

Bolinas Hearsay News

November 10, 2014

50 cents



Photo by Curly Rigg

Welcome weekend rains make a lake on Amanita

WHAT'S HAPPENING?

Tuesday, Dec 2nd

MONTHLY MEETING OF THE THIRD AGE
Fire House Meeting Room 1:30-3:00. Elders's talk about aging, etc. Info; call Mimi Calpestri, 868-9275.

Thursday, Dec 4

"THE LAST OCEAN" FILM SCREENING
Raphael Theater, San Rafael, 7pm. Winner of 15 film festival awards, introduced with Q & A by David Ainley, ecologist & long-time Bo resident.

KIMBALL & LASNER

Live folk music @ Smiley's, 8:30pm

Friday, December 5

THE VIVANTS

Live rock & western swing @ Smiley's. 9pm. Cover.

Saturday, Dec 6

CRAB FEED

Benefit for 8th Graders' trip to Ashland. Crab, salad, drinks, bread included, w/ music by Midnight on the Water, @ Community Center, 6pm, \$35

FILMS AND MUSIC AT FARMSTAND

New Work by Encyclopedia Pictura, plus music by Kaitlyn Smith. Gospel Flat Farm Stand, 6:30pm

BESO NEGRO

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

FULL MOON

At 4:27am

Sunday, December 7

GEMINIDS

Meteor shower begins tonight, peaks next weekend.

THANKSGIVING THANKS!!!

Thansgiving Day at the Community Center was wonderful! Thank you to everyone who contributed and who came and made it such a festive event.

--Ilka Hartmann, -0419

HAPPY HAPPY BIRTHDAY!!!

December 1: Charles Whitefield
Charles Fox (remembered)
Leslie Lerner Goodchild
John Borg
Molly Maguire
Christine Swain
Randi Arnold

December 2: Susan Goldhaber

December 3: Loretta Hooper
Carey Leigh Smith-Marchi
Bobby Parrs
Chris Besenty
Marina Wiley

December 5: Amber Rose Funk

December 6: Greg Hewlett
Billy Spangler
Audie Reid

December 7: Eric Nilsson

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer



COMMUNITY & CULTURAL CENTER

dance palace

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

DECEMBER

DANCE PALACE HOLIDAY CRAFTS FAIR

More than 40 craftspeople from West Marin and 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 415-663-1075 for more information or e-mail Kelly@dancepalace.org. Free admission.

Friday, December 5, 4-9 PM

Saturday, December 6, 10 AM-5 PM

Sunday, December 7, 10 AM-5 PM



Christmas Jug Band

THE CHRISTMAS JUG BAND

The kings of 100% acoustic folk-skiffle-swing holiday highjinks, the Christmas Jug Band are "Stalwart purveyors of the jugabilly mystique! A tongue-in-cheek seasonal convergence of San Francisco Bay Area luminaries." The band has sold over 25,000 albums to date, mostly all over the west coast, with international distribution for all five releases and has had tracks appear on several compilation albums by Rhino, Sony, Trikont (Germany), Philter (Japan) and had a track on the NBC prime-time TV show, "My Name Is Earl." These players have great credits, some having worked with the likes of Elvis Costello, Etta James, Jesse Colin Young, Commander Cody, and the Fabulous Thunderbirds.

Saturday, December 13, 8 PM. / \$24 general, \$22 seniors, \$12 teens & kids

TUESDAY, Dec. 2nd - 1:30-3:00
Monthly meeting of The Third Age Elders' talk about Aging, etc.
Fire House Meeting Room
Info? 868-9275

THE LAST OCEAN

Presented by
DAVID AINLEY, ECOLOGIST

Thursday, December 4, 7:00

\$12 (CFI members \$8)
Rafael Theater, 4th St., San Rafael

Ecologist **David Ainley** will present and discuss a special screening of his documentary *The Last Ocean*. The Ross Sea, Antarctica is the most pristine stretch of ocean on Earth, a vast, frozen landscape teeming with whales, seals and penguins carving out a place on the very edge of existence. For more than 30 years Ainley has traveled there to study this unique ecosystem, but international fishing fleets recently found their way to the Ross Sea, targeting Antarctic Toothfish (marketed as Chilean Sea Bass) and threatening the delicate balance of nature. This beautifully filmed documentary follows the race to protect the Ross Sea from our insatiable appetite for fish. Camera/Director: **Peter Young**. (New Zealand 2012) 88 min. plus discussion.

Presenter and film subject Dr. David Ainley has made 30 trips to Antarctica and the Southern Ocean. He is involved in research on penguin demography, and for the past 10 years has been engaged in trying to protect the Ross Sea from industrial fishing (lastocean.org). He's written four books and several publications about the ecology of marine top predators: seabirds, mammals and sharks.

This presentation is part of Science on Screen, a series pairing film screenings with lively scientific discussions. The series is made possible by a grant from the Coolidge Corner Theatre and the Alfred P. Sloan Foundation.

Additional support for this program has come from Kenneth Broad.



SCIENCE ON SCREEN

An initiative of the **COOLIDGE CORNER THEATRE**
With major support from the **ALFRED P. SLOAN FOUNDATION**



Sadja en route to Hearsay with Monday Go Health Column

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

8
 2nd Prize \$25
 6

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

Chocolate – A Holiday Update

The first people known to have made chocolate from the cacao tree were members of the ancient cultures of Mexico and Central America. The Maya and Aztec people took the tree from the rainforest - they harvested, fermented, roasted and ground the seeds into a paste. When mixed with water, chile peppers, cornmeal and other ingredients, this paste made a frothy spicy chocolate drink. The word 'chocolate' comes from a combination of the terms 'choco' (foam) and 'atl' (water).

***Nitric Oxide (NO)** Dr. Norman Hollenberg at Harvard University has studied the ability of cocoa to increase the amount of nitric oxide (NO) in the body. NO is a gaseous 'signaling molecule' that crosses membranes and freely diffuses between cells. It signals the muscular coating around arteries to relax, thus improving blood flow and lowering blood pressure. Several medicines are based on this effect - nitroglycerin is a vasodilator because it is converted to NO in the body and Viagra stimulates erections by the effects of NO on blood vessels in the penis. Another protective effect of NO on the cardiovascular system is its inhibition of blood clotting and the adhesion of white blood cells to the lining of blood vessels.

***Flavonoids** – Flavonoids are a group of compounds found widely in plants that produce healthy effects on animals who eat them. Many flavonoids activate the nitric oxide system. Cocoa is one of the richest sources of flavonoids (although current processing techniques reduce the content). Dr. Hollenberg and colleagues in Panama studied the Kuna Indians who live off the coast of Panama; the Kuna drink lightly processed cocoa as their main beverage and therefore have one of the world's richest diets in flavonoids. The Kuna do not show an increase of blood pressure with aging, or decline in kidney function. Their death rates from heart disease, stroke, diabetes and cancer are markedly lower than those of genetically similar Kuna in mainland Panama, where cocoa is replaced by local foods. The researchers wrote a paper on the Kuna, concluding that "the comparatively lower risk among Kuna in the San Blas islands from the most common causes of morbidity and mortality in much of the world, possibly reflects a very high flavanol intake and sustained nitric oxide synthesis activation. However, there are many risk factors and an observational study cannot provide definitive evidence." In the Dutch Zutphen Study, cocoa intake specifically was associated with a 50% reduced risk of cardiovascular mortality

between the highest and lowest quintile of intake in 470 elderly men. These epidemiologic data led to the hypothesis that the health benefits of cocoa may be linked to its flavonoids. Both the flavonoid content and the total antioxidant capacity have been shown to increase in plasma after cocoa consumption.

***The University of Michigan** has summarized the benefits of dark chocolate as follows:

- *Decreases LDL ("bad") cholesterol oxidation
- *Reduces the risk of blood clots
- *Increases blood flow in arteries and the heart
- *May lower high blood pressure
- *Cocoa may have a beneficial effect on cholesterol levels because it consists mainly of stearic acid and oleic acid. Stearic acid is a saturated fat, but unlike most saturated fatty acids, it does not raise blood cholesterol levels. Oleic acid, a monounsaturated fat, does not raise cholesterol and may even reduce it.
- *May improve mood and pleasure by boosting serotonin and endorphin levels in the brain
- *Regular intake is associated with better cognitive performance in the elderly
- *Contains a number of minerals, including calcium, magnesium, and potassium

***CocoaVia by Mars** The Mars company has been studying the health benefits of chocolate for over a decade, and has isolated the particular flavanol in cocoa that relaxes blood vessels and inhibits clotting. Their formula for this - a trade secret - is in their chocolate bar CocoaVia, along with plant substances (sterols) that lower cholesterol. CocoaVia is available in some stores and on line, in an unsweetened version as well as in a bar. As far as I know, CocoaVia products are not labeled as organic or fair trade.

***Theobromine** Chocolate has a mild stimulating effect due to theobromine, a substance similar to caffeine. People sensitive to caffeine and parents of young children should be cautious about this, and avoid chocolate close to bedtime. Do not let your dog eat chocolate – dogs cannot metabolize theobromine and can develop epilepsy, have a heart attack or die from eating it.

***Oxalates** – Chocolate is a source of oxalates, which can be a problem for people who have had calcium oxalate kidney stones. If you are at risk, talk to your doctor – and drink lots of water!

***Healthy Chocolate for You!** You can buy organic, fair trade, dark chocolate bars locally, and in many markets. Look for a bar that has 70% cocoa or higher. Note the caloric content if you are watching

Continued next page

WHAT HAPPENED

MONDAY MORNING WEEK IN REVIEW
12/1/14 WRAP AND RECAP from Jenniepeiffer

What happened, is that another year has flown by and we find ourselves in this last month of 2014, in that stressful, hysterical, holiday frenzy month where we are overwhelmed with advertisements to buy things we need, want, must have, or must get for someone we love or work with or for, lest we somehow be failing in that seasonal competition of yuletide gifting, cooking, crafting, decorating, and super socializing bake-off dazzle.

We have a Thanksgiving Day the end of November, when we are so very grateful for what we have, and then the very next day, ominously called "Black Friday", we are told that is not enough, but we must buy more, spend more, amass more. Go figure.


It was, none-the-less, a thankful week, with happy reunions all around town. As our little band of music makers, "Midnight on the Water" played our regular last Wednesday of the month birthday celebration gig at Smiley's, it was heartwarming to see all the young people there, home for a visit from all the places they have travelled to out in the world. I love that bar. Not only because it's the place where I met Ned Riley, my sweetie of the past 34 years, but also because the friendly lights are on every day/night of the year so if you need a place to be, to not be alone, you can go there. I am thankful for Don Deane, who has kept the lights on and the music playing for us for the past 25 years, providing free cake every month to celebrate birthdays, among his many other generous gestures that help keep us engaged and entertained. We will definitely miss him when he turns over the keys to the new owner. There must be a gratitude party for him in the works.

Also, while we're giving thanks, I want to say thank you to the many people who keep our little town perking along: the Food For Families people preparing and delivering food to those who need a boost; our gardeners, growers, and grocers who keep us supplied with healthy edibles; Lia Sabbatini and Randi Arnold, who, along with a busy Board, keep the Community Center running smoothly (with El Presidente StuArt who has a song for every occasion); Sharon Mantle, who sees that our mail gets where it needs to go; our librarians; school administrators, staff members, parents, and volunteers; Anita Terrell Brown and the Fire staff, volunteers, and Board members with a special thanks to Phil Buchanan who is ending many years of presiding so excellently over some prickly meetings; and to the BCPUD Board, guided so expertly by General Manager Jennifer Blackman; thanks to Mike Aiken for his 15 years of moving yard waste around, turning it until it recycles into useful much/compost; the volunteer boards who keep our parks safe and beautiful; social service providers; Cheryl Ruggiero who helps us "Love Dogs for Life"; Museum curators and administrators; and a special thanks to June McAdams who is always there when a volunteer or caregiver is needed; and to any and all of you who put in the time to nurture community - much gratitude to you all. Press on Regardless. JP

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) This morning's rainbow over the emerald-green new soccer field.
- (2) Getting the far-flung family together for the holiday, especially our blossoming twenty-somethings.
- (3) The first of the soccer 'mudders,' celebrated on the skate-park field. Hopefully, the first of several.

--Ned Riley



FOR EVERYTHING YOU NEED AND EVERYTHING YOU WANT

Christmas Trees, Lights, Ornaments are Here

Making Holidays Bright & Filled with Cheer!

OPEN WEEKDAYS 8-5:30 | WEEKENDS 9-5
1 OLEMA-BOLINAS ROAD | BOLINAS | 415.868.2900
WWW.BOLINASBAYHARDWARE.COM



Continued from prev page

your weight. You can also find unsweetened cocoa powder, and make sure it is not 'dutch processed', which will lower its flavonoid content. Make a cocoa drink with 1% milk, soy or nut milk, or hot water, and sweeten it with xylitol (a healthy sugar that's good for your teeth!) or stevia or both. You can skip sugar by mashing a banana with unsweetened cocoa powder, and add peanut or almond butter if desired. You can make a shake with your favorite ingredients and add cocoa powder and pomegranate concentrate for sweetness. Purists can buy organic, fair trade cocoa nibs and eat them with raisins for sweetness. Buying 'fair trade' cocoa or chocolate bars is important, because cocoa producers in Latin America are often badly underpaid and in Africa child labor is a serious problem. The fair trade label ensures that the cocoa workers are decently treated.

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

**Gather. Explore. Play!
Bolinas-Stinson Youth
Group 11/24/14**

We got a message early Monday morning, tarps were requested for the afternoon's Youth Group! So at 3:30 a huge gaggle of surfers and skaters came off Bolinas bus. Ian brought extra boards and everyone got strapped and tubed on the basketball court! Val was an expert wave maker, Maitrella and Kayla great cheerleaders & videographers. There was a little crowd that watched with one surfer dad joining in. Awesome to see Rose, Heather and Ruby get barreled. July, Ely and Finn had been practicing. Weston successfully maneuvered a tandem green room moment. Oscar, Treshon and Mikaela joined us in the library. Everyone made thank you cards for all the businesses that donated to help make our Gratitude Dinner a big success last Friday night. Kids didn't have any homework due to the short holiday school schedule and enjoyed perusing all the teen magazine and pop culture ridiculousness.

A dark night's stroll over to the Den that could barely contain our big boisterous group of teens. Drumming, foosball, billiards and sharing dance moves under the disco ball, occupied us till Parkside Pizza. Council was an unfortunate mess, a few personalities wanting nothing but to be complete goofballs making the whole circle laughingly chaotic. We did manage to share our favorite part of Thanksgiving feast and articulate our impressions and gratitude for the Friday night event. All six pizzas were gobbled down. Pool playing skills were honed by some, before everyone strolled to the Stage under the bright stars.

Ian MacLaird & Bridget Bartholome

NOTE TO A FRIEND:

My beloved friend, I was told Sunday that you had quite an adventure last week. Not feeling well, you called for advise & was told you'll be fine. Feeling faint and actually falling, hurting your head, the courageous one that you have always been, you drove to your daughters and she took you to the SF Kaiser. A blood clot and two stents later... I know you were never alone; for you have always been so connected to the Divine: Always & still are, & will be.

--Persis Norton



Ilka Hartmann

PEOPLE: Keith Lampe, who called himself Ponderosa Pine, protested tree-cutting and chanted as a form of spiritual practice. He never wore shoes, said friends in West Marin, who are grieving his death this month and planning a local "barbo party."

Ponderosa Pine, who chanted in Bolinas, dies in Ecuador


*at Reyes Light
11/26/14*


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48 WHARF ROAD, 2ND FLOOR, BOLINAS

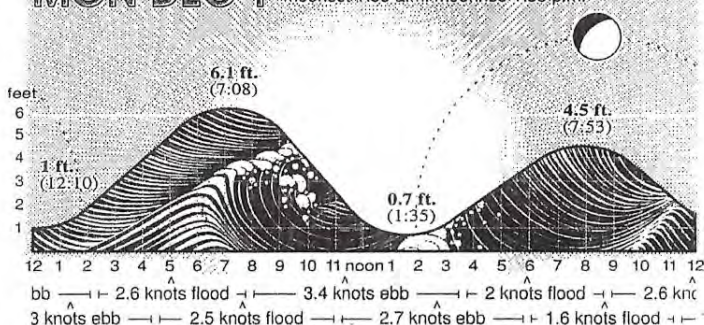
bringing order to your financial world

KWMR RADIO SCHEDULE

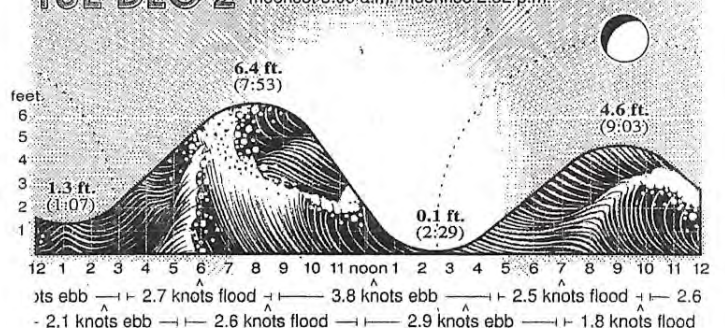
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	Art of the Song	KWMR Music	KWMR Music	KWMR Music	As It Happens	5 am Sunday Baroque
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Daybreak
8:00	With Eyes Open!	A Cuppa Joe	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					Day 6 (CBC)	
	At Nature's Pace	Reading to John / Vinyl Café (repeat)	Waves of Joy / ViewPoint (repeat)	For Children of All Ages / Readers Delight	New Libro Abierto		Sunday Celebration of: Sacred Music... Gospel... World Music...
11:00	TALK & CURRENT AFFAIRS					Viewpoint / The Place We Live	
	The Bioneers	Spirit & Mind / Questing	Alternative Radio	Philosophy Talk	An Organic Conversation		
12 pm	Trash to Treasure					AFTERNOON MUSIC	
	Farm & Foodshed Report	New Dimensions	new day Moyers & Company new day Making Contact	Attune-ment / Common-weal Conversations	Specials	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 / 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
4:00	new Youth DJ Project	Youth DJ Project	Youth DJ Project	TeaTime Books (Coastal Airwaves)			The Vinyl Café (CBC)
5:00	NEWS & CURRENT AFFAIRS					Circulo Musical	
	new Epicenter	new Epicenter	new Epicenter	new Epicenter	Happy Hour		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	EVENING MUSIC					Celtic Universe	
	Release Me	Musical Varieté	Foggy Ridge Music / West County Prowl	Bakersfield & Beyond / Shorty's Sunkhouse	Friday Funk Fest	Elbow Room / Between Rock & A Jazz Place	
8:00							
9:00	Barbarian Beach Party / Silver Dollar Jukebox	Off the Cuff	Coast Highway Blues	Choose Your Own Adventure / Running With Scissors	Dr. Jazz Radio Programme	NEW title & hosts The Jazz Groove	L.A. Theatre Works
10:00				The Latin Alternative	Magic Radio		
11:00	Specials OR - Professor Kosmo	Forms and Feelings (repeat)	Sonic Sunspots	Best of British	Grateful Dead Hour	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
12 am	LATE NIGHT					LATE NIGHT	
	Weekly 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 DEC 1 dawn 6:05 : sunrise 7:07 : sunset 4:51 : dark 5:53
moonset 1:55 a.m. : moonrise 1:55 p.m.



TUE DEC 2 dawn 6:06 : sunrise 7:08 : sunset 4:51 : dark 5:53
moonset 3:00 a.m. : moonrise 2:32 p.m.



FOR SALE

BIG MOVING SALE – 190 OCEAN PARKWAY

Everything must go "Somewhere" fun & pretty things, treasures galore. Come on by 9-5 pm Everyday until Dec.7

AV 12/7

DRY DRY DRY SEASONED FIREWOOD

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

DMx

HOUSING WANTED

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 12/1

WANTED

MOTHER OF 2 ISOLATED ON THE MEÑA.

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

LOST & FOUND

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

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: 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

CLASSES



Weekly Schedule

Monday

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

Tuesday

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

Wednesday

Pilates w/Lisa Townsend 8:30 - 10:00 a.m.
 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.

Thursday

USDA food bank 12 noon
 Congolese Dance w/ Sandor 6:00 - 7:30 p.m.

Friday

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 a.m.
 No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 p.m.

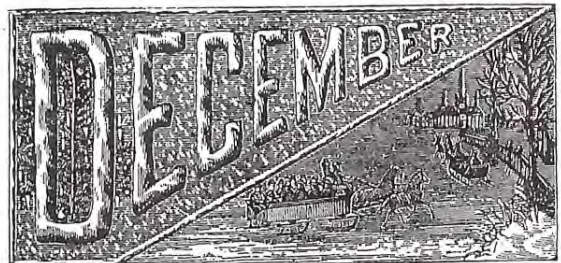
Saturday

Diaspora Dance w/Amber Hines 9:00 - 10:15 a.m.
 Ballet w/ Erika Townsend 10:30 - Noon

Sunday

Brazilian Dance with Anna 11:00 - 12:15 p.m.

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



Seeking Tenders for the Spirit House

Seven people are needed for 2015.
 The Spirit House is cleaned weekly.
 It is about an hour task and if we get 7 people to commit to helping, each person will only have to do it every 2 months. It is fun and a big service to the community.
 Call me if you would like to be part of this great team. June McAdams
 868-9052

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

D11/21

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

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COLOR COPIER (B&W too)

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CIVIL ENGINEERING

PAUL KROHN, PE
LOCAL BOLINAS

STRUCTURAL: DESIGN/PLANS
CIVIL: SITE MAPPING/IMPROVEMENTS/ROADS
(530) 342-2926 1/19

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

HD X

ANNOUNCEMENTS

Last week for listing corrections and ads for the
2015 Local Zone Phone Directory. Call 868-
0138, or drop at Hearsay Office behind the
BCPUD, MWF 9:00 to noon, or at Uniquities
Variety, back of the bookstore daily, noon to
5:00. Can leave in mail slot either place, and also
send email to Hearsaynews@yahoo.com

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.

HEALTH AND HEALING

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

CH x

June McAdams, RN

Compassionate and Skilled

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Newborn to Elders

Coastal Marin Only

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How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the
BPUD office on Mon's, Wed's and Fri's between 9:30
& 10:30 am to have your article appear the same day,
and until 11:00 am for classified ads.

Ad forms are also available anytime in the small mail
box next to the Hearsay door. You can fill out the form
and have your ad billed to you, or you can enclose
payment (please note on your ad if you are paying cash
in case they become separated) & drop into door slot.

ATTENTION: MARIN COUNTY PROPERTY OWNERS

Wednesday, December 10, 2014 is the final day the 2014-2015 first
installment of property taxes can be paid without penalty. The tax is
now due and property owners are encouraged to submit payments
early. Payments must be postmarked no later than December 10,
2014 or be delivered to the Tax Collector's office no later than 5:00
p.m., Wednesday, December 10, 2014 to avoid a 10% penalty.

Property owners, especially those who have recently purchased real
estate and have not received a tax bill, should contact the Tax Collec-
tor's office.

Non-receipt of a tax bill does not excuse a property owner from pay-
ing taxes.

The Tax Collector's office hours are 9:00 a.m. - 4:30 p.m., Monday
through Friday. Office hours will be extended on Wednesday, Decem-
ber 10, 2014 from 8:00 a.m. to 5:00 p.m.

- NEW! Find your tax bill and pay online using your Assessor Parcel
Number at www.marincounty.org/taxbillonline
- Pay by phone using your tax bill number at 800-985-7277*
- The electronic funds transfer charge is \$1.95 per transaction
- The credit card convenience fee is 2.5 percent of the transaction
- The fees for the online and phone payments are not retained by
the County, they are paid to the service provider for the cost of the
service

For information regarding tax bills and payments, please visit our
website at www.marincounty.org/taxes, or call the Tax Collector at
(415) 473-6133.
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Submitted by June McAdams

