Bolinas Hearsay News

Monday, December 18, 2017

50 Cents

THE HEARSAY NEWS WILL NOT BE PUBLISHED ON MONDAY, CHRISTMAS DAY OR MONDAY, NEWYEAR'S DAY.

Soprano Hope Briggs at St Mary Magdalene Church last Saturday. Photo by Curly Rigg

WHAT'S HAPPENING?

Monday, December 18
FIRE PROTECTION DISTRICT
Regular monthly meeting of the Board @ Firehouse, 7pm

Tuesday, December 19
BIRDS AT BOLINAS LAGOON
Free interpretive walk, meet @ Bob Stewart Trailhead, 10am-2pm. More info: 415-883-9520

HARMONY REHEARSAL
For Molly Maguire's Friday sing-along, 7-8:15pm, $10 (scholarships avail.) RSVP mollymaguire@me.com

Wednesday, December 20
BCPUD (UTILITY DISTRICT)
Regular monthly meeting of the Board, 270 Elm Road, 7:30pm

Thursday, December 21
WINTER SOLSTICE
Occurs @ 8:28am. Today is the shortest day of the year: tomorrow the light begins its return.

WINTER SOLSTICE IN THE LIBRARY
Winter wreaths, snacks for the whole family, 2pm

BACKWATER RAMBLERS
Outlaw country music @ Smiley's, 8pm, no cover

BOLINAS SCHOOL WINTER RECESS BEGINS
Friday, December 22
NO PLACE LIKE HOME BRUNCH
Free meal @ Community Center, noon. Everyone is welcome.

POSADA CHRISTMAS POTLUCK PARTY
At the Community Center, 6-10pm. Games & traditional Mexican party favors.

HOLIDAY SING-ALONG
presented by Molly Maguire @ Calvary Presbyterian Church, 6pm.

LOVE FYAH & 7TH ST BAND
Live reggae @ Smiley's, 9pm, $10

Saturday, December 23
'HANDEL'S MESSIAH AS STORYTELLING'
A new translation by keyboardist Bill Quist @ St Mary Magdalene Church, 2pm, $1-100

Sunday, December 24
CHRISTMAS EVE SERVICE
w/ Rev Carol Luther at St Aidan's Church, 5:30pm

CANDLELIGHT WORSHIP
Service w/ Rev. Ellen Baxter @ Calvary Presbyterian Church, 9pm

Monday, December 25
CHRISTMAS DAY HOLIDAY
Offices and most businesses closed.

COMMUNITY POTLUCK WINTER LUNCH
at the Community Center. Info: Jody, 415-264-5541

HAPPY HAPPY BIRTHDAY!!!

December 16: Zoe Cooper-Caroselli
Randall Olsen
Genie McNaughton
Kody Onorato

December 17: Benjamin Hewlett

December 19: Bob Dill
Thom Haley
Sarah Thomas

December 20: Josh Churchman
Kale Patler
Media Aranda

December 21: Richie Quinones Jr
Vickie Heiner

December 22: Jacob 'Jake' Glavis

December 24: Anna Webb
Freda Weitzer
Elijah McClellan
Steviana Dunn
Sierra Dierks
Ebie Kane

pasteup-------Ned Riley
ads/books----June McAdams
press----------Jennie Pfeiffer

COMMUNITY & CULTURAL CENTER
dance palace

For more information, to volunteer, or to join Call 415 663-1075
Save $ by buying tickets in advance at: www.dancepalace.org

HOLIDAY FOOD & TOY GIVEAWAY

Food and gifts are provided to low-income families in partnership with Point Reyes Books, the California Highway Patrol, and West Marin Community Services.
Call (415) 663-8361 for more information.
Thursday, December 21, 2017 / 12:30 PM

COMMUNITY CHRISTMAS EVE CANDLE LIGHTING & CAROLS SERVICE

Carols interspersed with the telling of the Christmas story, time to meditate on the universal meaning of Christmas, and concluding with the lighting of Christmas candles and singing "Joy to the World!" All Are Welcome!
Call (415) 669-7801 for more information.
Sunday, December 24, 2017 / Prelude music begins at 5:15 PM, service begins at 5:30, concludes at 6:45 PM / FREE

Winter Solstice in the Library

Come celebrate with the whole family

Winter crafts and head wreath making. Let's bring some light to the shortest day of the year.

Bolinas Library this THURSDAY the 21st, 2pm

Snacks provided.

Love Dogs for Life, Inc.

Bolinas Love Dogs T-Shirts are available at the Bolinas Mercantile & Hardware Store! We have very cute child sizes, as well as a new women's design and the usual men's – great for soccer. Every dollar spent on our shirts goes directly to feeding and/or caring for our Love Dogs. If your size or design is unavailable, please call me, as we have more.

Thank you for your support!

Cheryl 415-971-2862

In preparation for the Annual Holiday Singalong with Molly Maguire on Friday 12/22 at the Presbyterian Church (6 p.m.), we will have two harmony rehearsals on the two Tuesdays before the event: **12/12, 12/19 7-8:15 p.m.** We will focus on several carols, and then add the harmonies into the community sing along! If you crave singing with others harmoniously in a fun atmosphere, please join us. Cost is $20 total for both rehearsals (scholarships available). RSVP here for rehearsal location: mollymaguire@me.com

know your ***CORE*** *before*

christmas

a 3 monday-evening workshop
with an emphasis on
dynamic alignment
breath
coordination
balance &
spatial intent
taught by lisa townsend
dec. 4, 11 & 18
5:30pm-6:30pm
@ the bcc
$45 for the series
$16 drop in
info 868-0473

Colon Cancer Survival Helped by Nut Consumption

A new study sponsored by the Dana Farber Cancer Institute in Boston looked at people diagnosed with colon cancer, and found that eating tree nuts lowered their chances of cancer recurrence. An observational study of 826 patients with stage III colon cancer showed that those who consumed two ounces or more of nuts per week had a 42% lower chance of cancer recurrence and 57% lower chance of death than those who did not eat nuts. The questionnaire was given after completion of chemotherapy in a study that began in 1996. Stage III colon cancer is defined as cancer that has spread to surrounding lymph nodes.

"Basic healthy eating can often be overlooked during cancer treatment. This study shows that something as simple as eating tree nuts may make a difference in a patient's long-term survival," said Dr. Daniel F. Hayes. "Nut consumption and a healthy diet are generally factors that clinicians and patients should perhaps pay attention to as they design the approach to treatment for colorectal cancer." A secondary analysis revealed the benefit of nut consumption was limited to tree nuts. Tree nuts include almonds, walnuts, hazelnuts, cashews, and pecans, among others. There was no associated reduction in cancer recurrence and death among patients who consumed peanuts or peanut butter. According to the authors, the reason may be that, being legumes, peanuts have a different metabolic composition than tree nuts "Numerous studies in the fields of heart disease and diabetes have shown the benefits of nut consumption, and we felt that it was important to determine if these benefits could also apply to colorectal cancer patients," said lead study author Temidayo Fadelu, MD, a clinical fellow in medicine at Dana Farber Cancer Institute. "Patients with advanced disease who benefit from chemotherapy frequently ask what else they can do to reduce their chances of recurrence or death, and our study is an important contribution to the idea that modifying diet and physical activity can be beneficial."

.Researchers were particularly interested in nut consumption because it has been linked to lower incidence of obesity, type 2 diabetes, and reduction in insulin resistance. These health conditions are each associated with a higher risk of recurrence and death from colon cancer. The benefit of eating nuts was consistent across known factors that can influence cancer recurrence, including patient age, body mass index, gender, and common genomic changes in the tumor.

"It should be emphasized that the authors are not suggesting that eating nuts should be considered a substitute for standard chemotherapy and other treatments for colon cancer, which have dramatically improved survival," said Dr. Hayes. "Rather, patients with colon cancer should be optimistic, and they should eat a healthy diet, including tree nuts, which may not only keep them healthier, but may also further decrease the chances of the cancer coming back."

"We need to look at the potential positive impact of nut consumption on survival at other stages of colon cancer, particularly stage IV. (Stage IV colon cancer is defined as cancer that has spread to other organs, such as liver or lungs.) Ultimately, we need to understand how nuts confer this protective effect, as well as possibly conduct a randomized, controlled clinical trial where diet recommendations are given at the start of the study to prove that tree nuts can reduce recurrence and death after treatment for colon cancer," said Dr. Fadelu.

Here's a take-home message from this positive finding. It's a good idea to put nuts into your diet now – they can help to prevent overweight, diabetes and heart disease. Peanuts have also been found to have positive effects on our health. If they fill you up with healthy fat, you'll be ahead when it comes to holiday deserts!

Sadja Greenwood, MD

From: **jody** joang@earthlink.net
Subject: winter lunch
Date: December 17, 2017 at 5:55 PM
To: Hearsay 868hearsay@gmail.com

December 25 Will be The Winter Lunch

This is a Community Pot Luck
All the stores will be closed so
buy the food early, and any libation.
I am hoping folks will stuff the cans
at our stores so I can provide.
It will start early, beginning with
snacks and onward. Bring music and love
to share for us all. Lots of help needed.

Jody Angel (415-264-5541)-leave message

MORE COUNTRY LIVING

the cat, the spiders, and me
sunning on the deck
this wintery morning

-12/17/17
liz brown

THREE GREAT THINGS ABOUT THIS PLACE...

- **The winter solstice, the great stillness (if you listen for it) that comes with this season as nature gathers itself for the rebound into spring.**
- **Epiphany. They say that January 6, the Twelfth Day of Christmas, marks when we can first notice the lengthening days.**
- **The music of this season, not the crazed canned stuff of the malls, but the ancient carols that get us through.**

--Ned Riley

At the recent, informative fire preparedness meeting at the community center, I was interested in John Cozzi's idea of shutting off the power as a precaution during high wind, dry conditions like we had during the Sonoma fires. Come to see, the Southern California Edison Co. did just that last week, Dec. 7th and 8th actually.

"With the Santa Ana winds still raking the area, Edison has also taken a step it previously shunned, preemptively shutting down power lines in an area deemed to face particularly high fire risk. The utility cut off electricity to the mountainous Idyllwild area of rural Riverside County on Thursday and Friday." (S.F. Chronicle, Wed., Dec. 13)

William McGovern
415-246-1446
williamcgovern@mail.com

Our Candlelight Christmas Eve Service with carols will be Sunday, December 24, 5:30 pm. Join us and celebrate the season. There will be no regular Sunday morning service that day.

--
The Rev. Carol Luther, Voluntary
St. Aidan's Episcopal Church
Bolinas, CA
"Breathing Life over the Deep"

"I can *see* again!"

CLEAR LIGHT
WINDOW WASHING

Bringing clear vision to West Marin for thirty years

Call Dale
415/868-0782

WHAT HAPPENED
Monday morning Recap
Jenniepfeiffer Week's Review for 12-18-17

Here's what happened this past week:
Big YEA! 868+ Directory is done, now being printed. Collating will be happening 7:45 tomorrow at the Community Center. If you can come help collate, you will receive a free Directory.

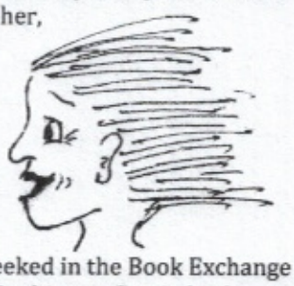
Tuesday started Hanukkah. Wishing a happy celebration the light to all who participate in that excellent tradition, and a Merry Christmas (looks like no Hearsay Monday) to those who celebrate, with best Kwanzaa greetings to those observing that day, and happy Festivus to the rest of us.

Tuesday was also the last School Board of Trustees meeting of the year. School is moving along well, bumps are straightening out, children are learning.

Wednesday night was School Choral Concert in the Quesada. It's always a pleasure to hear children singing. Thanks Anny O. Densmore for giving our students the gift of music, so they can pass that on.

Thursday the 868+ Directory moved forward almost to completion, with some late entries and a short bout of stomach flu setting things back, then Friday continued moving madly to completion.

Saturday was the World Crafts Faire. Seeing there was no way in this world or the hereafter that the Directory would be completely done, I checked in to discover there was no table available anyway, so very sorry to say, no Directories for sale. Instead, I went to St Mary Magdalene's to be blown away by the huge voice of Hope Briggs, accompanied by Bill Quist. This is me responding on first hearing her,



Also, I peeked in the Book Exchange to see Michael Rafferty looking so fine in his beret and sparkling sequined jacket at his opening of *Flowers On a Table By a Window in the Moonlight.* Those beautiful paintings looked so familiar hanging there in the front room, reminding me of the early days of the Book Exchange when Michael had his art for sale there regularly. There is more art at the Post Office, so when you go to check out Michael's work, which I recommend you do, also stop in to see Ernesto's "Winter Spirit" when you get your mail.

After Michael's opening, I saw Nicole Lavelle, Hearsay's Wednesday printer, give an entertaining reading of excerpts of her new release, *Paper Roads,* but I unfortunately had to get back to the Directory, so missed the scheduled appearance of Jeff Manson singing some selections from his new record release, *Wild Form.*

Yesterday, it felt so good to get the final, final, last late entries pasted into the Directory, that I played a little soccer on the newly mowed field, after saying happy 6th birthday to Kody Onorato, then enjoyed the end of a gorgeous afternoon with a pop up holiday party at the field.

So if everything goes without a hitch (I realize that's a lot to ask) we will be eating Barbary Coast pizza and collating Directories tomorrow, 7:45 at the BCC, being careful not to get sauce smears on the newly printed pages. Apologies for the delays, and thanks for your understanding as we POR.
jp

FOR THE REST OF US

tiny christmas balls
on the dead tree
attempting festiveness

- 12/17/17
liz brown

Mostly Natives Nursery

OUR ANNUAL DECEMBER SALE IS HERE!
20% off all gallon and 4" pots from Dec. 1st - 31st
Open Daily, 10-5
415-663-8835
mostlynatives.com.
54 B St.

Christmas Eve
Candlelight Services
December 24, 2017
Stinson Beach Community Presbyterian Church
Candlelight Worship Service - 7PM
Carol Singers
Nativity Story Live Performance
All Faiths Welcome!
Come early for a reception and meet our new pastor, Rev. Ellen Baxter!
Bolinas Calvary Presbyterian Church
Candlelight Worship Service - 9 PM
December 24, 2017
Pastor: Reverend Ellen Baxter

All are Warmly Welcome!

Michael Rafferty at his opening Saturday. Photo by Curly Rigg

Do you work from home? Do you sometimes want to bounce an idea around? Wouldn't it be nice to have actual human energy around you? Brush your teeth and come on down!

Co-work at Bolinas Commons

Every Tuesday from Thanksgiving till Christmas
November 28 - December 19

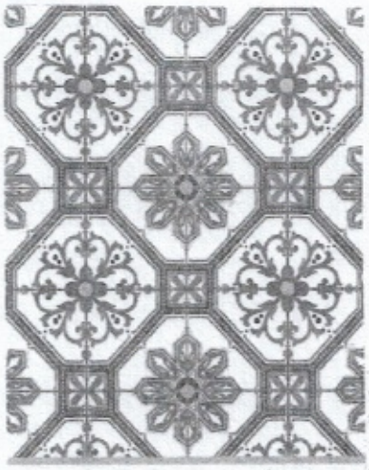
High speed internet, coffee and pastries!
Recommended $5-10 daily donation.

We'll continue and expand hours in 2018 if you show interest. Come!

For purchase of artwork, contact John C. Morris or Darby Auerbach-Morris at

415-374-7544

Darby Auerbach-Morris, MSW, CA Clear Dual Credential Educational Specialist/GenEd K-12
883 Sacramento Street, Office #1
San Francisco, CA 94108
415-638-2340



AUERBACH ARTIST COLONY
www.auerbachartistcolony.com
AuerbachFamilyArt.etsy.com

Ken & Sam Levin
Window Cleaning
415.663.9669
West Marin's Best

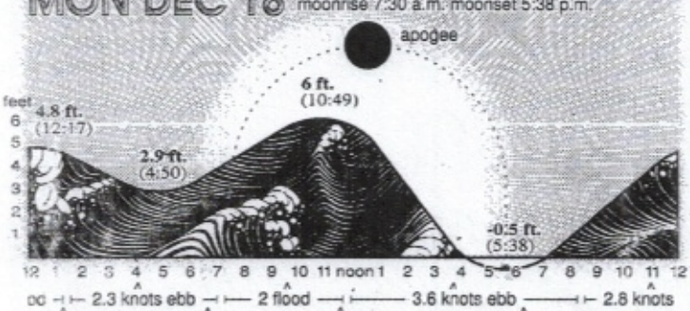
KWMR RADIO SCHEDULE - DEC

	Mon	Tue	Wed	Thu	Fri
6:00	**DAWN**				
	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music
7:00	**NEWS & KWMR MORNING SHOWS**				
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News
8:00	With Eyes Open! / A Cuppa Jo	Rise and Shine	Swimming Upstream	Top of the Morning / Pieces of Peace	Milk St. Radio
9:00	Nature Notebook / Heart of the Valley / Sound Science	Airwaves	Trash to Treasure / Fish Tales	Art Scenes / Right Now	Speaking of Women
10:00	**TURNING PAGES**				
	At Nature's Pace	Reading to John / Toon In	Waves of Joy / Magic Lantern	For Children of All Ages / Radio Bookmobile	Reader's Delight
11:00	**TALK & CURRENT AFFAIRS**				
	Trailer Talk / The Bioneers	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal
12 pm	Farm & Foodshed Report	New Dimensions	Planetary Radio / Making Contact	Attunement / Commonweal Conversations	Alternative Radio
1:00	Ocean Currents / Specials	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Non-violence Radio / The Local Organon
2:00	**AFTERNOON MUSIC**				
3:00	Cruisin'	Aztec Pride / Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday
4:00	Art of the Song	Youth DJ Project / Specials	Youth DJ Project / Specials	TeaTime Books (Coastal Airwaves)	The French Touch
5:00	**NEWS & CURRENT AFFAIRS**				Happy Hour
	Epicenter	Epicenter	Epicenter	Epicenter	
6:00	As It Happens (CBC) National Native News	As It Happens (CBC) National Native News	As It Happens (CBC) National Native News	As It Happens (CBC) National Native News	
	EVENING MUSIC				
7:00	Release Me / Foggy Ridge Music	Musical Variété	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	Night Flight / Bring It On Home
8:00					
9:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / West County Prowl	Coast Highway Blues	Off The Cuff / Running With Scissors	No Bad Vibes / Megalomedia Melange
10:00				Get Down! / Pro Kosmo	
11:00	Forms and Feelings (repeat)	After Dark	Sonic Sunspots	Under the Needle	The Latin Alternative
12 am	**LATE NIGHT**				
	DeepWaking 12-1 KWMR Music	Stuck in the Psychedelic Era 12-2	Sunspots to 1:30 KWMR Music	Best of British 12-1 KWMR Music	Radio Goethe 12-1 KWMR Music

	Sat	Sun
	WEEKEND DAWN	
	As It Happens (CBC) National Native News	Fiesta!
	MORNING MUSIC, TALK & NEWS	
	Morning Glory	Sunday Baroque
	The Vicarious Traveler / Original Minds	Sunday Celebration
	Day 6 (CBC)	
	Vida with Saga / Off-Center Sports	
	AFTERNOON MUSIC	
	Forms and Feelings	Happy Days / Jazz Rhythm
	Hawai'i Calling / The Scoring Stage	Foraging with Betsy Nichols / The Kitchen Sink
	Circulo Musical	Midnight in Luxembourg / To Hell & Bach
	EVENING MUSIC & DRAMA	
	Celtic Universe	Along For The Ride / Between Rock & A Jazz Place
	The Jazz Groove	Rock of Ages
	Saturday Night Function	L.A. Theatre Works
	LATE NIGHT	
	KWMR Music	Grateful Dead Hou

MON DEC 18

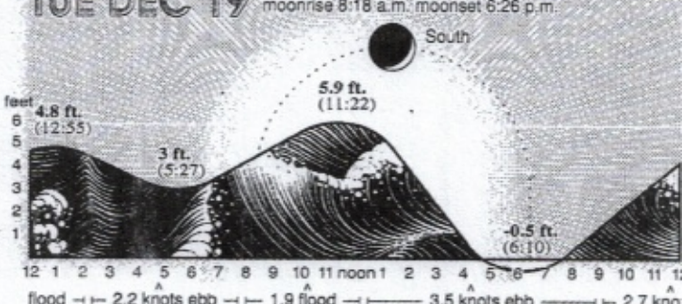
dawn 6:18 sunrise 7:20 sunset 4:53 dark 5:56
moonrise 7:30 a.m. moonset 5:38 p.m.



od 2.3 knots ebb 2 flood 3.6 knots ebb 2.8 knots
2 knots flood 1 ebb 2.4 knots flood 2.8 knots ebb

TUE DEC 19

dawn 6:18 sunrise 7:21 sunset 4:54 dark 5:56
moonrise 8:18 a.m. moonset 6:26 p.m.



flood 2.2 knots ebb 1.9 flood 3.5 knots ebb 2.7 kno
2.1 knots flood 1.1 ebb 2.5 knots flood 2.9 knots ebb

868hearsay@gmail.com • P.O.Box 327 Bolinas 94924
Sold at: The Bo General Market, Bo People's Store
& Don's Liqours Published for over 30 years!

HEARSAY NEWS CLASSIFIEDS

HOUSING NEEDED

LIVING HERE ALMOST 4 DECADES, ALWAYS PAID rent on time. Love to garden & make altars. Could help care for children or elders. Space for a yurt? Could make it self-contained with a small kitchen and put a compost toilet, shower in a little shed at my expense. This or any other space possible. I would love to be able to stay with my community. Call Martine 868 9036.

MA 12/15

FOR SALE

FOR SALE: 1998 FORD WINDSTAR-$2000-120,000 miles, in good shape w/recent smog. Please leave message 868-0831

AL 12/18

Read the Hearsay Online

FOR 33¢ per day, more or less. Give yourself, a friend, or an ex-patriate member of your of your extended family the gift of local news three times per week, delivered electronically. Stay home. Save trees. Isolate. Subscribe anonymously by contacting Michael Rafferty, Publisher and Online Editor, 868hearsay@gmail.com

LOST AND FOUND

LOST: SMALL GUATAMALIAN COIN PURSE between the coop and the park on Tues. Dec. 12. Please return to Mary -0902

MB 12/15/

LOST: 4X4 SKETCH PAINTING, GREEN AND BROWN of a buffalo by Kale Likover. It was lost Sunday night 12/10, somewhere around the BCC, left in a brown sandwich bag, Curly Rigg-2102

CR 12/11

LOST: 4X4 SKETCH PAINTING, GREEN AND BROWN of a buffalo by Kale Likover. It was lost Sunday night 12/10, somewhere around the BCC, left in a brown sandwich bag, Curly Rigg-2102

CR 12/11

LOST: SUNDAY EVENING ON DOGWOOD OR ELM, birthday envelope with blank card with pen attached and money inside. Please call Jan and Mesa Broek to return if you find. 415-302-0272-Thanks

MB 10/18

LOST: CREAM COLORED YOGA MAT & 2 BLUE bricks were left in the BCC foyer by Jenifer the Iyengar Yoga teacher, 10/4. Please return to BCC if you see them. Thanks! - Lia Kourula Sabbatini-868-2128

LS 10/11

CLASSES

BOLINAS COMMUNITY CENTER

Weekly Classes and Events Schedule

MONDAY
- Somatic Exercise — 9:30-10:45 am
- Pilates Mat w/Lisa Townsend — 5:30-6:30 pm
- Yoga w/Angela Sterpka — 7:00-8:15 pm

TUESDAY
- Diaspora Dance for Elder Women w/Amber Hines — 9:00-10:15 am
- Pirate Pizza: Call (415) 328-1066 to preorder — 3:00-7:00 pm
- Aerial Arts for Youth w/ J. Haigood — 3:45 – 5:45 pm
- BCC Board of Directors Meeting (3rd Tues of mnth in library) — 5:00pm
- Contemporary Dance w/Lisa (teens & adults) — 6:30-7:45pm

WEDNESDAY
- Pilates Mat w/Lisa Townsend — 8:30–9:45 am
- F.L.A.G.ship in front of Library (0-5yrs) — 1:15pm – 2:30 pm
- After School Theater w/L.Townsend (starts11/8) — 2:45 pm – 5:45pm
- Beginning Yoga w/ Brenda Stine — 6:00-7:15 pm

THURSDAY
- Yoga Flow w/Brenda Stine — 7:30-9:00 am
- USDA food bank — 12 noon

FRIDAY
- Pilates Mat w/Lisa Townsend — 9:00-10:00 am
- Ballet w/Erika Townsend (no class 4th Fridays) — 10:30-12:00 pm
- Move & Tumble w/KT(3-5 yrs) (11/10, 17 & 12/1) — 12:30 – 1:30 pm
- No Place Like Home (Free Brunch 4th Fri of Month) — 12 noon

SATURDAY
- Diaspora Dance w/Amber Hines — 9:00–10:30 am

SUNDAY

Call 868-2128, check the Library Marquee, Calendar in BCC Foyer or visit www.bocenter.org for more info & special events!

WANTED

PAIR OF SOLID DOORS (NOT HOLLOW CORE) For the Free Box, approx. 30 X 80 inches. Please call -2769

SC X

FREE

FREE: TORO LAWNMOWER: 6.75, 149cc. Good shape; needs tune up. Futon/bed frame, queen size; three pine slats collapsible sections. 868-2902

JF 11/6

CORRUGATED FIBERGLASS GREENHOUSE PANELS, 20ft x 4ft, other various sizes. Older, some yellowing but usable. Call Mary -9895

MN 11/3

RIDE SHARE

RIDE TO SAN FRANCISCO SYMPHONY

There is a bus that leaves from Point Reyes that goes to Davies Symphony Hall in San Francisco. This happens 5 times this symphony season, October 26, November 16, February 15, 2018, April 12, May 31, 2018. The bus leaves at 10:00 am from the fire station in PRS and returns between 5:00 and 6:00 pm. We arrive in SF around 11:30. The price for this ride is $30 and you pay when you get on. Any questions call Maria Garrigues 868-1898.

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 to submit

SERVICES

CONFLICTS? DISPUTES?
WEST MARIN MEDIATION CAN HELP-
confidential, effective, impartial, free. 415 -868-0493

SG X

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

DMX

FIREWOOD • HYDRAULIC LOG-SPLITING • 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 HAS A SUBARU SW
for all Bay Area (& beyond?) destinations.
Many local refs 868-2144

HD X

WINDOWMAN: REPAIRS SINGLE AND DOUBLE PANE
windows, sliding glass-door rollers, screens. Reasonable.
No extra charge for West Marin. Sean 415-699-6204

SB X

IS YOUR DOG IN NEED OF A BATH OR HAIRCUT?
I have several years experience and I would love to help you out.
Please contact Jenny Riviere at jenny.riviere@yahoo.com
or 415-868-1134.

JR X

868hearsay@gmail.com

Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day.

Or get info on how to read online or subscribe online or request a link to the password-protected website.

HELP WANTED

HELPER WANTED ON HOME IMPROVEMENT
project. 868-1801

CW 12/27

HEALTH & HEALING

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

West Marin Branch
Library Hours

Stinson Beach:
Mondays • 10 a.m. to 6 p.m.
Tuesdays • 2 to 9 p.m.
Fridays • 10 a.m. to 6 p.m.
Saturdays • 10 a.m. to 5 p.m.

Bolinas:
Mondays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Thursdays • 1 to 9 p.m.
Saturdays • 10 a.m. to 5 p.m.

Point Reyes Station:
Mondays • 10 a.m. to 6 p.m.
Tuesdays • 2 to 9 p.m.
Thursdays • 2 to 9 p.m.
Fridays • 10 a.m. to 2 p.m.
Saturdays • 10 a.m. to 2 p.m.

Inverness:
Mondays • 3 to 9 p.m.
Tuesdays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Fridays • 3 to 6 p.m.
Saturdays • 10 a.m. to 1 p.m.

Regular meetings in West Marin

Lagunitas School Board	3rd Thursday	6:00 p.m.	Campus
SGV Healthy Comm. Collab.	2nd Wednesday	3:30 p.m.	Comm Cente
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Cente
Lag. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Cente
Dance Palace Board	3rd Tuesday	6 p.m.	Dance Palace
Point Reyes-Olema 4-H	1st Monday	6:30 p.m.	WMS old gym
Bolinas Community Center	3rd Tuesday	5-7 p.m.	Bolinas Libra
Point Reyes Village Assoc.	2nd Thursday	6:30-8:00	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	Comm Cente
W.M. Lions Club	1st/3rdTuesday	7-9:00 p.m.	Sta. House C
Briones Lions Club	4th Thursday	7 p.m.	Rod & Boat C
W.M. Rotary Club	Each Wednesday	8:00 a.m.	Toby's Feed B
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House C
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	TBA	TBA	W.M.S. staff r
KWMR Board	3rd Wednesday	6-7:30 p.m.	Fire Station
Inverness Public Utility District	4th Wednesday	9:00 a.m.	Fire Station
Inverness Association	4th Wednesday	7:00 p.m.	Library
Inverness Park Association	Date, time and location posted at Perry's Deli		
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	BCPUD offic
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	MMWD offic
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	Bolinas campu
Stinson Beach Water District	3rd Saturday	9:30 a.m.	SBCWD offic
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	BBPUD office
Tomales Village Comm. Serv. Dist.	2nd Wednesday	7:00 p.m.	Town Hall
Tomales Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomales Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomales 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD offic
Bolinas Fire Protection District	4th Mondays	7:00 p.m.	BFPD office
Tomales Bay Youth Center	Last Tuesdays	6 p.m.	TBYC