WHAT'S HAPPENING

Tuesday, November 5
ELECTION DAY
VOTE VOTE VOTE VOTE VOTE!

LET'S TALK ABOUT OUR AGING
First meeting of new Elders group, @ Firehouse, 1:30-3pm

Wednesday, November 6
TAURID METEOR SHOWER
Begins to peak, lasts a week.

Thursday, November 7
DALE POLLISAR & BART HOPKIN
Lyrical Clarinet & Guitar Jazz Coast Café, 6-8pm

CASEY JOHANSEN & FRIENDS
New band showcase @ Smiley's, 8:30pm, no cover.

Friday, November 8
OTTO MOBILE/TVMIKE & SCARECROWS
Live music @ Smiley's Saloon, 9pm. Cover.

Saturday, November 9
CHROME JOHNSON
Live rock & roll @ Smiley's, 9pm. Cover

Sunday, November 10
MOUNTAINS, MANDALAS & OTHER MUSINGS
Artwork by Barbara Hall opening reception 2-5pm
Bolinas Gallery Open Sat. & Sun. 11:30-5:30 for the rest of Nov.

Sunday, November 17
FULL MOON
Full 7:16am; rises 5:18pm

AYE ON I, YES ON MEASURE I

The Monday Hearsay News Staff encourages everyone to support the many Bolinas families who use the facilities at Mesa Park - on a daily, weekly, or monthly basis - by voting YES ON MEASURE I. The funds are needed to keep the park playground and fields clean and safe for the extensive use these community recreational facilities get with small tikes in the playground, Little League, softball and soccer games, skate park riders, parties, parking for community events, and for Sunday food distribution, as well as multi-use open space.

Tomorrow, AYE ON I. Yes on Measure I

Monday staff, Ned Riley, June McAdams, Jennie Pfeiffer

pasteup
Ned Riley

ads/books
June McAdams

press
Jennie Pfeiffer
LIVE MUSIC AT THE BEACH
Fri., Sat. & Sun Nites NOVEMBER
Open Mic Sun. 8-12
DJ Spin Mon. 9-1
Pool Tourney Tue. 8-12
Karaoke Wed. 8-12:30
New Bands Thur. 8-12

HOTEL ROOMS
off the beach
Monday Oct. 28
Smiley’s
Jesse’s GRAND POOL TOURNEY
Wed. Oct. 30 7:30-9:30, MIDNIGHT
ON THE WATER Irish Birthday Party &
9:30 to 12:30 LARRY’S KARAOKE

Thurs. Oct. 31 9-1 HALLOWEEN COSTUME PARTY
EPICENTER SOUND SYSTEM spin, prizes FUNNN!!!
Fri. Nov. 1, 9-1, Day of the Dead bop, JUST FRIENDS
Sat. Nov. 2, 9-1, 5-CENT COFFEE
Sun. Nov. 3, 8:30-12, OPEN MIC w/ Diana
Mon. Nov. 4, 9-1, spin, MONDAY NIGHT LIVE
Tues. Nov. 5, 7-12, GRAND POOL TOURNEY
Wed. Nov. 6, 8:30-12:30, LARRY’S KARAOKE

Thurs. Nov. 7, 9-12 Casey Johansen & Friends
Fri. Nov. 8, 9-1, OTTO MOBILE +
TV MIKE & THE SCARECROWS
Sat. Nov. 9, 9-1, rock & roll, CHROME JOHNSON
Sun. Nov. 10, 8-12:30, OPEN MIC w/ Emma Lee
Mon. Nov. 11, 8-12 spin, MONDAY NIGHT LIVE!
SMILEY’S SCHOONER SALOON & HOTEL
41 Wharf Road, Bolinas 415-868-1311

COMMUNITY & CULTURAL CENTER
dance palace
For more information, to volunteer, or to join call 415-663-1075
Save $5 by buying in advance
Tickets at www.dancepalace.org

TIM WEED BAND, CD RELEASE
CELEBRATION
Sponsored by KWIR West Marin
Community Radio and Gallery Route One
Tim Weed has established himself as a solo artist, band leader, and multi-
instrumentalist known for infusing world-
class acoustic music with jazz, classical,
and international influences. This concert is a celebration of his latest release,
Soul House. It’s a collection of original,
heartfelt vocal music representing a wide
range of influences featuring Weed’s
trademark tenor singing backed up by
pristine harmony vocals. Weed will be
bringing his band—a stellar group of
virtuoso musicians—to Point Reyes
for this special event. Band members include
Debbie Daly, Mark Robertson-Tessi, Dana
Rath, Blaine Sprouse, Tobias Roberson,
Rob Paulus, and Myra Joy.
Buy tickets at timweed.brownpapertickets.
com or 800-888-3086.
Friday, November 8, 7:30 PM / $20
advance, $25 at the door

TURTLE ISLAND STRING QUARTET & NELLIE MCKAY, A FLOWER IS A
LOVESOME THING
Singer, songwriter, and multi-
instrumentalist, Nellie McKay joins
forces with the two-time Grammy
winning Turtle Island Quartet to present
a delightfully kaleidoscopic view of the
music of Billie Holiday, Billy Strayhorn,
and the Weimar cabaret of the 1920’s for
a night of intoxicating revelry. A healthy
dose of original music, for which both Ms.
McKay and the Turtle Island Quartet are
renowned, “...a sterling example of first-
rate jazz music making.” -LA Times
Saturday, November 9, 8 PM / $32
general, $30 seniors, $15 youth

Smileys
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

FOR SALE
13.5” Industrial ICD Forsberg Wood Planer.
Dayton 3hp 120v/240v motor. In good to fine
A bargain at $200. Will take 4 people to move.

Tim Weed Band
Go to Health: Appreciating Blood

As blood flows from the heart through arteries, capillaries and veins, this amazing substance keeps us alive. The beautiful red color of blood is due to the iron in hemoglobin, the molecule in red cells that carries oxygen.

Blood delivers oxygen, hormones and nutrients to body cells and picks up waste products from them. White blood cells contain the many elements of the immune system. Blood helps to control body temperature. It carries a clotting system to control blood loss after injury.

As blood travels throughout the body, its red cells deliver oxygen to all body cells and remove carbon dioxide. After returning to the heart, blood travels to the lungs, giving off carbon dioxide and picking up fresh oxygen. Blood picks up digestive products from the intestines and carries them to cells for metabolism/energy production. At the same time, it removes waste products from cells and delivers to the kidneys for excretion. All this is happening at great speed – a red blood cell will circulate through the body and return to the heart every 60 seconds.

Have you ever wondered why your skin will bleed when pricked with something as tiny as a pin? There is a capillary exceedingly close to every cell in the body. Capillaries are the smallest and most numerous blood vessels in the body, with an inner diameter just wide enough for a red cell to squeeze through. It is estimated that there are 25,000 miles of capillaries in an adult human body.

Blood vessels help to regulate body temperature by dilating close to the skin when we are overheated, as in a hot flash or after exercise. Heat is thereby lost to the outside air. When we are cold, blood vessels in the skin constrict, saving warmth in our core. (Shivering also helps to create more heat.)

We have 6-8 liters of blood in our adult bodies, or about 10 pints. About 45% of this is cells, and 55% plasma. Plasma is a watery tissue containing dissolved proteins (albumin, globulin and fibrinogen), glucose, blood fats, clotting factors, electrolytes, hormones and carbon dioxide. It is the protein reserve for the body.

Red and white blood cells and platelets are produced in the bone marrow of our ribs, sternum, vertebrae and pelvis. We produce billions of blood cells a day, to replace those that have a short life. Red blood cells live 120 days, and white cells a much shorter time. Platelets are small clear cell fragments that are essential in preventing blood loss by forming a plug at the site of an injury. Blood components come from stem cells - undifferentiated biological cells that can become specialized - in the bone marrow they give rise to red cells, white cells and platelets.

The blood clotting system consists of numerous factors that circulate continuously through the body in an inactive form. When platelets make a plug to stop bleeding, a substance called fibrin starts to form a clot, and the many other clotting factors are activated in a chain reaction called the coagulation cascade.

This has been a simple explanation of the functions of blood, probably familiar to all readers. In a subsequent column I will write a more detailed description of the immune system. In the meantime, here are some ideas for keeping your blood working well for you.

Avoid blood-born diseases such as Hepatitis B and C and AIDS by never sharing a needle, and practicing safe sex with condoms with any new partner.

Have a complete blood count (CBC) when you see your doctor, to test for anemia (this is especially important for women with heavy periods). Eat iron containing foods and take an iron supplement if needed. There are forms of anemia that do not require iron, but may require B vitamins. Find out; don’t guess. It’s important.

Breath deeply, exercise and keep good posture to fully oxygenate your blood. Don’t smoke. In addition to damaging your lungs, smoking constricts your blood vessels and impedes circulation to your heart, your limbs and your vital organs.

If you are taking a blood thinner such as Coumadin, aspirin, Pradaxa, or similar new anti-coagulants, keep something on hand that helps to stop bleeding from nosebleeds, small cuts or external injuries. Several products are available on line and in pharmacies without a prescription, containing a powder that...
Protecting the Farallon Islands Ecosystem

The U.S. Fish and Wildlife Service has released its draft Environmental Impact Statement (DEIS) on eradicating introduced house mice on the South Farallon Islands. MAS supports eradication of the non-native house mouse to restore the ecosystem of the Farallon islands. If action is not taken to rid the island of mice soon, all of the Ashy Storm-Petrels and probably Leach’s Storm-Petrels could be lost. The Farallon Islands National Wildlife Refuge, 30 miles outside of the Golden Gate, is a seabird breeding habitat of worldwide significance. The Refuge comprises the largest nesting seabird colony in the contiguous U.S. outside of Alaska including half of the Ashy Storm-Petrels in the world and the world’s largest breeding populations of Brand’s Cormorants and Western Gulls. Removing non-native mice would restore the island’s ecosystem for native species. The primary beneficiaries would be Ashy and Leach’s Storm-Petrels.

House mice originated in Asia and were brought to the islands, along with cats and rabbits, via ships during egg gathering and during lighthouse and military operations in the early 1900s. The cats and rabbits were removed in the 1970s, leaving the house mice as the only non-native mammals. Mice are omnivorous. On the island they eat the Maritime goldfield, the endemic Farallon camel cricket and the Farallon arboresal salamander, reducing the populations of these native species and further disrupting the island ecosystem. Scientists have also found evidence of mice preying on petrels (missing toes and legs). In spring on the South Farallones, house mice can reach plague-like densities of 490 mice per acre, among the highest found on any island in the world. Scientists have observed that it can appear as though the ground itself is moving.

Burrowing Owls are among 600 different landbird species recorded on the islands since 1968, when PRBO began to study birds on the islands. Most of the owls stop to rest and depart within a few days. Finding a ready source of food in the mice, however, some owls remain. When the mouse population naturally declines in December and January, the owls leave, die or shift their predation and diet to feed on the small Storm-Petrels. Vulnerability of the petrels is heightened by the fact that they arrive at night when the owls are most active.

Owl predation on storm-petrels is well documented. Storm-petrels show up in owl pellets in January after the mouse population crashes. In recent years some 90 percent of the owl pellets collected after February 1 contained storm-petrel remains. Surveys show that the owls consumed an average of 225 Storm-Petrels annually. Predation has increased in recent years. If house mice were no longer present, it is anticipated that the owls arriving during the fall, when the storm-petrels are either present in very low numbers or not at all, would have little motivation to stay.

The USFWS considered forty-nine alternatives to address the problem. It determined that the broad-scale application of rodenticides is the only proven method to rid a large island such as Southeast Farallon of the house mice. Rodenticides have been successfully removed from 500 islands worldwide; more than 90% of the removals used rodenticides. The EIS analyzed three alternatives:

A. No project alternative which would have no benefit to the island ecosystem.

B. Use of bait with Brodifacoum-25D Conservation.

C. Use of bait with Diphacinone-50 Conservation.

These anticoagulants are registered with the EPA for conservation use. They vary in the length of time to take effect, their potency, and half-life in the environment. Brodifacoum was developed for drier climates such as the Farallones. Diphacinone has been used on a number of other islands but not for mice. Application would be in the form of pellets made up of grains.

The USFS has not yet decided on a preferred alternative.

The program proposed by the USFWS includes precautionary and mitigation measures. Application would be timed for when the seabird population is at its lowest, between August and January, most likely early November. Seed would be broadcast with helicopters rigged with special bait buckets to direct pellets to target locations and with motorboats for areas that can only be reached by water. Bait release stations would be used around houses and for hard to reach places such as steep cliffs. Only qualified persons would apply the bait. Tested hazing methods would be used to scatter away Western Gulls, the species most at risk. Methods would include lasers, spotlights, air cannons, and predator calls. Seabirds are not at risk because they eat fish, not grain. Burrowing Owls would be trapped and relocated to the mainland. Native salamanders would be collected until the risk of exposure is over. Canebrakes would be removed to avoid the threat of exposure to non-target species. Any remaining bait pellets would be crushed or removed. Bait would be deposited away from the water line. Studies have shown that even if some bait drifts into the ocean, the levels would be undetectable and not harmful to other wildlife species.

Suada Greenwood, MD Past columns at suadascolumns.blogspot.com. Check out my novel, Changing the Rules, at the Grand Hotel, Uniquities, the Sinton Beach and Point Reyes Book Stores, or Amazon.
Park Wavelengths

By Lorettia Farley, Park Ranger

Daylight Savings ending—"fall back"—coincides with a new moon and very high mid-morning tides (6.4 ft) this Sunday, Nov. 3 and the following week. The new moon greets the Taurid meteor shower, 5 to 8 per hour but very large and slow with persistent trains. They are seen throughout the week of Nov. 4 through 12.

Those miniature "eggplants" on the trails are ripe bay nuts dropping from the trees; peel away the soft outer coating for the hard-shelled nut inside. They change from green to yellow to purple as they ripen. Also wandering on the trails are various caterpillars—fuzzy rust and black striped "woolly bears" they will become tiger moths.

Acorn woodpeckers are on the move, hammering the Visitor Center areas for live oak acorns to stuff under the shingles. They'll return later in winter when the acorns rot and are full of nutritious bugs to eat.

The prescribed burn in the Estero Trail was rescheduled for yesterday, Wednesday, Oct 30.

The Bear Valley Visitor Center returns to winter hours—closing half an hour later at 4:30 pm as of Sunday, Nov. 3. Both Bear Valley and the Lighthouse Visitor centers and stairs are open on the Veterans Day holiday, Monday Nov. 11.

THREE GREAT THINGS ABOUT THIS PLACE...

(1) Saturday's Barn Dance for the school—judging by the crowd and the noise level, a huge success. Old time string band dance music: the real deal.

(2) Having the chance to vote (Tuesday! Tomorrow!) in support of Mesa Park on Measure I. Please vote yes.

(3) No rain yet, but feeling the seasonal urge to get the firewood in and the winter garden prepped.

---Ned Riley

HAVE QUESTIONS OR NEED HELP ENROLLING FOR THE NEW COVERED CA HEALTH PLANS?

The Public Library and Coastal Health Alliance are partnering up to provide information and one on one assistance with enrollment.

- Every Tuesday beginning on 10/29 from 5:30-7:00pm @ Point Reyes Library
- Every Saturday beginning on 11/2 from 11:30-1:30pm @ Point Reyes Library
- 2:00-3:30pm @ Stinson Beach Library

No appointment necessary, just walk in with your questions!

If more information needed or to schedule another time contact
Samantha Igeslas @ 415 663 8666 X 406

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DAYTON 3HP 120V/240V MOTOR. IN GOOD TO FINE
CONDITION. NEEDS NEW BLADES & A GOOD HOME.
A BARGAIN AT $200. WILL TAKE 4 PEOPLE TO
MOVE. MATT LWESt 868-2004
ML 11/8

LOST AND FOUND

LOST: PRESCRIPTION SUNGLASSES IN DARK HARD
case. Lost on Tues Oct 22 on Grove or Elm.
- Reward $68-0108 or 847-5069
DM1S2

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 2285 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 9/11

LOST: LABOR DAY-AMPLIFIER STAND-
a pair of cowboy boots with wooden top. StuArt-2769
SC 9/9

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 Babes & 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 Espanol
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 9/9)
3:30-5:45 p.m.
Congolese Dance w/ Sandor
8:00 - 8:30 p.m.

Friday
Pilates Mat Class w/Lisa Townsend
9:00 - 10:00 a.m.
No Place Like Home (Free Branch 4th 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.bcccenter.org

LOST & FOUND • FREE • RIDE SHARE •

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.

RIDE SHARE

LYMPHOMA CONFERENCE – RIDE NEEDED TO
downtown San Francisco EARLY Sat. morning, 11/9: by 8 AM.
Tina – 2523

FREE

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

Hearsay Staff
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READ THE HEARSAY ONLINE
Tell your friends and families that they can stay con-
nected to Bolinas even if they have to live elsewhere.
IT’S EASY: email hearsaynews@yahoo.com
and request the password and link to the site.
Michael will put you on the list and will send you
reminders as new issues come out.

Keep reading The Hearsay News!

HEALTH & HEALING

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CH x

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SERVICES

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specialists in restoration landscaping for over 20 years

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

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.

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.

N

5 November

Nest of November/Guy Fawkes Night/Italian Day

Guy Fawkes Night, celebrated by the burning
of effigies of a would-be regicide, con-
tinues the earlier tradition of burning
of evil spirits of the past old
year. By cremating them, along with out-
born hurts and grievances, the new year
may be faced in a purer way, free of unnecessary
and unhelpful psychic leftovers.

NF

6 November

St. Leonard/Egyptian Day

St. Leonard, known for dragon slaying, is commemorated to-
day. He is the guardian spirit of St. Leonard’s forest in Sussex,
England.

November

Hunas Otraddu Mnasay