

Bolinas Hearsay News

46 ¢ + tax

Monday, December 23, 2013



Atticus Siedman & Alice Fontan at Bolinas Children's Center Holiday party 12/27. Photo by Chelsie Fontan.

HAPPY HAPPY BIRTHDAY!!!

- December 24:** Freda Weitzer
Anna Webb
Elijah McClellan
Sierra Dierks
Ebie Kane
Steviana Dunn
- December 25:** Christina Di Grazia
Bob Wall
- December 26:** Brett Docherty
Cecily Gonzales
Glenn Stover
Chuck Hall
Sebastien Do
- December 27:** Meg Cain
Danielle Katz
- December 28:** Peter Blank
Tara Horvath
Skyla Stover
Sage Appel
Michael Rafferty
Allison Bristow
Jason Glavis

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

WHAT'S HAPPENING

Tuesday, December 24

CHRISTMAS EVE SERVICE

@ At. Aiden's, 6:30pm, All are Welcome

CHRISTMAS EVE CANDLELIGHT SERVICES

Carols, readings & brief meditation by Pastor Bob Grove, at Stinson Beach Community Church, 7pm, and Calvary Presbyterian Church, Bolinas, 9pm

CHRISTMAS EVE MUSIC SPECTACULAR

Live music @ Smiley's, 9pm

Wednesday, December 25

CHRISTMAS HOLIDAY!

Most businesses & offices closed.

CHRISTMAS DAY SERVICE

At St Mary Magdalene Church, 10:45am

WINTER CELEBRATION LUNCHEON

@ Community Center, doors noon, lunch 1pm.

Info: Jody Angel at 264-5541

Thursday, December 26

LONG TERM EFFECTS

Live music @ the Coast Café, 6-8pm. Food & drink specials, no cover.

EMMALEE PRESENTS

Live music @ Smiley's, 8:30pm

Friday, December 27

NO PLACE LIKE HOME BRUNCH

@ Community Center, 11am. Everyone is welcome.

ALL THAT JAZZ

Live music presented by Michael Pinkham @ Smiley's

Saturday, December 28

COMMUNITY DINNER BY CRUZ

At the Community Center; doors open 6pm, food 7pm. Fun games as well. Info: Cruz 847-7122

PSDSP

Live music @ Smiley's, 9pm. Cover.
Pt Reyes Light, 12/19/13

THE HEARSAY NEWS WILL NOT BE PUBLISHED ON CHRISTMAS DAY, DECEMBER 25, 2013, OR ON NEW YEAR'S DAY, JANUARY 1, 2014.

Hearsay Staff

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

Coast Café

Pre-Order Quiche & Pastries for the Holidays

Quiche (serves 6) \$18.00
 Add Sour Cream and Scallions \$22.00
 Quiche Lorraine
 Organic Vegetable Quiche

Muffins & Pastries 6 for \$20.00 or 12 for \$36.00.
 Blueberry Muffin
 Bran-walnut Muffin
 Morning Bun
 Cinnamon Roll

Order by 12:00 for next day pick up between
 6:30 & 11:30 at the Kiosk.

Now - January 5th
 We will be closed on Christmas



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

COMING SOON:

COMMUNITY CHRISTMAS EVE
 TUESDAY, DECEMBER 24, 5:15

LEGENDS OF THE CELTIC HARP
 SATURDAY, JANUARY 11, 8 PM

HIP-HOP/AFRICAN CONGO

Dance Class
 At the Community Center

Sunday, December 29
 9am-10:30am, Ages 7-12
 5pm-6:30pm, Adults

Prices:

Week to week, \$15
 Brothers/sisters, \$10 each
 Special 6 week pack, \$100

Contact: Sagola

msagola@yahoo.com
 868-8806 or 763-9369



Stop in
 to place order
 or call/text.
 868-9978

GLUTEN FREE
 & SUGAR FREE
 AVAILABLE!!!

Christmas Eve
 Pick up at
 12 noon

Organic Holiday Dessert Orders



\$1.00 off
 when you
 return pie tin

- ♥ **Apple Pie:** best pie ever, local apples, covered pie \$25.00
- ♥ **Pumpkin Pie:** beyond traditional \$22.00
- ♥ **Sweet Potato Pie:** an old favorite topped with pecans \$22.00
- ♥ **Pecan Pie:** southern style \$25.00
- ♥ **Bobolicious Apple Cake:** with local apples \$25.00
- ♥ **Cheesecake:** NY style lightly brushed with \$30.00
 Brandy, or Raspberry, or Caramel, or Chocolate, or Minted Chocolate
- ♥ **Edible Christmas Trees:** sugar or gingerbread cookie tree with
 all the trimmings small(~6")-\$18; large(~12")-\$28.00
- ♥ **Gluten Free Layered Chocolate Cake w/Ganache:** \$22.00
- ♥ **Peppermint Whoopie Pies:** chocolate cakes with peppermint
 buttercream frosting \$3 each; 6/\$15.00
- ♥ **Cookies:** Gingerbread or Sugar \$8/dozen
- ♥ **Almond Buds:** Miniature almond pound cake rosettes \$12/dozen
- ♥ **Biscotti:** \$2.75 each sale: 3/\$7; 6/\$13; \$26/baker's dozen

Now Available: 2014 Community Calendars, Bobolicious Canned Strawberry Jam, Cider Syrup, Relish,
 Chutney, Brandied Plums, Holiday & All Occasion Candles & Cards, Chocolates, Whales & local Art,
 Ornaments, Supplements & more! ***Specialty Cake Orders Available Year Round!!! Love, love.



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

Coast Café

Holiday Raffle

Weekly Winners will be Awarded
 a \$25.00 Gift Certificate.

Receive a Raffle Ticket with Each
 Dinner Entrée Ordered.

Now - January 5th

Go to Health: An Apple a Day

Apples are a "miracle fruit" that convey benefits beyond fiber content, according to Dr. Bahram Arjmandi at Florida State University. Animal studies have shown that the pectin and polyphenols in apples improve blood fat levels and lower the production of pro-inflammatory molecules. Arjmandi's 2011 research randomly assigned 160 women ages 45-65 to one of two dietary interventions: one group received two dried apples daily and the other group ate dried prunes every day for a year. Blood samples were taken at 3, 6 and 12-months. The results surprised Dr. Arjmandi, who stated that "incredible changes in the apple-eating women happened by 6 months- they experienced a 23% decrease in LDL cholesterol," which is known as the "bad cholesterol." The daily apple consumption also led to a lowering of C-reactive protein (a marker of inflammation). "I never expected apple consumption to reduce bad cholesterol to this extent while increasing HDL cholesterol or good cholesterol by about 4%," Arjmandi said. Yet another advantage is that the extra 240 calories per day consumed from the dried apple did not lead to weight gain in the women; in fact, they lost on average 3.3 lbs. "Reducing body weight is an added benefit to daily apple intake" he said. Part of the reason for the weight loss could be the fruit's pectin, which is known to have a satiety effect.

In a study from Ohio State University, healthy, middle-aged adults who rarely ate apples were given one red or golden Delicious apple a day, or a capsule containing the polyphenols found in apples, for 4 weeks. The apple eaters had a 40% decrease in oxidized LDL, a substance linked to hardening of the

arteries. People taking the capsules had a similar, but not as large, effect.

The author of this study, Dr. Robert DiSilvestro, described daily apple consumption as significantly more effective lowering oxidized LDL than other antioxidants he has studied, including the spice-based compound curcumin, green tea and tomato extract. The study also found eating apples had some effects on antioxidants in saliva, which has implications for dental health.

In the Christmas edition of the prestigious British Medical Journal, there is an article comparing apples and statins for the prevention of cardiovascular deaths. Using mathematical models, a team of researchers at the University of Oxford set out to test how the 150 year old proverb - An apple a day keeps the doctor away - might compare with the more widespread use of statins in the UK population. They calculate that offering a daily statin to 17.6 million more adults would reduce the annual number of vascular deaths by 9,400, while offering a daily apple to 70% of the total UK population aged over 50 years (22 million people) would avert 8,500 vascular deaths. However, side-effects from statins mean that prescribing statins to everyone over the age of 50 is predicted to lead to over a thousand extra cases of muscle disease (myopathy) and over ten thousand extra diagnoses of diabetes. The researchers conclude that the public health message: "An apple a day..." is able to match more widespread use of modern medicine, and is likely to have fewer side effects. The research takes into account people who are already appropriately taking statins to reduce their risk of vascular disease and therefore the authors stress that no-one currently taking statins should stop, "although by all means eat more apples."

My message to readers is similar – eat a daily apple, don't change your medications without talking with your doctor, and have a wonderful holiday season.

*Sadja Greenwood, MD back issues at sadjascolumns.blogspot.com Check out my novel, *Changing the Rules*, at *Uniquities*, *Stinson Beach Books*, & *Point Reyes Books**



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48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

This Winter Solstice

parched Tamalpias looks like October
 creeks dusted with dust
 on this shortest day
 coyote bush digs in for the duration

Bolinas Bay sparkles
 with no muddy runoff
 black-and-white grebes
 dive thru the light

civilized cyprus and naughty eucalyptus
 share Little Mesa shadows
 liquid amber reluctantly drops
 last autumn leaves

on the kayak I wonder
 will dog-bark bright skies
 give way to wet winter
 north pole shift south

six inches of rain?

j zeno

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) These cold clear days have brought a succession of gorgeous sunsets.
- (2) Mary Whitney, the veterinarian at the Pt Reyes Animal Hospital. A very hands-on healer.
- (3) Simone's first birthday. Who'd have known a year ago what an impact she would have?

--Ned Riley

RECAP OF 2013 BOLINAS EVENTS will be coming to the Hearsay News by the end of the year.

Yikes! That's in a week! Better get on it!

Wishing you a stress free holiday and a Happy New Year, celebrating the returning of the light and longer days as we press on regardless. Jenniepeiffer



Welcome to the
Christmas Eve Candlelight Services of
Stinson Beach Community Church and
Calvary Presbyterian Church in Bolinas.

Traditional carols, readings,
and a brief meditation by Pastor Bob Grove.

Stinson Beach Community Church service is at
7 pm at 32 Belvedere Avenue (behind the fire
station). (Sunday worship 9:30 am)

Calvary Presbyterian Church in Bolinas service is
at 9 pm. The church is located on the corner of
Brighton and Wharf.
(Sunday worship 11:15 am)



QUESTION
WHAT MAKES A SPARKI F?
(THE FIRE WITHIN THE LOOK OF CERTAIN EYES)
A CHASING OF THE LIGHT?
A COURTING OF WONDER?
A WARMTH OF OPEN DOORS?
A WILLINGNESS TO SUFFER AND TO LOVE?
AN ACCEPTANCE OF BLINDNESS
AND FROM ITS STONE TO BUILD A NEW VISION?
A CONTEMPLATION AND A MOVEMENT
TOWARDS A TOTAL "YES"?
(SOME HAVE IT PART OF THE TIME.
AND SOME HAVE IT ALL OF THE TIME)...
CAN WOOD ON WOOD AND SOUL ON SOUL, RUBBING
BUILD AN ABIDING SPARKLE?
THE EDGES OF THE FIRE AND THE LIGHT?
AN ABORIGINE WILL CHASE A CLOUD FOR THIRTY MILES
TO CATCH THE RAIN INSIDE HIS PALMS
I SURELY BELIEVE HIS EYES MUST SPARKLE
CUPPING LIFE!
FROM HIS TRIAL AND HIS TRYING,,,

MARY BARROR

Wood-burning ban sets record

By Christopher Peak

For nearly two weeks, there's been no yule log and no chestnuts roasting on an open fire. Though the weather outside is frightful, the Bay Area Air Quality Management District banned wood-burning fires for 11 consecutive days, an unprecedented streak that surpassed the total number of days all last year.

Winter Spare the Air alerts can be issued from November through February when weather patterns that usually disperse unhealthy matter remain stagnant and keep dangerously high levels of air pollution close to the surface. Weak winds and a Tuesday morning fire at a Redwood City scrapyard only added to the dirty air.

The district initiated the ban on wood fires in 2008, following research that wood smoke, like cigarette smoke, contains fine particles that can trigger respiratory problems like asthma and bronchitis, said Ralph Borrmann, the district's public information officer.

"People have been burning wood for thousands of years. What's the big issue?" he said. "Look around and see what's happening overseas. Urban China is engulfed in smog for long periods past winter."

The ban has had a noticeable effect in the San Geronimo Valley. Usually in these weather conditions, evening fires will produce a thick haze. Usually, "it looks like L.A.," Robin Carpenter, a Lagunitas resident, said of the smog. But since this year's alerts were issued, smoke can be seen puffing from only a few chimneys.

The compliance may be due in part to last year's strict enforcement. The district received 467 complaints about those flaunting regulations, making up more than one-fifth of the total calls across the Bay Area, even though Marin's population makes up only a small portion of the region's 7.15 million residents, Mr. Borrmann said. A total of 32 violations were issued in the county last year.

First-time violators can either pay a \$100 fine or take a wood smoke awareness class online or by mail. Repeat violators are fined \$500 or more. The district does make exceptions for homes without an alternative heating system.

While the air in the valley may look clearer, it certainly feels colder, residents say. Ms. Carpenter has a small propane heater, so she can't technically fire up the primary

heat source, her wood stove. Instead, she and her husband have been carrying a portable heater from room to room.

"We're really worried about the electric bill," she said, clearing her throat from what sounded like an oncoming cold.

The couple's home sits in a wooded area that doesn't get much sunlight in winter, and as renters, they don't have the option to update the heating system. So, she has been piling on layers and layers of clothes: wool jackets, wool socks, long johns and caps.

"If folks had to run out of the house in the middle of the night, I'm sure it would be an interesting sight to see what fashion is on parade," she said, before adding, "The cap thing is very helpful."

But there may be an early Christmas gift ahead: officials said northwest winds mean the ban would likely be lifted today. Listen to that fireplace roar.

Pt Reyes Light, 12/19/13

Submitted by Monday Ed.



90.5 FM + 89.9 FM
WWW.KWMR.ORG



6	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
7	Day 6 (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
8	With Eyes Open! Peter Asmus Park Wave-lengths L. Farley KT's Kitchen	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
9	Krista Tippet 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
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Vinyl Café (repeat)	Turning Pages # Joy Maulitz # ViewPoint (repeat)	Turning Pages Janet Robbins	Krista Tippet On Being (through November)	New Series Climate One	Sunday Celebration of Sacred Music # Rick Clark
11	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
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions	Alternative Radio	Attunement Anthony Wright	Commonweal Conversations	Specials TBA # Airwaves (repeat) # Témás (repeat)	Forms and Feelings
1	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
2	Cruisin'..... Rick Clark	What's New? Jimo & Friends	New Day/Time Aztec Pride	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	Classical Thursday # Susan Santiago # Jeffry Wilkinson	Classical Friday #1 S. Henderson #2/4 N. Masonson	# Hawai'i Calling Susanna Henderson
3							# World Playground Guest Hosts
4	# Youth D.J. Project # The Latin Alternative	Art of the Song	Youth D.J. Project # Devon McMorrow #5 Coastal Airwaves Vickisa	TeaTime Books Mimi Calpestri Howard Dillon	#3 Janet Robbins #5 Specials	Circulo musical	Learnin' Kirven To Hell & Bach
5	New Time Trash to Treasure	Sabrina Artel's Trailer Talk	Open House	Open House: Témás de inmigración; Story Shed	Happy Hour	Jesus Martinez	Brian Kirven Beth Underwood
6	New Time Moyers & Company	Live Wire! Radio	Epicenter: West Marin Issues #1 Ft Reyes Dialogues Last: WM Political Reps	# Art's Desire # Hot Tech/Cool Science Julie Motz	Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Paul Flowerman Grey Shepard
7	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	Friday Funk Fest Fairfax Funkateer
8	New Time Barbarian Beach Party	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 Greg's Groove Choose Your Own Adventure The Kitchen Sink
9	Katie Eberle					Magic Radio Chris Breyer	Rick Clark Gregory DeMascio Fred Smith Patrick Kleeman
10	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.....	Saturday Night Function # Marc Matheson # Jeff Wilkinson	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charles						

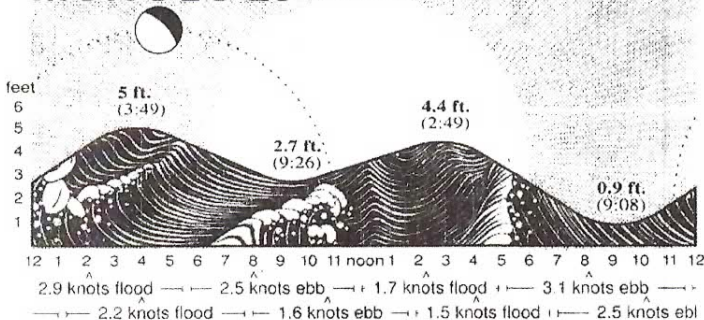
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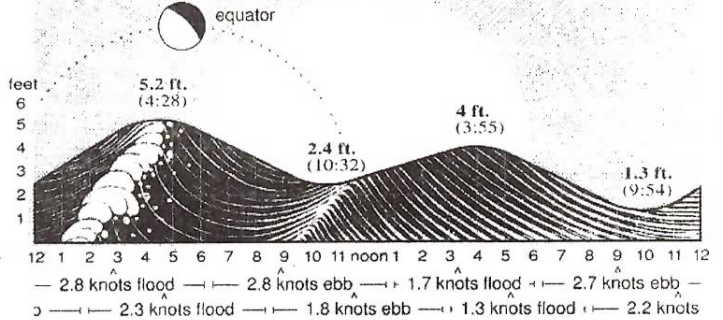
MON DEC 23

dawn 6:20 sunrise 7:23 sunset 4:56 dark 5:58
moonset 10:57 a.m. moonrise 11:05 p.m.



TUE DEC 24

dawn 6:21 sunrise 7:23 sunset 4:56 dark 5:59
moonset 11:27 a.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

WOOD BURNING STOVE FOR SALE-\$100.

21 1/2 high, 16 1/2 deep, 22" wide.
Call 868-2409-leave a message.

12/23

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

LOST & FOUND

MISSING CAT: ORANGE TABBY VEC. S.W.
from Poplar & Evergreen. Please check sheds and garages!
Jack 2193

JM12/6

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 25th at 4pm.
REWARD: Hugs and Good Karma Contact (415) 868-1716
Email: franzskinner@gmail.com

FS11/29

PYRO IS MISSING: ORANGE TABBY WHO LIVES
at Dogwood and Poplar was last seen Tuesday night. Could he
be accidentally trapped in your car or outbuilding?? Please
report any sightings to -2193. Thank you.

NB12/6

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

KN 11/27

FOUND

CHILD'S READING GLASSES-PINK WITH TORTOISE
SHELL STEMS ON POPLAR NEAR EVERGREEN LAST
WEEK THURSDAY, DECEMBER 19TH-2409

AH12/23

CLASSES

CLAY HAND BUILDING CLASS- 2 HOURS.

Tuesdays & Thursdays, across from the school.
Christine - 0892

CS 1/31/14



Weekly Schedule

Monday

Chi Gung w/ Susie Stewart (continues 2014) 10:00 - 11:00 a.m.
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.
Ninjitsu with Martin (starts 12-2-13) 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.
Private Workshop W/ Nathan 6:00 - 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 3:30-4:30 p.m.
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

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.

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

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Hearsay Staff

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PB 12/6

free Birthday Treat at Bobolicious
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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.

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CL 4/7/14

BABYSITTERS AVAILABLE! STELLA KUDRITZKI

and Micaela Fernandez are responsible, caring 8th graders.
at Bolinas School who love children.
Please call Stella 8804 or Micaela 2771

MF 12/27



HEALTH AND HEALING

CAREGIVER AVAILABLE

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

CH x

June McAdams, RN
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HELP WANTED

WANTED: HOUSE CLEANER -2409

A 12/30

ANNOUNCEMENTS

MERRY CHRISTMAS & HAPPY NEW YEAR FROM
Star Route Farms Please stop by our Friday Farm Stand for your
1 lb. of free Medjool dates with every \$10.00 purchase.

WW 1/8/14

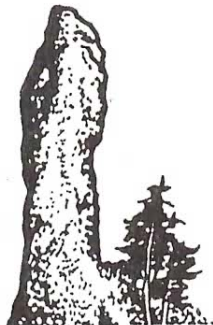
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23 December

The Secret of the Unhewn Stone/Last day of Saturnalia/Acca Larentis



This is the blank day of the Celtic tree calendar,
the only day in the year not ruled by a tree and
its corresponding ogham letter. Its name, the
Secret of the Unhewn Stone, denotes the qual-
ity of potential in all things. As the Roman fes-
tival of Acca Larentis, today is sacred to the
goddess Laurentina, mother of the Lares, an
earth goddess who guards the dead and the
seed corn. She commemorates the old year and
the potential of the new.

24 December

Celtic tree month of Beth commences

The birch tree month, corresponding with the
ogham letter Beth, is a time of purification and
new beginnings.

