

Bolinas Hearsay News

Monday, March 20, 2017

50 Cents



WHAT'S HAPPENING?

Monday, March 20

VERNAL EQUINOX

Spring arrives 3:29am. We enter the light half of the year.

COFFEE CLATCH

Good conversation, board games and basic tech support (email, etc.) at our Bolinas library. Every Monday from 10-Noon. Sponsored by Friends of Bolinas Stinson Libraries Free.

VERNAL EQUINOX CEREMONY

Noontime Silent Meditation in the Downtown Park, 12-12:30pm. *Sending Love to the Heart of the World.* Please bring something to sit on.

ANTHONY PRESTI & THE TUSSLERS

Indie acoustic music @ Smiley's, 8pm, free

Wednesday, March 22

BCPUD SEWER COMMITTEE

Meets @ 270 Elm, 11am

FLAGSHIP BUS

With bilingual story time @ Library, 1:15-2:30pm

Thursday, March 23

BILINGUAL STORY TIME

@ Bo Children's Center, 4:30-5:30pm

Friday, March 24

BILL QUIST: DEBUSSY & RAVEL

At St Mary Magdalene Church, 7pm, \$1-100 donation.

NO PLACE LIKE HOME

Free brunch @ Community Center, noon. Everybody welcome

THE HA

Beach funk Americana music @ Smiley's, 9pm, \$10

Bless Spring and the life of Sharon Glasson, who passed away Sunday at home in Bolinas, family by her side. Baby Blue Eyes photo by Curly Rigg.

Saturday, March 25,

"HEART OF COMPASSION"

Dharma talk & Circle discussion w/ Jaune Evans, at St Aidan's Church 9 - 11:30am Info: 1195

WELCOME TO THE JUNGLE: THE SOIL FOOD WEB EATS FIRST

Bolinas' Michael Cavette will explore the basics of soil in a free class at Mostly Natives Nursery in Point Reyes, 1-3pm

BO-BOP RETURNS!

Dinner collaboration with the Bolinas Museum, 6pm at the BCC. Bring your own plate and, if you like, a chair that has a story to tell. \$10. Info: -8809

SAN GERONIMO

Roots Americana music @ Smiley's, 9pm, \$10

Pasteup

Ads/books

Press

Ned Riley

June McAdams

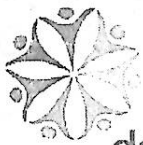
Jennie Pfeiffer

Please attend the Marin County Board of Supervisors' Public Hearing on March 21st to show support for an herbicide-free approach to vegetation management in Marin County Parks and Open Space. County staff still plans to use toxic pesticides in 2017-2018.

Contact

Eleanor Lyman 868 1378

for carpool



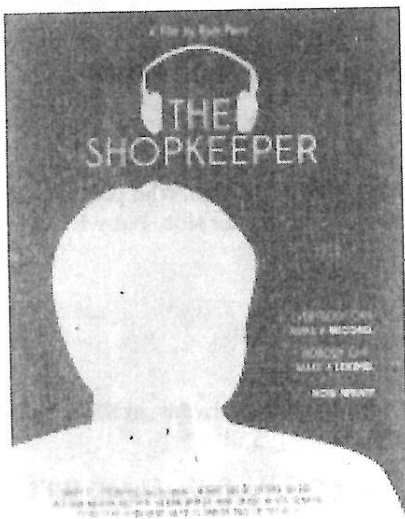
COMMUNITY &
CULTURAL CENTER

dance palace

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

Point Reyes Community Lunch - Hosted by West Marin Senior

**Services Thursday, March 23,
12:00 PM to 1:00 PM** Suggested
Donations: \$3 (over 60) / \$6 (under
60). Break bread with friends at the
community lunch every Thursday. Plus live
music the first Thursday of each
month. The organic food is prepared by
Good Earth Natural Foods. Make
reservations by 11:00am on the prior
Monday. Contact Cathy Bleeker, Nutrition
Program Manager at West Marin Senior
Services, (415) 663-8148 ext. 104. Ongoing,
Thursdays from 12:00pm - 1:00pm



KWMR Film

**Screening Saturday, March
25, 6:30 PM to 10:00 PM \$10 or
sliding scale towards KWMR's
Spring Pledge Drive.** Everybody is
talking about Spotify and the pros and cons of
"free." Musician and first-time filmmaker Rain
Perry confronts a big issue by telling a small
story - of the longest continuously operating
recording studio in Austin, TX and the
shopkeeper who runs it, Mark Hallman. After
recording Carole King, Ani DiFranco and many
great Austin artists, Mark is struggling to keep
the studio open in the era of streaming. Funny,
sweet and insightful, with great music and
interviews with Ani DiFranco, Iain Matthews,
Eliza Gilkyson and more, The Shopkeeper
captures the resolute spirit and frustration of
musicians today. This film is presented as part
of KWMR's Spring Pledge Drive. We are
celebrating independent musicians. Pledge
Dates: March 17-24, 2017.

HAPPY HAPPY BIRTHDAY!!!

- March 20:** Rick Sherman
Gavi Emunah
Melea Emunah
- March 21:** Julie Jaffe Zweifach
Lena Geupel
Emily Sims
Twiggy
Patrick McClintock
- March 22:** Tina Kochan
Rovon
Brigetta Brawn
Miles Feld
- March 23:** James D Fox
Carl Sandrock
Orie Ward Johson-Young
Lisa Kleinberg
Louisa Tacherra
Breeze Nako'oka
Ernesto Rodriguez Sanchez
Claire Blotter
Lewie Likover
- March 24:** Neshama Franklin
Paul McCandless
Jackie Auer
Sara Trivelpiece
Lawrence Ferlinghetti
- March 25:** Petrona Matzal
Alexander Brebner
Laura Lee Miller
Lauren Pollak
- March 26:** Annika Hogan
Robbie Rushke
Io McNaughton

WMCS Informational

**Breakfast Wednesday, March
22, 8:00 AM to 9:00 AM** West Marin
Community Services (WMCS) provides a
vast variety of programs serving all ages of
West Marin residents. Come learn more
WMCS at this free informational
breakfast. Reservations are required. Call
415-663-8361 or email
at info@westmarincommunityservices.org.
FREE

THREE GREAT THINGS ABOUT THIS PLACE...

- **Today's vernal equinox.** We entered Spring this morning at 3:29am, and entered the light half of the year.
- **As always, the annual Soccer Club St Patrick's party/meeting/homecoming game.** This year they gave me the 'Just For Staying Alive' award. I was very touched.
- **The veil of pale greenery that Gaia throws over the earth at this time of year: new leaves!**

--Ned Riley

Tea Can Help Prevent Dementia and Tooth Decay

According to a study from the Yong Loo Lin School of Medicine at the National University of Singapore, tea drinking reduces the risk of cognitive impairment in older persons by 50 per cent and as much as 86 per cent for those who are genetically at risk of Alzheimer's.

The longitudinal study, involving 957 Chinese seniors aged 55 years or older, found that regular consumption of tea lowers the risk of cognitive decline in the elderly by 50 per cent, while APOE e4 gene carriers, who are genetically at risk of developing Alzheimer's disease, may experience a reduction in cognitive impairment risk by as much as 86 per cent. The research team also discovered that the role of tea consumption on cognitive function is not limited to a particular type of tea -- so long as the tea is brewed from tea leaves, such as green, black or oolong tea.

"While the study was conducted on Chinese elderly, the results could apply to other races as well. Our findings have important implications for dementia prevention. Despite high quality drug trials, effective pharmacological therapy for neurocognitive disorders such as dementia remains elusive and current prevention strategies are far from satisfactory. Tea is one of the most widely consumed beverages in the world. The data from our study suggests that a simple and inexpensive lifestyle measure such as daily tea drinking can reduce a person's risk of developing neurocognitive disorders in late life," explained the researchers. "Based on current knowledge, this long term benefit of tea consumption is due to the bioactive compounds in tea leaves, such as catechins, theaflavins, thearubigins and L-theanine. These compounds exhibit anti-inflammatory and antioxidant potential and other bioactive properties that may protect the brain from vascular damage and neurodegeneration. Our understanding of the detailed biological mechanisms is still very limited so we do need more research to find out definitive answers."

In this study, tea consumption information was collected from the participants, who were community-living elderly, from 2003 to 2005. At regular intervals of two years, these seniors were assessed on their cognitive function using standardized tools until 2010. Information on lifestyles, medical conditions, physical and social activities were also collected. Those potential confounding factors were carefully controlled in statistical models to ensure the robustness of the findings. The research team published their findings in the journal *The Journal of Nutrition, Health & Aging* in December 2016.

Future Research

The research team is planning to embark on further studies to better understand the impact of Asian diets on cognitive health in aging. They are also keen to investigate the effects of the bioactive compounds in tea and test them more rigorously through the assessment of their biological markers. They plan to conduct randomized, controlled studies that assign participants into experimental groups or control groups to eliminate biased results.

Tea and Tooth Erosion

Today, the average size soft drink is 20 ounces and contains 17 teaspoons of sugar. More startling is that some citric acids found in fruit drinks are as erosive as hydrochloric or sulfuric acid. These refined sugars and acids found in soda and citrus juice promote tooth erosion, which wears away the hard part of the teeth, or the enamel.

According to a 2008 article in the journal *General Dentistry*, the peer-reviewed journal of the Academy of General Dentistry, the drink to avoid tooth erosion is water or brewed tea,

Mohamed A. Bassiouny, DMD, BDS, MSc, PhD, the lead author of the study, compared green and black tea to soda and orange juice in terms of their short- and long-term erosive effect on human teeth. He found that the erosive effect of tea was similar to that of water, which has no erosive effect. And, when comparing green versus black, he discovered that green tea was superior over black due to its natural flavonoids (plant nutrients) and antioxidants.

If you do drink tea, experts suggest avoiding additives such as milk, lemon, or sugar because they combine with tea's natural flavonoids and decrease the benefits. In addition, stay away from prepackaged iced teas because they contain citric acid and high amounts of sugars. It does not matter whether the tea is warm or cold—as long as it is home brewed without additives.

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

Dear Bolinas,

Do you have a service or talent that you would like to donate to the BCC Art&Garden Silent Auction in the form of a gift certificate? This is a great event and this year will include a food festival. The dates are 4/28 & 4/29. More details to come.

Call us 868.2128 or email me your ideas at randi@bocenter.org

New Dance and Voice Classes at the BCC
Starting this week!!

Open Voices: 1st and 3rd Tuesdays of every month, 7:45 p.m. Donation-based (suggested donation \$15-\$20; no one turned away!)

This "class" is actually not so much of a class, but an opportunity to practice finding and opening our voices in ways that liberate us. This is not about learning to sing pretty. We'll begin with a few minutes of gentle movement to open our bodies, and then we'll move through guided sounding meditations to unlock the different sounds we are capable of making. We'll make lots of noise, finding our way to our own unique vocal expression, as individuals together in a group. We'll get loud, deep, passionate, soulful, high-pitched, low-pitched, squeaky, scratchy, and everything in between. Sometimes we'll learn songs, sometimes we'll just wail our hearts out. Every class is different. In this class, imperfect is perfect. Shyness is welcome. Bigness is beautiful. Bring whatever you've got, and we'll sing ourselves to life. Freeing our voices in this way, and singing together in community, unlocks all kinds of potent magic! Everyone is welcome!

JourneyDance with Anna Swisher
4 Fridays March 31st – April 21st 2017,
12:15-1:45 p.m.
Sliding Scale \$10-\$25 .

UPGRADE YOUR HEALTH WITH NUTRIENT DENSE LIVE FOOD

& Spice up your Diet

sponsored by Ocean Song
Retreat at 105 Kale Road,
Bolinās

Event will include samples of
Foods created using
Microgreens and other Live
Foods

Presented by Jeff Groethe of
Alchemy Farms in Forest
Knolls www.alchemyfarms.net
Cost \$25 RSVP 415-868-
2064 space is limited

JourneyDance™ is a physical and spiritual practice that gets you out of your mind and into your body. It is a free-form, conscious dance practice that leads participants on a **ritual journey** of physical and emotional **transformation**, through **movement, breath, ritual, and sweat**. There are no steps to learn; there's no right way to do it. To a soundtrack of inspiring music from around the world, you'll be guided to connect more deeply with your natural intuitive movement, free the stuck energies that want to move through you, **release negative thoughts and emotions**, and reconnect with your **innate joy and wholeness**.

It's sacred. It's playful. It's joyous. It's liberating, empowering, and deeply healing. You'll leave feeling renewed, grounded, exercised, exorcised, connected, and peaceful. No dance experience necessary whatsoever! This class is accessible to anyone who is able to stand, lie down, and move around. It's up to you how you move! Anyone over 14 yr-old is welcome.

Thank you! Contact Info:

Anna Swisher
868-9673 OR (336)575-6974
swishie76@gmail.com
480 Mesa Rd, Bolinās

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Anna Swisher

M.A. (CA Institute of Integral Studies,) 200-hr
YT

www.TendingtheSacredHearth.com

www.regenerativedesign.org

Stepping Stones Project

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415/868-0782**

WHAT HAPPENED THIS WEEK
3/20/17 MONDAY MORNING MEMO
Week in Review Recap from Jennie Pfeiffer

What happened this morning at 3:29 a.m. was the start of spring with the Vernal Equinox, and even though spring is blossoming all around, we still have a bit of winter left, with another round of storms coming up this week.

Part of the springtime celebrations of the week included St. Patrick's Day, with some corned beef, cabbage and Irish tunes courtesy Ned, Hawk, and Bill Quist at the White Caps monthly luncheon on Thursday; some more Irish tunes that night at the Coast Café; more Irish tunes and corned beef and cabbage Saturday night in Woodacre; and then the annual Soccer Club St. Paddy's day soccer game with no less than 20 players a side this year. The après soccer meeting of the Arch diocese of the Church of Sunday Soccer, took place at the Sanders-Ainley residence yesterday, and after a loud process of "democratic anarchy" following a long established tradition of full volume simultaneous nominating, slanderous comments, and chaotic voting, some sort of resolutions transpired and John Shaw gave the results according to what he felt was appropriate. The smoke appeared and the new pontiff/president for the year is Toby Nemeč. There were other awards presented, difficult to follow, but it seems Mariq is "most improved player", Hanford with his shamrock tie and his grandson Rojelito with his Mexico soccer shirt, got "best dressed", someone got the award for "Nothing in Particular", Mark Lucanic was MVP, and the Jerome Bohlman award for "Turning it up a Notch" went to Ned Riley, for being back on the field a week after his big adventure helicopter ride to John Muir Hospital with a heart episode. Then more corned beef, cabbage (a difficult week for those of us who don't eat mammals), and conviviality to hold everyone until next year's gathering of the grand secular bishops.

Monday morning was a school strategic planning retreat for long term planning. Thankfully there was no corned beef and cabbage, but there was some fine tuning regarding the upcoming new preschool 4-year-old program, and some additions, including a Social/Emotional Learning system; Civic engagement/responsibility; and a long look at future vetting of a Spanish program. More on these can be seen on line or in the District office.

Tuesday night was the regular monthly School District Board of Trustees meeting which will get a more in-depth report under separate cover and will explain more about the preschool 4year old program (advertising for a lead teacher has begun) and plans for next year's classroom configuration.

Many more community happenings took place beyond my time and space confinement here, i.e. Ides of Trump postcards, Open Mic at Bo Campus, and look elsewhere in this paper for Vickisa giving a full recap of the Freebox Follies. Always lots happening in our little town. Spring greetings to all of you with a farewell to Chuck Berry and many fond memories of a misspent youth. jp

From VI©KISA:

Freebox Follies Flash

I just really want to say how much fun it was to be a part of the Free Box Follies last night. It was so epic and I'm sure that everybody's talking about what a really fantastic job all did. I would love to mention everybody that participated but it was a real community event and so it was too many people to even list. The audience was fabulous too and having such a fun time. The night was so together for people that were doing free box stuff it was amazingly well organized and I can't even think of any negative thing to say about it. That's amazing! Ha. Well my one little problem was having to walk out in my little painted clothes and shoes right behind all these amazing, sexy, young, woman chicks, that we're doing these wonderful spirited dance walks and had beautiful clothing on that they all put together from outfits and many used the tie-dyes that Katie had made. The music was good The entertainment was great and the fashion show was just over-the-top I have to say it was just like an old time thing, but perfectly coordinated and choreographed. I may be prejudiced and mainly I was backstage mostly. I was seeing people changing and choosing that was a hoot. It was so fun all the people getting along and changing clothes and sharing ideas and getting made up by the pros. That's the kind of event that we really thrive on. I think that the Bolinas community and Community Center just rocked it over the top. Sadly some of you did not come but it was a packed house. Hopefully you might get a chance to see the pro video.

I wanted to tell you that I am having a rare radio show on KWMR Thursday the 30th at 4 o'clock. I'll have Isis Hockenos as my guest talking about an Exhibition she is curating. **RHIZOSPHERE: Celebrating West Marin's Artists & Creative Legacy from 1960 - today**
Friday March 24 - Sunday April 9, 2017
Opening Reception: Fri. March 24th 6-9 pm
Fair: Sat. April 1st 4-10 pm
Artist Talks: Fri. April 7th 6-9 pm
The Midway Gallery
900 Marin St. San Francisco, CA 94124
I'll be in that and more later

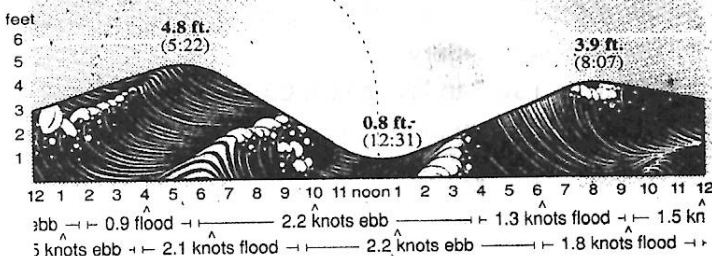


Ken & Sam Levin
Window Cleaning
415.663.9669
West Marin's Best

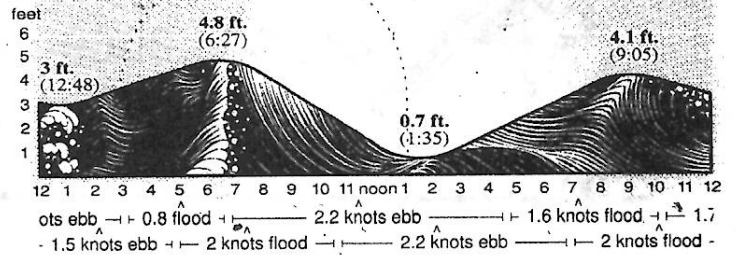
KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	KWMR Music
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Sunday Baroque
8:00	With Eyes Open! / A Cuppa Jo	Rise and Shine	Swimming Upstream	Top of the Morning / Pieces of Peace	La Mañanita Alegre	The Viscious Traveler / Original Minds	Sunday Celebration
9:00	Park Wave-lengths / The Valley / Sound Science	Airwaves	Trash to Treasure / Fish Tales				
10:00	TURNING PAGES						
	At Nature's Pace	Reading / Vinyl Cafe to John / Vinyl Cafe (repeat)	Waves of Joy / Radio Bookmobile	For Children of All Ages / Casual Footsteps	Libro Abierto	Day 6 (CBC)	
11:00	TALK & CURRENT AFFAIRS					Vida with Sada / Tailgating Specials	
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	new Reveal		
12 pm	The Bioneers	New Dimensions	Planetary Radio	Attune-ment / Commonweal Conversations	new Alternative Radio	AFTERNOON MUSIC	
	Farm & Foodshed Report		Making Contact			Happy Days	
1:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm Radio / The Local Organon	Forms and Feelings	Jazz Rhythm
2:00	AFTERNOON MUSIC						
3:00	Cruisin'	Aztec Pride / Desde La Bahía	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling / The Scoring Stage	The Vinyl Café
4:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch		Learning / To Hell & Bach
5:00	NEWS & CURRENT AFFAIRS				Happy Hour	Circulo Musical	Elbow Room / Between Rock & A Jazz Place
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		EVENING MUSIC & DRAMA	
7:00	Release Me	Musical Variety	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	No Bad Vibes / Sonolite	Celtic Universe	Classic Radio Theater
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	Night Flirt / Bring It On Home	The Jazz Groove	L.A. Theatre Works
10:00				Sit Down! / Got Down!			
11:00	Forms and Feelings (repeat)	Stuck in the Psychedelic Era with the Hermit	Sonic Sunspots	Under the Needle	The Latin Alternative	Saturday Night Function	Rock of Ages
12 am	LATE NIGHT					LATE NIGHT	
	DeepWaking 12.1	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British 1	Radio Goethe 12.1 KWMR Music	The French Touch (repeat)	Grateful Dead Hour

MON MAR 20 dawn 6:16 sunrise 7:13 sunset 7:22 dark 8:19
 moonrise 2:05 a.m. moonset 12:22 p.m.
 Vernal Equinox 3:29 a.m. South



TUE MAR 21 dawn 6:15 sunrise 7:11 sunset 7:23 dark 8:20
 moonrise 2:55 a.m. moonset 1:11 p.m.



FOR SALE

FOR SALE: MASSAGE TABLE-GOOD CONDITION,
 blue, 24" wide. \$150 or best offer.-2516

JA 3/20

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 case they become separated) & drop into door slot.

LOST & FOUND

LOST: GOLD EARRING ABOUT 1 INCH LONG.

It is flat & sort of oblong with scalloped edges. It separated from the holder in my ear and fell out somewhere last Saturday possible when I was at the Mardi Gras Dance. This is the only memento I have from my Algonquin grandmother who is wearing them in the one photograph I have of her.
 Hope to find it. Martine 868 9036

MA 3/17

LOST: 4 RINGS, 1 PAIR GOLD EARRINGS. IF YOU found these items in a pair of socks wrapped in Jewelers cloth, please contact Connie-415-847-7103. Reward if returned- I donated a bag of clothing to the Free Box in January or February.

CPL 3/15

WYLIE LOST HIS PHONE ON MONDAY 3/6. IT IS AN LG flip phone with his name written on the back in silver ink. If found, please call 415- 302 7712,

.....**WYLIE PERDITO SU TELEPHONO CON SU HOMBRE ESCRITO EN LA PARTE posterior** en tinta de plata de plata. Por favor llame al 415-302 7712 si se encuentra.

NP 3/8

FOUND: SMALL, VERY FRIENDLY YOUNG BLACK cat, tail up, longhaired, arrived at my house about 5 days ago-in heat? Please call FAST, may be pregnant now. Ilka-0419

IH 3/6

ALAN MARGOLIS LOST HIS WALLET on Tues. Feb. 28th. Call Sadja at 868-0493 if found. Thank you!!

SG 3/3

FOUND: CELLPHONE OUTSIDE THE LIBRARY Tuesday night, 2/21. Please come to library to claim.

JS 2/22

LOST: ALPACA FUR HAT-SEWER POND TRAIL corner of dogwood and alder. Please return-\$20 reward.-868-2326

MS 2/1

CLASSES



Weekly Classes and Events Schedule

MONDAY

Somatic Exercise	9:30-10:45am
Baby Yoga with Angela & Levi	11:00-12:00 pm
Bo Babies & Toddlers Open Play Group (free)	12:00-2:00 pm
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	9:00-10:15am
Soul Soup w/Amber Hines (0-3yr)	10:30-11:15am
Senior Stretch w/Brenda Stein	11:30-12:30 pm
Aerial Arts for Youth w/ Joanna	3:30-6:00pm
Contemporary Dance w/ Lisa (teens & adults)	6:30-7:30pm
Singing Circle with Anna Swisher (Starts 3/21)	7:45pm - 9:15 pm

(Singing Circle is every 1st and 3rd Tuesday of the month!)

WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30-9:45am
After School Theater w/Lisa T	3:30-5:30pm
Diaspora Dance w/Amber Hines	6:30-8:00 pm

THURSDAY

Yoga Flow with Brenda Stein	7:30 - 9:00 am
USDA food bank	12 noon
Congolese Dance w/ Sandor (Back March 16 th)	6:00-7:30 pm

FRIDAY

Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 th Fridays)	10:30-12:00pm
Journey Dance with Anna Swisher (3/31-4/21/17)	12:15pm - 2pm
No Place Like Home (Free Brunch 4 th Fri of Month)	12 noon

SATURDAY

Diaspora Dance w/ Amber Hines	9:00-10:30 am
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SUNDAY

Belly Dancing with Amalia	11:00 - 12: 00 pm
CommUnity Night (see website for details)	Noon-6:00 pm

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

Classified ads that are free

As a public service, the Bolinas Hearsay News will print ads in the categories **LOST & FOUND, FREE** and **RIDE SHARE** at no charge. Maximum approx. 20 words, it will run at least one week, often longer.

Drop your ad through the slot in the door at our office on the left side of the PBUD building at 370 Elm Street.

Or email to 868hearsay@gmail.com

FREE

METAL GARAGE DOORS

Two doors each 7 ft. x 9 ft. Needs to be disassembled, truck available. 415- 868-1050 or 415 342 8607

CT 2/17

STURDY WOODEN ROCKING CHAIR

-0636.

NF 2/17

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

TAX TIME!

Susan Hewlett Johnson
868-1134 ~ cell 415 497-0877

SHJ 3/27

CONFLICTS? DISPUTES?

WEST MARIN MEDIATION CAN HELP-
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SG X

BRUSH TO MEADOW TRANSFORMATION

Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /
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DMX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING

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- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

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SRX

AIRPORT? HOWARD DILLON HAS

a Súbaru SW for all Bay Area (& beyond?) destinations.
Many local refs 868-2144

HD x

HELP WANTED

STAR ROUTE FARMS IS LOOKING FOR HELP

at our Friday roadside stand and the farmers market.
Please call 415 868 1658 and ask for Annabelle

SRF 3-31

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.

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yourself, a friend, or an expatriate
member of your extended family
the gift of local news three times per week,
delivered electronically. Stay home. Save trees.
Isolate.

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868hearsay@gmail.com

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

HOUSING WANTED

LIVING SPACE FOR LANDSCAPER, HAVING TOOLS
and supplies. Could invest if suitable. Excellent references.
Offer caregiver assist? Approximately June. Janine Aroyan
beauxgardens@aol.com 8682516

JA 4/3

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 Center
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Center
Laf. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Center
Dance Palace Board	1st Tuesday	7-9:00 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 Library
Point Reyes Village Assoc.	2nd Thursday	7-8:00 p.m.	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	Dance Palace
W.M. Lions Club	1st/3rd Tuesday	7-9:00 p.m.	Sta. House Caf�
Briones Lions Club	4th Thursday	7 p.m.	Rod & Boat Club
W.M. Rotary Club	Each Wednesday	8:00 a.m.	Toby's Feed Barn
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House Caf�
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	TBA	TBA	W.M.S. staff room
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 office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	Bolinas campus
Stinson Beach Water District	3rd Saturday	9:30 a.m.	SBCWD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	BBPUD office
Tomasles Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomasles Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomasles Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomasles 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office
Bolinas Fire Protection District	4th Mondays	7:30 p.m.	BFPD office
Tomasles Bay Youth Center	Last Tuesdays	6 p.m.	TBYC

CALLING ALL ARTISTS

THE BOLINAS COMMUNITY IS HAVING
THE ANNUAL ART&GARDEN
FUNDRAISER APRIL 28TH-29TH.
STOP BY THE OFFICE AND PICK UP A
PANEL AND CREATE A PIECE OF ART
FOR OUR SILENT AUCTION.
DUE DATE FOR ART 4/25/19.
CALL 868.2128 OR STOP BY THE OFFICE
M-F 11-1. Blessings and thank you.