Todos son Bienvenidos!

Illama Ilka para ayudar 868-0419

## CLASSES



### Weekly Schedule

<b>Monday</b>	
Bo Babies & Toddlers Open Play Group (free)	10:00 - Noon
Chiropractic Adjustments w/ Colleen	1:00 - 3:00 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.
<b>Tuesday</b>	
Senior Stretch W/Anna Gottreich	11:00 - 12:00 p.m.
Aerial Arts w/Joanna	3:30 - 6:00 p.m.
Pirate Pizza (Pre-order at 328-1066)	4:30 - 7:30 p.m.
<b>Wednesday</b>	
Pilates w/Lisa Townsend.	8:30 - 10:00 a.m.
After-School Theater w/Lisa T (11/12/14-12/17/14)	3:30 - 5:00 p.m.
Biblia en Español	8:00 - 9:30 p.m.
<b>Thursday</b>	
USDA food bank	12 noon
Aerial Arts w/Joanna	3:30 - 4:45 p.m.
Congolese Dance w/ Sandor	6:00 - 7:30 p.m.
<b>Friday</b>	
Pilates Mat Class w/Lisa Townsend	9:00 - 10:00 a.m.
No Place Like Home (Free Brunch 4 <sup>th</sup> Fri of Month)	10:30 - 11:30 p.m.
<b>Saturday</b>	
Diaspora Dance w/Amber Hines	9:00 - 10:15a.m.
Ballet w/ Erika Townsend	10:30 - Noon
<b>Sunday</b>	
Brazilian Jujitsu with Danny	9:30-10:45 a.m.
Brazilian Dance with Anna	11:00 - 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](http://www.bocenter.org) for special events. For More Info call 868-2128.

## LOST & FOUND

**HI. MY NAME IS SADIE MANN AND I AM A FOURTH**  
 grader at the Bolinas Stinson School. I recently started biking to  
 get around with my sister. I love riding my bike and I love my  
 bike. I am so sad right now because I left my bike downtown in  
 the plaza for a couple of days only to find that it was gone and  
 someone took it. Hopefully someone put it in a safe place for  
 me. If anyone has any idea where my bike is, please call 858-  
 9505 or 868-9505. My bike is purple, has gears, and has a rack  
 on the back. Thank you, Sadie

SM 11/7

**LOST: A TRIPOD ON BRIGHTON AVE. OVER THE**  
 weekend of Halloween. Lane Genzlinger 267.679.4485

LG 11/7

**LOST: GRAY LONG-HAIRED TUXEDO CAT WITH**  
 WHITE PAWS, NECK AND NOSE, LAST SEEN 11/17  
 POPLAR & DOGWOOD. FRED IS A CURIOUS CAT SO  
 PLEASE CHECK YOUR STORAGE BUILDING, AS HE HAS  
 BEEN FOUND LOCKED INSIDE TWICE BEFORE!  
 PLEASE CALL 868-2004 WITH INFO.

SH11/24

**LOST: AT PARK BY TENNIS COURT LEFT A COPY OF**  
 a novel -Lila by Marilyn Robinson, many handwritten notes all  
 over it. If found please call Peter @ 9041 Thanks

11/10 PO



# 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

### 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

## 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 1/17

**AIRPORT? HOWARD DILLON HAS JOINED THE**  
Subaru S/W Club-For all Bay area (& beyond?) Destinations  
Many local refs. 868-2144

HD X

## FREE

**ATTENTION FISHERMEN: I HAVE A 120 QUART**  
cooler in great condition that you can have-for free! Comes with  
bear teeth marks, but you can tell them it was a shark.  
Mary Abbott-0276.

MA 11/19

### FREE FIREWOOD

Eucalyptus 12" lonh/quarter-rounds, and cut up limb wood.  
Call for details x0 x0680

**24 November**

*Celtic tree month of Ngetal ends*

D11/21

**25 November**

*Persephone/Proserpina/Kore/St. Catherine/Womens'  
Merrymaking Day/Celtic tree month of Ruis commences*

Commemorates the wheel goddess of the underworld,  
known variously as Persephone (right), Proserpina,



Kore, Arianrod, and Catherine—Queen of the Shades, ruler  
of the souls of the dead. It was formerly known as Women's  
Merrymaking Day, a festival of the celebration of women's  
mysteries.

**From The Pagan Book of Days**  
By Nigel Pennick  
Submitted by June McAdams

## HEALTH AND HEALING

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### ARTswell

A semi-monthly  
column on  
West Marin's Arts

by Claudia Chapline

Excerpted from Claudia Chapline's  
Column in The West Marin Citizen  
November 20, 2014

**Message found in a bottle: We swim in  
the sea of history.**

### Art Review

*Max's Bible*

There is a cornucopia of West Marin art on  
view in the galleries and studios this month. At  
the Bolinas Gallery Janis Loewengart Yering-  
ton's *Max's Bible* is a series of paintings on  
driftwood based on her great grandfather's  
bible that has been passed down to her. The  
paintings are illustrations exploring art, faith  
and the incredible journey of Max Loewengart  
who escaped Germany in 1941, while carrying

an elephant folio of the Old Testament with il-  
lustrations by Gustave Dore. Yerington's  
paintings are created in a folk art style with re-  
ferences to Chagall and the Dore illustrations  
she pored over as a child. Her paintings show  
the Deluge, the Birth of Moses and more. The

old Bible is also  
on display. The  
exhibition will  
continue through  
November with  
events every Sun-  
day. The paint-  
ings will travel for  
a second exhibi-  
tion to Max  
Loewengart's  
home village in  
Germany. Max's  
Bible is a moving  
fusion of family,  
religious and  
artistic history.



Janis Loewengart Yerington in front of her painting of Moses  
breaking the tablet at the Bolinas Gallery. Photo by Claudia  
Chapline.