

# Bolinas Hearsay News

Monday, December 2, 2013

46 ¢ + tax



Tomales Tule Elk in Pt Reyes National Seashore  
Photo by Curly Rigg

## WHAT'S HAPPENING

Monday, December 2

### **HOME GROWN**

With Sadjia Greenwood, M.D. @ Fire Station Meeting Room, 7:30pm

Tuesday December 3

### **HOW DID YOU FIND BOLINAS**

Screening of the documentary film that interviews residents on how they got to Bolinas.  
Bolinas Community Center 7pm

Thursday, December 5

### **DALE POLISSAR & BART HOPKIN**

Clarinet & Guitar Jazz. Coast Café 6-8pm

### **BEN BROWN**

New band showcase @ Smiley's, 8:30pm

Friday, December 6

### **SUCKER FREE FRIDAY**

@ Smiley's, 9pm.

Saturday, December 7

### **PETER WARSHALL MEMORIAL**

Bench dedication and celebration @ Wastewater ponds opposite Firehouse, 2:30pm

### **FOGDUB**

Live reggae music @ Smiley's, 9:30pm. Cover.

Thursday, December 12

### **DOCHERTY AND MAGUIRE**

Live local music @ Smiley's, 8pm. No cover.

Friday, December 13

### **WINTER FAIRE**

Celebrate the season at the Community Center, 5pm

Saturday, December 14

### **WINTER FAIRE**

Continues, 11am-6pm. Santa visits!

Sunday, December 15

### **WINTER FAIRE**

Continues. 11am-6pm.

## **HAPPY HAPPY BIRTHDAY!!!**

**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: Peter Warshall (remembered)  
Greg Hewlett  
Billy Spangler  
Audie Reid  
Yehudit Platt/Shemesh**

**December 7: Eric Nilsson**

**December 8: Nancy Alfsen  
Christina DellaValle  
Liana Rosa Willis**

Find your birthday treat coupon in the Classified Section of today's Hearsay.

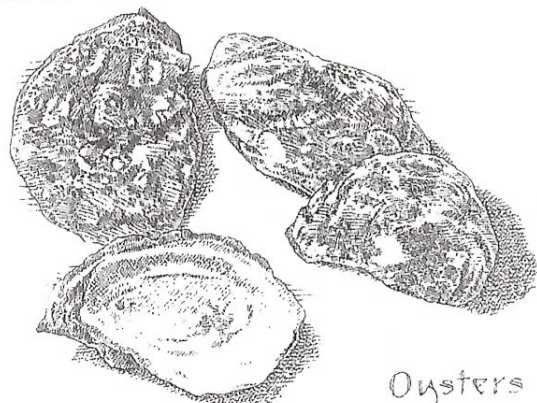
pasteup  
ads/books  
press

Ned Riley  
June McAdams  
Jennie Pfeiffer

Please Join Us  
for  
**CELEBRATION OF PETER WARSHALL'S LIFE**  
Saturday, December 7th

**Bench Dedication at 2:30 PM**  
**Wastewater Restoration Ponds**  
Bench located on path below BPUD Lab Building  
Parking available at Mesa Park

**Celebration at 3:30 PM**  
**Bolinas Community Center**



Oysters

**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



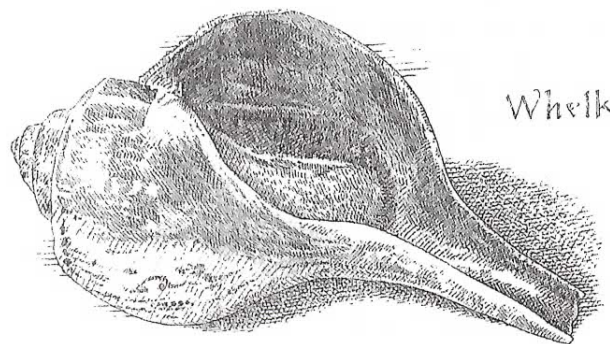
COMMUNITY & CULTURAL CENTER  
**dance palace**  
For more information, to volunteer, or to join call 415-663-1075  
Save \$ by buying in advance  
Tickets at [www.dancepalace.org](http://www.dancepalace.org)

**43RD ANNUAL DANCE PALACE HOLIDAY CRAFTS FAIR**

More than 40 craftspeople 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 415-663-1075 for more information or e-mail [Kelly@dancepalace.org](mailto:Kelly@dancepalace.org).  
**Friday, December 6, 4-9 pm Saturday & Sunday, December 7 & 8, 10 AM-5 PM / Free admission**

**KITKA WINTERSONGS**

Kitka is an American women's vocal arts ensemble inspired by traditional songs and vocal techniques from Eastern Europe. Dedicated to developing new audiences for music rooted in Balkan, Slavic, and Caucasian women's vocals and adventuresome collaborations.  
**Saturday, December 14, 8 PM / \$31 general, \$29 seniors, \$15 youth**



Whelk

Autumn.

We give thanks for the harvest of the heart's work;  
Seeds of faith planted with faith;  
Love nurtured by love;  
Courage strengthened by courage.  
We give thanks for the fruits of the struggling soul,  
The bitter and the sweet;  
For that which has grown in adversity  
And for that which has flourished in  
warmth and grace;  
For the radiance of the spirit in autumn  
And for that which must now fade and die.  
We are blessed and give thanks.

Amen.

Submitted by  
Percy Norton

## Go to Health: Nicholas Kristof on holiday gifts

In today's New York Times (Sunday, December 1<sup>st</sup>, 2013) columnist Nicholas Kristof has some ideas for gift giving that most of us have not heard of. First he writes about gifts to established charities – they will tell your friend or family member that you gave the gift in their name:

\*Buy a year of schooling for a girl in Ethiopia through the International Rescue Committee ([gifts.rescue.org](http://gifts.rescue.org))

\*Buy a flock of geese for an impoverished family in a poor country through Heifer International ([heifer.org](http://heifer.org))

Here are his more unusual suggestions:

\*Help to prevent unwanted pregnancies in kids here at home. The Carrera Adolescent Pregnancy Prevention Program is a school curriculum “devised by a New York City education expert, Dr. Michael Carrera, who recognized that it’s not enough to hand out condoms. One also needs to give kids in high poverty neighborhoods a stake in a better future, a reason to think they can succeed. So the curriculum includes comprehensive sex education but also financial literacy, job preparation and summer internships, S.A.T. coaching and much more. The program has now spread to more than 20 states, and follow-up studies suggest it reduces pregnancy rates by half. For \$50, you can fund a student’s college savings account, part of the financial literacy element (information is at [childrensaidsociety.org](http://childrensaidsociety.org)).”

\*Afghan Institute of Learning, founded by an Afghan woman to run empowerment and training programs for Afghan women and girls. The institute was founded in the 1990s, when it was illegal, as girls’ education is threatening to the Taliban. \$65 pays for a year of literacy classes for a girl or woman. ([AfghanInstituteofLearning.org](http://AfghanInstituteofLearning.org).)

\*GlobalGoodsPartners.org will sell you gifts under \$30 made by people all over the developing world, such as a hand-embroidered scarf made by Afghan widows.

\*HELP – Haitian Education and Leadership Program. HELP searches across Haiti for the most outstanding

students from disadvantaged backgrounds and sends them to college, while providing counseling, English and computer tutoring and stipends. HELP students pledge to contribute 15% of their earnings for their first 9 years of employment, to make the program sustainable. ([UHelp.net](http://UHelp.net))

\*Reach Out and Read is a U.S. literacy program for the disadvantaged that uses doctors to encourage parents to read to their children. They hand out free books and leaflets promoting bedtime stories, thereby ‘prescribing’ reading to the child. Families in this award winning program are more likely to describe reading as a child’s favorite activity. Books are donated by publishers like Scholastic. \$50 covers a child’s cost for five years. ([ReachOutandRead.org](http://ReachOutandRead.org))

Nicholas Kristof and his wife Sheryl WuDunn are heroes of mine. They wrote *Half the Sky – Turning Oppression into Opportunity for Women Worldwide* in 2010. They travel the world to find people making a difference for humanity in difficult places. I try to pay attention to their suggestions.

Readers, have a thoughtful and joyous holiday season. Let’s hope for rain.

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

**SPIRIT HOUSE TENDERS**  
Looking for people willing to tend the Spirit House for 2014. The space is cleaned and made beautiful every week. We recruit seven people and with the coordinator it amounts to an every two month obligation of about two hours each time. It’s a beautiful thing to provide for the community and something that is much appreciated. Please call June McAdams to volunteer- 868-9052

Only two more people needed to tend the Spirit House for 2014. Call 9052 if you would like to help. June

## BLACK FRIDAY CONGESTION

On November 27<sup>th</sup> I scraped a car parked near the post office. I zipped into the office and wrote a note for your windshield, but you were gone when I returned. Call me. 868-0872 (Jim Brogan)

## Minutes from the October 28, 2013 Bolinas Fire Protection District Board Meeting

Pres. Buchanan called the regular meeting of the Bolinas Fire Protection District to order at 7:30PM. Vice Pres. Smith, Dir. Kimball and Dir. Chiera were present. Dir. Bass was absent. Also present: Chief Brown, Secretary Brown.

MSC, Chiera/Smith (unan with one absence) to approve the agenda.

## CHIEF'S REPORT NERA

No update.

## Prevention

Chief Brown reported that thanks to Todd Lando, the defensible space posters are now completed. (She pointed to one hanging in the conference room.) They plan to hang them up again before the fire season next year along with additional mailings and articles in the local paper. She reported that Todd has written a grant to the State Fire Safe Council for \$10,000, they are still waiting for a response.

Chief Brown said that twice in the past month, she has had the opportunity to speak about the fire district and disaster preparedness on KWMR. She appreciated KWMR's concern and ability to keep this issue on the forefront in the various communities who listen. She reported that Todd will be working in Bolinas less this winter so as to save his time for the fire season. The time that he does come out to Bolinas this winter, once per month, will be spent on preplanning evacuations. Dir. Chiera asked about Tsunami signs in Bolinas. Chief Brown answered that they are here at the station but that she is waiting to work with the County sign shop to install them around Bolinas.

## Planning

20 Nymph Road – Demolish existing residence, construct new one  
15 Oak Road – Legalize existing retaining wall  
415 Yucca – Solar Install  
76 Altura Road – Remodel  
324 Ocean Parkway – Addition  
65 Crescente – Remodel  
23 Rafael Way – Single family residence remodel  
28 Crescente – Single family residence remodel  
350 Fern – Studio addition  
100 Mesa - Mesa Park bathrooms  
415 Yucca – Legalize Second Unit

## Training

Chief Brown reported that a Multi Casualty Incident drill was held at Audubon Canyon Ranch on Sunday October 20<sup>th</sup>. Attendees included Stinson Beach FPD, Marin County FD, M97 and Bolinas personnel. There were approximately nineteen volunteer "patients" who simulated being injured in a two story deck collapse. Two scenarios were held focusing on triage, moving patients, and treatment. Radio communications with Marin General Hospital were practiced. The MCI trailer, which is housed at the Bolinas fire station, was in order to familiarize personnel with it's contents.. The drill went well and thanks goes to Asst. Chief Marcotte for his expertise at planning and executing the drill.

## Apparatus

All units will receive annual safety inspections. U219 was driven over for maintenance on Monday October 21<sup>st</sup>. Work on the right front hub, leaf spring pads and hydraulic brake booster was completed. E283 was driven over this morning. Thanks to FFs Rippe and

Tacherra for their help to shuttle equipment back and forth. Dir. Chiera asked who does the mechanical work on the equipment. Chief Brown answered that Diego Truck Repair works on the engines and Genuine Motors works on U219.

## Disaster Council

Chief Brown reported that Anne Sands is a candidate for the West Marin Disaster Council Coordinator position. West Marin Chiefs and MCFD Capt. Martinelli will meet with her on October 29<sup>th</sup> to discuss her possible position. The drill set for October 23<sup>rd</sup> was cancelled. It will be rescheduled soon.

## Building and Grounds

The Building and Grounds Committee, Dir. Chiera, Dir. Bass and Chief Brown met with the Mesa Park Board on the evening of October 14<sup>th</sup> to discuss the application to add bathrooms to the existing sewer line. They were very receptive to the requirements requested to place funds in a reserve account for annual maintenance and potential repairs and placing an intermediary device between the bathrooms and the sewer pumps in order to prevent any foreign materials from entering the system. Chief Brown plans to draft an agreement to be reviewed by all parties involved. The joint parking lot shared by the CHA and the BFPD was resealed. The Marin County DPW helped facilitate the work with their subcontractor who was in the area to seal several roads in Bolinas and Stinson Beach. This saved the District thousands of dollars. The work done is intended to extend the life of the asphalt. Repainting the parking lines is scheduled before the winter rains but is dependent on the availability of the County sign shop which is very busy presently. The emergency generator that serves the Clinic and the Fire Department received its annual maintenance on October 18<sup>th</sup>.

## General Operations

Chief Brown reported that the annual audit went very well. She is now working on completing the draft Management Discussion and Analysis. There were no significant recommendations made by the auditors which implies that the administration work is being done well. The draft financials will most likely be ready for review at the November Board meeting.

Fire Safety Day occurred on Sunday October 27<sup>th</sup>. Unfortunately, the weather was cold and overcast so attendance was low. The three helicopter landings scheduled had to be cancelled. Visitors did receive information about Senior Services, disaster preparedness and use of fire extinguishers. Asst. Chief Marcotte gave a very exciting live fire demonstration and fire engine rides were enjoyed by most.

Chief Brown is now back on full duty and thanked everyone who covered for her during her recuperation from an injury to her finger.

## Surfers' Overlook Repair/Terrace Avenue None.

Chief Brown added a discussion item not listed on the agenda. She reported that a resident on Grove near Alder has installed an electronic gate across the public right-of-way on Grove Road.. This gate is of great concern as it blocks access to several properties, both developed and undeveloped. The gate blocks the public right of way and would slow down an

emergency response in the area. The gate also crosses a BCPUD water main. The Board discussed enforceable County Fire Codes that apply and encouraged Chief Brown to consult with the County Fire Marshall. Chief Brown offered to write a letter to the property owners that explains clearly the hazards of the gate and to request its' removal, or, at the very least, to be compliant with fire codes.. Dir. Chiera suggested sending the letter to all property owners behind the gate as all of the parcels are affected by blocked access. Pres. Buchanan will review the draft before it is sent. GM Blackman of the BCPUD also plans to write a letter regarding issues of concern for the water district associated with the gate.

## GENERAL BUSINESS

First Reading of Ordinance No 14-2013 , "An Ordinance Adopting the California Fire Code , and Appendix A of the 2012 International Wildland-Urban Interface Code Prescribing Regulations Governing Conditions Hazardous to Life and Property From Fire or Explosion; Providing for the Issuance of Permits for Hazardous Uses or Operations; and Establishing a Fire a Fire Prevention Bureau and Providing Officers Therefore and Defining their Powers and Duties." Chief Brown explained that the BFPD is required to go through the adoption process once every three years in order to stay current with the minimum requirements of the State of California Building and Fire Standards as determined by the California Building Standards Commission. The proposed Ordinance adopts portions of the 2012 International Wildland-Urban Interface Code, the 2012 International Fire code, and the 2013 California Fire Code with amendments, regarding fire prevention and fire safety regulations in structures and on property located within the jurisdiction of the BFPD. The Ordinance establishes duties and enforcement authority under the supervision of the Fire Chief to issue citations pursuant to violations of the codes. The Fire Chief has authority to request removal of fire hazards including debris/brush piles on undeveloped properties which falls to the responsibility of the owners. Dir. Kimball noted that the Ordinance gives higher authority to an executive body, the Board of Directors. Chief Brown answered that the Ordinance actually gives highest authority to the Fire Chief but enforcement remains an issue due to financial and staffing constraints. The District Secretary will have a summary of the proposed Ordinance published in the Citizen by November 18, at least five days prior to the merit hearing set for November 25 at the next regular Board meeting. Dir. Kimball stated that the Ordinance ultimately serves the community as it requires higher fire safety.

## CONSENT CALENDAR

MSC, Kimball/Smith (unan with one absence) to approve the Consent Calendar including the Minutes from the September 23, 2013 regular meeting, the warrant lists from September 17 – October 22, 2013 and the account balances. The September financial reports were unavailable as they have not yet been received from the County of Marin.

## PUBLIC EXPRESSION

None.

## COMMITTEE REPORTS

Personnel Committee discussion:  
Reimbursement for Chief Brown  
Dist. Sec. Brown said that several Volunteers approached her with concern

Continued from previous page

that Chief Brown was not being duly compensated for training Volunteers while overseeing fire calls. Due to injury, she could not serve as the sole Duty Officer but had to be available at all times for overseeing calls and training responders. Chief Brown iterated that additional compensation was unnecessary and that training is part of her salaried duties. The Personnel Committee may take up the matter as a policy decision at a later date.

Reimbursement for health insurance for Capt. Wall

Chief Brown reviewed the documents that Bookkeeper Kaaren Gann created regarding a mistaken underpayment to Capt. Wall for health insurance by Sec. Brown. Sec. Brown will issue a reimbursement check as soon as possible.

BOARD MEMBER REPORT

None.

PERSONNEL MATTERS

None.

ANNOUNCEMENT

None.

GOOD OF THE ORDER

Dir. Kimball acknowledged and thanked Chief Brown, all of the Volunteers and Sec. Brown for going above and beyond the call of duty regarding Fire Safety Day and all of the volunteering efforts made in the District. He also commended Beth Carusillo for her excellent work as the Bolinas Disaster Coordinator. She has stepped into her position with grace, intelligence and determination.

ADJOURNMENT

MSC, Kimball/Smith (unan with one absence) to adjourn the meeting at 9:00 PM.

Respectfully submitted,

Molly Brown  
District Secretary

Note: All minutes to all Board meetings are available for review at the Bolinas Library.



**Stinson Beach Library Hours**  
415-868-0252  
Monday 10 - 1 and 2 - 6  
Tuesday 1 - 5 and 6 - 9  
Wednesday Closed  
Thursday Closed  
Friday 10 - 1 and 2 - 6  
Saturday 10 - 1 and 2 - 5  
Sunday Closed

**Bolinas Library Hours**  
415-868-1171  
Monday 10 - 1 and 2 - 6  
Tuesday Closed  
Wednesday 10 - 1 and 2 - 6  
Thursday 1 - 6 and 7 - 9  
Friday Closed  
Saturday 10 - 1 and 2 - 5  
Sunday Closed

Thank you for supporting the  
Bolinas & Stinson Beach Libraries.



The Bolinas-Stinson Beach Library  
Improvement Society  
P.O. Box 65  
Stinson Beach, CA 94970

www.marinlibrary.org

**LOCAL "GREEN" SHOPPING UPDATE**

from jenniepfeiffer

Be sure and include the **GRAND HOTEL** in your local, "Green" Holiday shopping. Vic Amoroso has pots and pans and small kitchen appliances, with a large selection of: furnishings, rugs, jewelry, knick knacks, and vintage wearables. He's open on the weekends and has 15% off all books.

The **Sunday Shop and Swap Sales on the Square** started again yesterday and will be continuing through December with the Royal Random Rummage sale for your buying, selling, swapping pleasure, Sunday's from 11:00 to 2:00, at Brighton Square, between the Post Office and the Book Exchange. Show up early to set up if you're wanting to sell. Check in at *Uniquities Variety Thrift & Gift* and *Really Good Pet Food Emporium*, (which is also our local **LEGO LAND**) to reserve space. *Uniquities* is open noon to 5:00, daily behind Seashore Realty and the Bookstore, and has a selection of wreaths, ornaments, wrapping paper, as well as hand made jewelry and hand knits, knitting supplies, cards, baby items, toys antiques, collectibles, art, artifacts, vintage delights, and many loved and released items waiting for that new home with just the right person.

Next to *Uniquities* is *Michael's Book Exchange*, and *2 Mile Surf Shop*, then on to *Wharf to BoBolicious Smoothie Lounge*, *Om Garden*, *Bolinas Bay Hardware* and *Mercantile* with beautiful quilts and kitchen ware as well as tools to make life easier. There are two more surf shops: *Tam Surf Club* with lessons and boards, etc.; and *Buzz's* with cozy, affordable lined flannel shirts, and more. There are more wearables at *Chameleon* and *Kaleidoscope*, as well as accessories and some hand crafted choices.

There's art at the *Gallery*, the *Museum Mini Show*, and the *Murch's Farmstand*. You can get *Smiley's dollars* at the bar, and lots of cool stuff at the *Bolinas Peoples' Store* and the *Bolinas Market* - or you can give your loved ones gas for the holidays at *Bo Gas*.

Also, don't forget the upcoming *Bolinas Community Center Winter Faire* with all the many craftspeople there and around town, happy to sell a gift certificate for someone you love. *Coast Cafe* also has gift certificates. Happy local shopping!

I will be continuing these updates through December, so if you want something included, please email [hearsaynews@yahoo.com](mailto:hearsaynews@yahoo.com), or stop in *Uniquities*.

submitted by JenniePfeiffer, who will be back with weekly recaps in two weeks, after the Local Zone Phone Directory is printed, hopefully in time for the Winter Faire.


THREE GREAT THINGS ABOUT THIS PLACE...

(1) One of those 'moveable feast' Thanksgivings—three beloved groups of family and friends at three different locations.

(2) Patrice Daley's intense, beautifully written play 'Taste' at the Community Center—a huge success.

(3) The 'anti Black Friday' movement; people trying to find ways to combat the obscene commercialization of the holidays. Shop local, shop handmade, don't shop at all.

--Ned Riley



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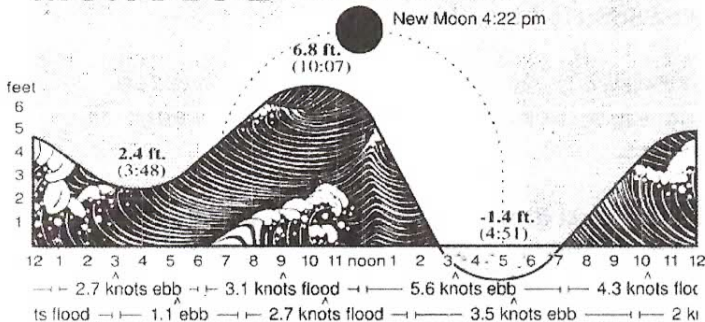
<b>6</b>	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music		S Sunspots to 1:30 am KWMR Night Music		KWMR Night Music	Grateful Dead 12-1 am KWMR Night Music	Radio Goethe 12-1 am KWMR Night Music
<b>7</b>	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It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

Office 415/663-8068

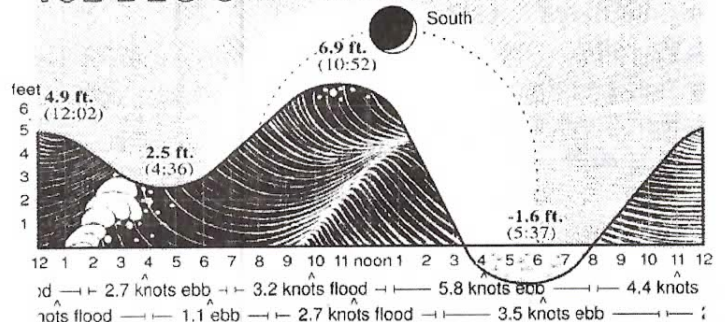
STREAMING on KWMR.ORG

Studio 415/663-8492/8317

**MON DEC 2** dawn 6:06 sunrise 7:08 sunset 4:51 dark 5:52  
moonrise 6:40 a.m. moonset 4:59 p.m.



**TUE DEC 3** dawn 6:07 sunrise 7:09 sunset 4:51 dark 5:52  
moonrise 7:44 a.m. moonset 6:00 p.m.



## FOR SALE

**DON & MICKEY ARE SELLING LIVE CRAB**  
at the farmstead till New Year. Please reserve for Holidays and  
Weekends. 868-0921-Don's cell-640-5425

DM 1/5

### DRY DRY DRY SEASONED FIREWOOD

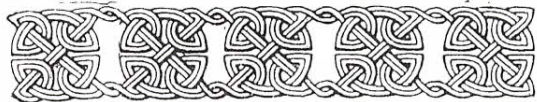
Oak, Bay, Eucalyptus - Cut locally  
Gospel Flat Farm 868-0921

DMx

## FOR SALE

Two Family Garage Sale - Sunday December 8, 2013 - Vanishing  
Point Ranch, 581 Evergreen Rd. Household, furniture, clothes,  
tools, horse equipment, etc.

CT 12.6



## LOST & FOUND

### LOST BIRD "OSHAH (OSHI)" THE PARROT

Identifying marks: Green parrot with red and yellow under his  
wings. He can say, peek-a-boo, hello, drink of water, good night  
and he has a GREAT laugh. Last seen: At the corner of Walnut  
and Larch in Bolinas CA 94924 on November 25<sup>th</sup> at 4pm.

REWARD: Hugs and Good Karma Contact (415) 868-1716

Email: franzskinner@gmail.com

FS11/29

**LOST: BLUE NYLON BAG LETTERED HPL**  
with fishing gear. Last seen at Lagoon Seawall or wharf,  
Please call Kora McNaughton 868-2771

KN 11/27

## LOST

**SMALL RED FLASHLIGHT AT BCC SUNDAY NIGHT-**  
**FRONT ROW. CALL MARINA 868-0375**

M 12/2

## LOST

**MY DAUGHTER'S CANON POWERSHOT S3 IS**  
**CAMERA, POSSIBLY LOST ON THE BEACH OR IN**  
**TOWN MON. OR TUES. BEFORE THANKSGIVING.**  
**RICK GORDON: 246-2756(CELL)**

RG 12/2/13

**LOST: MY ONLY PAIR OF PRESCRIPTION GLASSES**  
were lost at Bolinas Beach Sunday, November 17: dropped in the  
sand at Brighton Ave. access ramp, found & placed on higher  
grounds along retaining wall by a local surfer, before  
disappearing. Contact Frank Schott at schottsf@gmail.com

FS 11/20/13

**FOUND: FIRE OPAL RING FOUND OUTSIDE THE**  
People's Store. 868-1398 - Jessica Radcliffe.

JR 11/18/13

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

SS10/18

**FOUND: A GORILLA MASK ACROSS THE STREET**  
from the laundromat after Halloween. Please describe it and  
it is yours. Liz 868-1882

LG 11/13

## CLASSES



### Weekly Schedule

#### Monday

Chi Gung w/ Susie Stewart 10:00 - 11:00 a.m.  
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.  
Theater with Patrice Daley 7:00 - 8:30 p.m.

#### Tuesday

Yoga w/Lisa Brendel 8:30 - 10:00 a.m.  
Bo Babies & Toddlers (Free Hangout) 1:00 - 3:00 p.m.  
Pirate Pizza in BCC kitchen (pre-order 328-1066) 4:30 - 7:30 p.m.  
Aerial Arts for Youth w/Joanna 3:30-5:45 p.m.

#### Wednesday

Pilates w/Lisa Townsend 8:30 - 10:00 a.m.  
After-School Theater w/ Lisa T. 3:30-5:00 p.m.  
Theater with Patrice Daley 5:30 - 7:30 p.m.  
Biblia en Español 8:00 - 9:30 p.m.

#### Thursday

Yoga w/Lisa Brendel 8:30 - 9:30 a.m.  
USDA food bank 12 noon  
After School Ballet w/Erika Townsend 3:30-5:45 p.m.  
Congolese Dance w/ Sandor 6:00 - 8:30 p.m.

#### Friday

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 a.m.  
No Place Like Home (Free Brunch 4<sup>th</sup> 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 a.m.  
Kids Movement Class (4-6 yrs) w/ Lisa Townsend 11:30 p.m.  
Ballet w/ Erika Townsend 12:15 - 1:45 p.m.

#### Sunday

Brazilian Dance with Anna 11:15 - 12:15 p.m.  
Theater with Patrice Daley 2:00 - 4:00 p.m.

Check the Library marquee or Calendar in BCC Foyer for special  
events. For More Info call 868-2128 or visit [www.bccenter.org](http://www.bccenter.org)

## LOST & FOUND • FREE • RIDE SHARE •

### ARE PUBLIC SERVICE ADS, AND RUN FOR FREE.

Please keep ads to around 20 words.

We will run them for at least a week

or until you ask for removal.

Hearsay Staff

## FREE

**CLEAN QUEEN MATTRESS-**  
868-1568

Z 11/27/13

**SINGLE PANE WINDOW SASH; IDEAL FOR**  
greenhouse or cold frames. 2 @ 36"x 66", 2 @ 28" x 53",  
1 @ 20" x 47" and 1 @ 20.5" x 29". Call 868-9648 - BK

BK 11/15

**DOUBLE (FULL) BED & BOX SPRING SET**  
in good shape except 1 night of rain.  
Call Martha- (415) 306-1231

MW11/20

Free Birthday Treat at Bobolicious  
Bring this coupon to receive a treat  
for your Birthday!  
Compliments of Bobolicious  
and The Hearsay News



# HEARSAY NEWS CLASSIFIEDS

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

## SERVICES

### BRUSH TO MEADOW TRANSFORMATION

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

DMX

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

SHX

**FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING**  
Dump Runs, Cow Manure, Recycling, Humane animal removal  
– Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

### TREE SERVICE

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

SRX

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

HDX

## 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

### BASIC COMPUTER TRAINING & SETUP

Computer building, Internal cleaning. \$35/hr  
415 902-8298

ZM x

**NETWORK CHIROPRACTIC, CRANIAL SACRAL,**  
chakra and energy work, Dr. Colleen Lindstrom – Celebrating  
the whole of you. – Now serving families in Bolinas  
415.637.7809. www.thelifestudiosausalito.com

CL 4/7/14



## HEALTH & HEALING

### CAREGIVER AVAILABLE

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

CH x

June McAdams, RN  
Compassionate and Skilled

Hospice Care Home Care  
Newborn to Elders  
Coastal Marin Only  
More than 39 years nursing experience

(415) 868-9052

## 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.

A/x

## WANTED

**CALLING ALL CASHMERE SCRAPS!**  
Too soft and fuzzy to toss, too holey to wear any longer? Will  
purchase or trade a homemade lavender eye pillow for quality  
pieces at least 5x10". -0120 Ida

LO 12/13

*Delicious living  
November 2013*

## Homeopathics

**Allium cepa.** Homeopathic remedies use trace, barely detectable amounts of a therapeutic substance to ease illness symptoms under the theory that "like cures like." Allium cepa contains a minute amount of red onion and is used to relieve stuffy nasal congestion and teary eyes. **Dose:** Three to five pellets dissolved under the tongue three times daily until symptoms subside.

**Gelsemium.** Swanson advocates this remedy, derived from the vine *Gelsemium sempervirens*, for cold and flu symptoms that include fever, body aches, and exhaustion. **Dose:** Five pellets dissolved under the tongue three times daily until symptoms subside.

**Oscillococcinum.** Often called Oscillo, this proprietary remedy from France contains extremely tiny amounts of duck liver and heart. Although somewhat conflicting, evidence justifies trying it on the first or second day flu-like symptoms, such as body aches and fatigue, appear. In a review of medical studies, researchers concluded that Oscillo was both safe and effective. **Dose:** One tube of Oscillo dissolved in the mouth every six hours, up to three times daily.

### POTENT PRODUCTS

**A. Vogel Echinaforce.** Available as both a tincture and tablet, this herbal formula serves to ease cold and flu-like symptoms.

**Kyolic Aged Garlic Extract:** Studies show that this proprietary garlic extract can reduce cold and flu symptoms and provide other health benefits, such as lowering cholesterol levels.

**Sambucol.** The best-researched form of elderberry syrup; available sweetened and sugar free, as well as in a children's dose.

## Herbs

**Astragalus.** Traditional Chinese Medicine recommends this herb to strengthen the body's disease resistance; studies show that astragalus boosts the activity of various immune cells. Swanson recommends using it to overcome recurrent colds and lingering flu, not for the first cold of the season. **Dose:** 1,000 mg every three to four hours for one or two months.

**Echinacea.** Few herbal remedies possess echinacea's scientific résumé. In one of the latest studies, people taking the herb had 59 percent fewer recurrent colds and reduced their use of pain-relief drugs by half, a sign of significantly fewer symptoms. **Dose:** Follow either label directions or your physician's advice.

**Elderberry.** A traditional European folk remedy, elderberry gained scientific credibility almost 20 years ago through a classic study in which nearly all of the subjects taking the herbal extract had a "complete cure" of their flu symptoms within two to three days. In contrast, people taking placebos had symptoms linger for almost a week. A recent study confirmed the herb's antiviral and broad-spectrum antibacterial effects. Most contain some type of sweetener, so opt for an extract sweetened with honey or sugar-free syrup. **Dose:** 1 teaspoon <sup>extract</sup> or 2 teaspoons syrup four times a day until symptoms disappear.

**Garlic.** Records of garlic's therapeutic use date back 3,500 years. Researchers have identified more than 200 compounds in garlic, including 70 that contain sulfur—a key building block of some of the body's most potent infection fighters, including N-acetylcysteine and glutathione. Swanson suggests consuming one-half clove of diced fresh garlic in a teaspoon of honey every few hours when you feel the start of cold or flu symptoms; continue taking the garlic until symptoms resolve. If you don't want raw garlic, try capsules. **Dose:** Follow label directions. ©

*Pat Dickens*