WHAT’S HAPPENING

Monday, December 31
MUSIC & ART & ART MODELS
A Benefit Live Auction for “Figure It Out” the life drawing class at the Community Center, 6:45-9:45pm, $10 admission. for auction, $25 to draw

NEW YEARS EVE LIVE
Epicenter Sound System @ Smiley’s, 9pm

Tuesday, January 1, 2013
NEW YEARS HOLIDAY

Thursday, January 3
COAST CAFÉ CONCERT SERIES
Dale Polissar & Bart Hopkin play eclectic jazz @ Coast Café, 6-8pm

LA MANDANGA
New band showcase @ Smiley’s, 8:30pm

Friday, January 4
DGHN
Live gypsy jazz @ Smiley’s, 9pm. Cover.

Saturday, January 5
TOM FINCH GROUP
Live rock music @ Smiley’s, 9pm. Cover.

Saturday, January 12
BARBIE ROTHWELL MEMORIAL
Rod and Boat Club, noon-6pm

NOTICE:
We have word that Jane Blethen was taken by ambulance over the hill with symptoms of a possible stroke. More information to come.
—Monday editor

HAPPY HAPPY BIRTHDAY!!!

December 31: David Franklin
Miles Tune
Cabe Silverhame

January 1: Rosemary Sanchez
Jill Moore

January 2: Eat Dog

January 4: Marcella Robinson
Cathy Cook
Barbara Kayfetz
Luigi Resta

January 5: James Danse
Hilary McClintock-Brooks
Marilyn Goldborg

January 6: Boh Russam
Grace Alexander

pasteup
ads/books
press
Ned Riley
June McAdams
David Cattell
LIVE MUSIC AT THE BEACH
Fri. Sat. & Sun. Nites JANUARY
Open-Mic Sun. 8-11
DJ Spin Mon 10-1
Pool Tourney Tue 7-11
Karaoke Wed 8-11
New Band Showcase
Thur 8-12

HOTEL ROOMS
off the beach
$104

• BE SAFE
• STAY CLOSE TO HOME

CELEBRATE NEW YEAR’S EVE IN BOLINAS
Special Guests!
Ladies drinks half-price from 7-9 pm
Mon. Dec. 31, 8-1, reggae, dance hall

NEW YEARS EVE LIVE EPICENTER SOUND SYSTEM

Coast Café
New Year Specials

New Year’s Eve Dinner
Special: Local Beef Prime Rib Roast
5:00 – 9:00 pm

New Year’s Day Brunch
Special: Black Eyed Peas and Collard Greens
8:00 – 3:00 pm

Plus our usual menu favorites.
(415) 868-2298

BOLINAS DON’T DRIVE DRUNK

To celebrate my 25th AA birthday (1/2/88) I am offering Bolinas Don’t Drive Drunk: From 10pm to 3am New Year’s Eve/Day I will drive your drunk self to your Bolinas home. This is not a taxi service, it’s meant to save lives. DON’T DRIVE DRUNK.
No pontificating either!
— Debbie Morrison, 0382

Balancing Act

Christine Cunha, Owner
415.868.2700

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

Confidentiality Assured

48 WHARF ROAD, 2ND FLOOR, BOLINAS

Bringing order to your financial world
Go to Health – About Dr. Mike Witte

Here in Bolinas we are very lucky to have a spacious, new health center with 3 excellent doctors, a psychologist, physician assistants, nurse practitioners, nurses and supporting staff. In this article I am profiling Dr. Mike Witte, the Medical Director of the 3-site Coastal Health Alliance practice. He is board certified in family practice and pediatrics. In my next column I will write about Dr. Anna O’Malley and Dr. Wendi Joiner, who recently joined the practice.

Here are Dr. Witte’s wise words on his approach to medical care: "Over the years of providing health care to our rural communities, I have become passionate to ensuring that our care is truly patient-centered (or "person-centered!"). To me, this means that each person we care for becomes involved, at the level for which we help them become ready to participate, in decision-making regarding their healthcare. I believe strongly that this extends to everyone, from conception—to grave. Birth and death are not medical events, nor are many of life’s normal passages. Often, our tasks are to help patients through the minefields of choices with respect to their health and illnesses, being mindful of honoring personal choice as well as the dangers of “modern medicine”. The direction of our care for out patients needs to be driven by the principles of bio-ethics: autonomy: the highest goal is that every person is empowered and informed enough to control their own healthcare. benevolence: our interventions (treatments) are benign and truly helpful in their design and their results. non-malevolence: “above all else, do no harm”—from the Hippocratic Oath—do nothing that creates harm to those for whom you care. This is so important now with so many technologies and so many people on multiple chronic medications. Our job must include understanding and communicating the dangers they can bring along with their potential benefits. inclusion: people for whom we care are centrally included in all decisions regarding their care.

I am very mindful of how badly broken our healthcare system is. After seeing many families through more than a generation of life crises, I have become deeply committed to healthcare “system-change”. No one should ever be denied the best and most effective healthcare based on how they are able to pay for it. I visited Cuba with a group of Healthcare leaders in November. Whatever else we might believe about their political system, Cubans have committed their resources to ensuring that good healthcare is available to each of the over 11 million people in Cuba. No one pays for healthcare. All doctors must become family doctors first, and practice family medicine for at least two years, before going on to train in other specialties. There is one doctor for every 140 patients across the entire country. (In the U.S., there is one doctor for over 1,100 people). The healthcare outcomes there with respect to infant mortality and life expectancy— are better than ours—at a fraction of the cost. And of course this is only one example of many, whose countries have far better outcomes than the U.S. for much less money.

We are entering an era of healthcare reform here in the U.S. which will certainly look much different than Cuba’s. But the central principle of healthcare delivery being a responsibility of a society is certainly something that we must continue to strive for. "Payment reform" should really mean that what are called “essential benefits” in healthcare are a mature society’s job to provide, equally, to every citizen and visitor. (“Essential benefits” are often defined as what members of the U.S. Congress have in their insurance plans.)

Ironically, to provide this care, we have far too few “primary care providers” in the U.S. -- Under Obamacare, when over 33 million people become newly insured, this will become an even more critical problem. Our way of alleviating this problem at the Coastal Health Alliance is developing the concept of “team care”. We are assigning each of our regular patients to a team of providers and support staff, who will be responsible for providing them their regular healthcare. In this way, everyone on our staff will become a familiar name and face to patients in their care. We will all have an important role in helping our patients. This will allow our “providers” (doctors, nurse practitioners, and physician assistants) more time for direct care of patients, and involves our other staff more intimately.
From: Lia Sabbatini  
Sent: Dec 28, 2012 4:49 PM  
To: "liaacenter@yahoo.com"  
Subject: BCC January 2013 events

Hello sweet village friends,

Here we are at the end of 2012 and the World is still spinning - thank goodness!

December was a fun-filled month with our yearly fairs. A big thank you goes to all the vendors that brought their hearts, souls, passion and beauty to the fairs! And thank you all who came down enjoyed the fun and made both fairs successful. Molly Maguire held a heart warming evening with Christmas carols and Jeffrey Manson showed a fun collaboration of photos from 2012 at his slideshow last weekend. Jeff also makes a mean Indian meal so don’t miss out on the next one, they only happen a few times a year! The Christmas Day Dinner was a sweet success, as was the Winter Solstice Celebration – thank you Jodi, Martine and everyone else who helped make both events happen.

Monday December 31, 6:45-9:45pm  
Benefit Live Auction of art for "Figure it Out". Art Models and Deep Musicians. Sliding scale for art buyers and appreciators, starting at $10.00, to get inside where art is being created. First $5, goes to any piece you want to bid on. $25 to Draw in the class. Join us and bring materials, large paper and a drawing board. May you sell a piece and double your money and be helping “Figure it Out”.

Class changes in January 2013

In January Patrice Daley’s Theater Workshop starts (January 9th). For all who are interested, please pre-register and call Patrice at 868-2758. Lisa Brendel’s yoga class on Thursdays is moving to Tuesday mornings 9:30 am -11 am (January 8th), Trisha will be back from her worldly travels and starting up yoga on January 13th. Please see our calendar (in attachments) for all class times and don’t forget to look at the calendar posted in the BCC foyer for the latest updates.

in our essential work. We will be continually asking for feedback from patients as to how we are doing!"

Dr. Witte works in Point Reyes on Thursday, Friday and every other Saturday. He is in Bolinas every other Tuesday. Stay tuned. Next week I will profile Drs. Anna O’Malley and Wendi Joiner; both are specialists in family practice and studied at the Integrative Medicine program of Dr. Andrew Weil at the University of Arizona.

Suja Greenwood, MD  
suja@eocolumns.blogspot.com

cont. from prev. page

Smiley’s
POOL TOURNAMENT
Every Tues. Night, 7:30 pm
1st Prize $75-$100
2nd Prize $25
3rd Prize Smiley’s Cash $5 buyin
41 Wharf Rd. 868-1311
Here are the upcoming events for January:

Tuesday January 1, 4:30-7:30pm
Pirate Pizza at the BCC kitchen
The 13th pizza order for the day receives a free pizza in honor of 2013!
Please call (415) 328-1066 to pre-order!

Tuesday
January 8, 7pm
CommUnity Surf Movie
Step into Liquid (2003), directed by Dana Brown. 87 minutes.
Free event!

Tuesday
January 15, 7pm
CommUnity Night Shorter version of Vermont Boy in East Oakland performed by Michael Sommers:

THREE GREAT THINGS ABOUT THIS PLACE...

(1) Epiphany, or Twelfth Night, January 6; the first date your senses tell you that the Solstice is past and the days are actually lengthening.

(2) Snoods, or tubular scarves. I’ve been wearing mine constantly.

(3) Seeing the last of the multitudinous gift exchanges. Are we actually finally done with Christmas?
   —Ned Riley

Bill Quist’s Favorite Musical Experiences of 2012:

• Molly Maguire’s Bolinas Cemetery presentation of Faure’s Requiem.

• The annual Messiah sing-along (Molly, again)

• Singing with Annie Crotts at the Rod & Boat Club

Watch for ticks when out

The Marin/Sonoma Mosquito and Vector Control District is warning residents to take precautions while playing in the outdoors this winter, as ticks are out in force. The western black-legged tick, also called a deer tick, is most active from fall through early spring (the nymphs, or juveniles, are most active in the spring and summer). Tick bites can transmit the bacterium that causes Lyme disease, named after the town in Connecticut where it was discovered in the 1970s, as well as other infectious diseases. Lyme can begin with mild flu-like symptoms but, if left untreated, may develop over time into serious chronic health problems affecting many bodily systems. The district this week urged people to watch for ticks in grassy, brushy or wooded areas and noted that, contrary to popular belief, ticks do not jump, fly or fall out of trees. Rather, adult ticks wait with legs outstretched on the tips of vegetation for passersby. The most common ways a person becomes a host is by sitting on a log or leaning against a tree, followed by walking or sitting in leaf litter, research shows. Ticks can remain on their hosts for hours and even days, with the risk of infection growing with the length of time they remain attached. In Sonoma and Marin Counties, the district estimates that 3 to 5 percent of adults carry the Lyme bacterium. Officials suggest that hikers where light-colored clothing, long sleeves and pants, apply repellent containing DEET to exposed areas, shower after exposure and remove attached ticks properly—using fine-tipped tweezers applied close to the skin’s surface to steadily pull the insect out, and then washing well.
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<td><strong>Jerry Ramirez</strong></td>
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**Office 415/663-8066**  **STREAMING on KWMR.ORG**  **Studio 415/663-8492/8317**
FOR SALE

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

Uniquities has reasonably priced calendars for the New Year, lucky/ unlucky 2013. Open daily, noon to 5:00.
Jp1/7/13

FOR RENT

BEAUTIFUL COTTAGE IN GARDEN SETTING
on Big Mess. $1500/mo 868-9709
JF12/31

LOST & FOUND

LOST: DARK GREEN BERET
Missing for a week or so.
-KO 868-2283
K 012/28

LOST

Black persol sunglasses inside of black smith case-lost Sunday, 12/30, after soccer-maybe on bike path? 9931
BL 12/31

LOST

1 olive green cashmere glove on Terrace or Overlook on Thursday 12/27-868-0339. Thank you.
JM 12/31

LOST KEYS, EITHER ON POPULAR, THE TRAIL FROM
the end of poplar down to Agate Beach or on the Beach.
If found call 9359
RD 12/17

LOST: MY GRANDDAUGHTER’S SILVER METAL,
case, 3-4” with a fairy design on it and her Xmas $$ inside. Lost at end of Opal on Alder at bus stop. Marisa 415 259-8739
MW 12/21

LOST: PRESCRIPTION GLASSES WITH DARK BLUE
frames- @ Winter Faire on Friday, 12/7
- If found, contact Robin-0527
R12/10

LOST: MY FAVORITE HAT! SMALL VELVET,
black on one side and spotted on one side
If found please call Martine 868-9036
MA 12/10

LOST: RAY BAN DRIVING GLASSES
Green with blue on backside of glasses. Prescription with transitional lenses. 415 259-8739 thank you
MW 12/7

MISSING BLACK MALE CAT
He has scabby ears and His territory is between Maple/Oak and Elm. -0419
IH 12/7

LOST: ORNATE GOLDEN EARRING
At Community Center Thanksgiving Dinner or nearby.
If found please call – 1018 – Thank you
SL1/30

CLASSES

DON’T MISS WHAT’S GOING ON AT THE NEW SCHOOL AT COMMONWEAL!
sign-up free at the newschool@commonweal.org
Download past podcasts at www.commonweal.org/newschool/events.html
NSx

Class Schedule

Sunday
Yoga w/ Trisha continues in January
9:00 - 11:00 a.m.
Brazilian Dance w/Anita
11:00 a.m. - noon
Ninjutsu Martial Arts w/ Martin
Adult Class 6:30 - 8:00 p.m.
Monday
Pilates w/Lisa (pre-register 868-0473)
5:30 - 6:30 p.m.
Figure Drawing every other Mon. cont. 12/17
6:45 - 9:45 p.m.
Tuesday
Bo Babies
12:00 - 2:00 p.m.
Dance with Eleanor
2:00 - 3:00 p.m.
Ariel Arts for Youth w/ Joanna
3:30 - 5:30 p.m.
CommUnity Nights
6:00/7:00 p.m.
W/ free movies, games or music. Call -2128 for details

Wednesday
Pilates w/Lisa
8:30 -10:00 a.m.
After-School Theater w/ Lisa Townsend
3:30 - 5:00 p.m.
Theater with Patrice Daley – starting Jan. 9th
5:15 - 7:45 p.m.
Biblia en Español
8:00 - 9:30 p.m.
Thursday
Yoga w/ Trisha continues in January
8:00 - 9:30 a.m.
USDA food bank
12 noon
Yoga w/Lisa Brendel
4:00 - 5:30 p.m.
Congolese Dance & song w/ Sagdor
6:00 - 8:30 p.m.
Friday
Pilates Mat Class w/Lisa
9:00 - 10:00 a.m.
Saturday
Yoga w/ Lisa Brendel
9:00 - 10:30 a.m.
Creative Movement w/ Lisa continues in Jan.
11:00 - 11:45 a.m
Ballet w/Erika Townsend continues in Jan.
12:00 - 1:30 a.m.

Check the Library marquee or Calendar in BCC Foyer for special events at the Community Center. For More info call 868-2128 or visit Bocenter.org

How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD office on Mondays, Wednesdays and Fridays 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 mailbox 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 as they might become separated) & drop into door slot.

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.
HEARSAY CLASSIFIEDS

SERVICES

BRUSH TO MEADOW TRANSFORMATION
Heavy-duty tractor. Mowing / backhoe / roto-tiller / disk / plowing / post-hole drilling. Don Murch -0921

DMX

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

SRX

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

SRX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING
Dump Runs, Cow Manure, Recycling, Human animal removal

SHX

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

CHX

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

Community Mediation Board
868-0493
Involved in a conflict?
We have trained mediators.
Free, Confidential, Effective

WEST MARIN PROFESSIONAL
“CATERED” HAIR CUTTING.
Call Angela for appointment -1840

31 December

New Year’s Eve/Hogmanay/Asatru Twelfth Night

New Year’s Eve/Hogmanay commemorates the solar divinity, Hogmagog. Traditional festivities include dressing in hides and horns of animals—“guising”—burning smoking sticks (Hogmanays) to ward off evil sprites, and eating special cakes. At the moment of the new year, doors are opened and utensils rattled to drive off the last psychic vestiges of the old year and welcome the new:

Get up, good wife, and shake your feathers,
And divin think that we are beggars;
For we are barns come out to play,
Get up and gie’ us our Hogmanay.