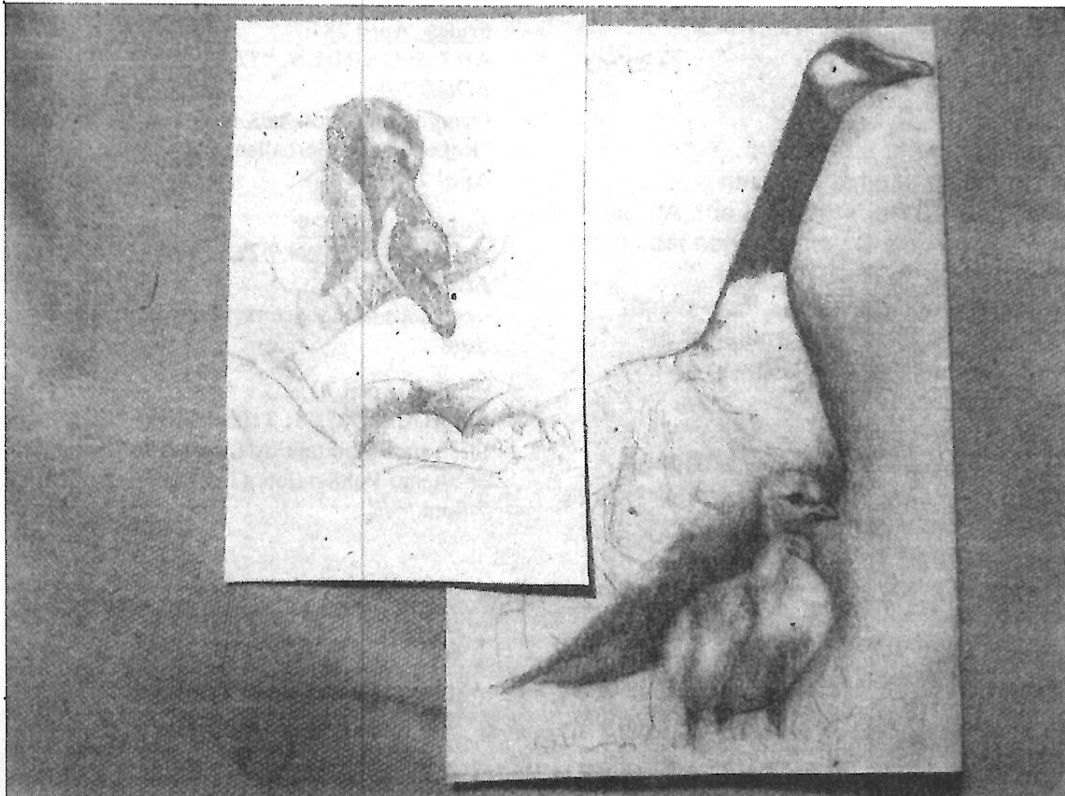


# Bolinas Hearsay News

Monday, April 17, 2017

50 Cents



Easter Springs! From Curly's sketchbook. Curly Rigg.

## WHAT'S HAPPENING?

Monday, April 17

**BCPUD FINANCE COMMITTEE**  
1pm, 270 Elm Road

**DOWNTOWN PARKING AND TRAFFIC**  
Committee meeting, 7pm, 270 Elm Road

Wednesday, April 19

**BCPUD BOARD MEETING**  
7:30pm 270 Elm Road

Thursday, April 20

**STORYTIME**  
For young children, Camilla Ford reads, 10:15-11am.

**IMMIGRANT RIGHTS**

Information Fiesta Bolinas School, 6-8pm

Friday, April 21

**NO PLACE LIKE HOME BRUNCH**  
Free meal at the Community Center, a day early because of Arts & Garden Festival, noon, all welcome.

**MICHELLE MOONSHINE**

Honky-tonk & Americana music @ Smiley's, 9pm, \$5

Saturday, April 22

**EARTH DAY**  
Celebration and lamentation.

**COMMUNITY WORK-DAY**

To restore Kent Island, meet at the dock, Wharf Rd, 10am-2pm. Info: Greg Reza, 473-3778

**SPRING CONCERT SERIES – "IMPRESSIONISM"**

Bill Quist, 21<sup>st</sup> Century keyboards, Mary Magdalene Church, 5pm, (\$1 to \$100 suggested donation)

**TOM FINCH TRIO**

Classic rock at Smiley's, 9pm, \$10

Sunday, April 23

**ANNUAL BROOM PULL, PART II**

On the knoll on the BCPUD land, 10am-1pm. Tools & refreshments provided.

**EARTH-DAY CELEBRATION**

13<sup>th</sup> annual create-with-nature event. South end of Stinson Beach, 11am-3pm. [www.earthdaystinsonbeach.org](http://www.earthdaystinsonbeach.org) for info

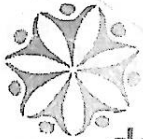
**JEFF MANSON BAND**

Leaves Bolinas for once to go perform at the Sweetwater, Mill Valley along with Salt Suns, Rainy Eyes and Ismay \$10, 7pm

## HAPPY HAPPY BIRTHDAY!!!

- April 17:** Sheila Lopez  
July Palomares  
Peter Alford  
Tony Della Valle  
Else Johnson
- April 18:** Kenny Feld  
Trishna Horvath  
Robert Mowry
- April 19:** Geoff Geupel
- April 20:** April Dolan  
Peter G Smith
- April 21:** Jon Bradley
- April 22:** Meka  
Amy Rosenman  
Paula Nedelcoff  
Kate Lawrence
- April 23:** Terry Griebel  
Barbara Juniper  
Jed Juniper





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

#### 10 x 10 Performance Lab

Saturday, April 22, 7:00 PM to 9:00 PM

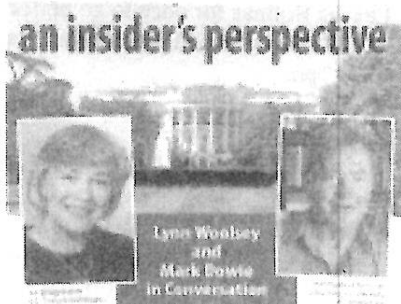
Support blossoming artists of all ages in our community! Come to 10x10 Performance Lab! At this experimental variety show & performance lab, up to 10 artists perform for up to 10 minutes each. You never know what you'll see. It's a place to do brave work and take risks. The audience is encouraged to stick around after the show to give feedback to the performers.

CALL FOR ARTISTS: We are looking for artists of all ages. To sign up for a slot, please visit 10x10performancelab.com. For further info, contact Shelley at 10x10performancelab.com

October 23, 2016; January 22, 2017; April 22, 2017; July 23, 2017 and October 22, 2017, 7 PM, \$10 at the door.

#### Recycle Circus

Sunday, April 23, 10:00 AM to 2:00 PM The Recycle Circus is coming! The following are accepted items: books, electronics, sports equipment, clothes kitchen and garden supplies, and household items in useable condition. No toxins, car tires, large appliances, stuffed furniture, or mattresses. Please bring your items from 10 AM-2PM only. The Recycle Circus is brought to you free by the volunteer efforts of Waste Free Now. To volunteer, contact, contact Madeline at 415-663-9087.



Sunday, April 23rd 6:00 PM  
The Dance Palace 234

A benefit for West Marin Standing Together  
The purpose of West Marin Standing Together is to speak out and to take action for the planet, for the environment, and for the peaceful and truly democratic pursuit of economic and social justice everywhere. We welcome all who want to be part of a community effort to share information about local, state, national and global issues and events, and to plan and carry out strategically effective, collective actions. For more information contact: binqong@sonic.net (415) 766-1439.

#### West Marin Standing Together Fundraiser

Sunday, April 23, 6:00 PM to 8:00 PM \$15  
Additional donations welcome A benefit for West Marin Standing Together, an insider's perspective with Lynn Woolsey and Mark Dowie in conversation. The purpose of "West Marin Standing Together" is to speak out and to take action for the planet, for the environment, and for the peaceful and truly democratic pursuit of economic and social justice everywhere. We welcome all who want to be part of a community effort to share information about local, state, national and global issues and events, and to plan and carry out strategically effective, collective actions. For more information contact: binqong@sonic.net (415) 766-1439.

## UPCOMING EVENTS

Wednesday, April 26

**FRANK OSTASESKI:** "What Death Can Teach Us About Living" by author and founder of Zen Hospice Project. Commonweal, 3PM

Friday, April 28

**ART & GARDEN, "THE ART AND GARDEN OF FOOD"**

Opening reception, talk by Penny Livingston on "Regenerative Herbalism, Community Center (also Sat. April 29)

Saturday, April 29


**ART & GARDEN, "THE ART AND GARDEN OF FOOD"**

Continues with, oysters, beer, vendors and local live music from

Sunday, April 30

**SMALL HOMES: THE RIGHT SIZE**

Slide show and talk by Lloyd Kahn, celebrating the release of Shelter Publication's latest release. Community Center, 7-9pm



PART TWO OF THE  
**2017 ANNUAL BROOM PULL**

**SUNDAY APRIL 23, 2017**  
**10:00 AM TO 1:00 PM**

ON THE KNOLL ON THE BCPUD LAND.  
TOOLS AND REFRESHMENTS PROVIDED!

We pulled lots of broom in February but... we know that

- taking out weeds makes room for the native oaks to grow
- this wonderfully rainy winter makes the work easier
- more hands makes the work go faster

So please join us as we work to enhance the nascent oak woodland.  
Bring your gloves, hat, and sun protection.

More info? Write to [genie\\_mcaughton@yahoo.com](mailto:genie_mcaughton@yahoo.com)

"I can see again!"

**CLEAR LIGHT**

**WINDOW WASHING**

*Bringing clear vision to*  
*West Marin for thirty years*

**Call Dale**  
**415/868-0782**



### Fiber to the Rescue: Yellow Fever; Abortion Problems in Kentucky

#### Fiber – Again!

A new study from the University of Eastern Finland shows that a high concentration of indolepropionic acid in the serum protects against type 2 diabetes. Indolepropionic acid is a metabolite produced by intestinal bacteria, and its production is boosted by a fiber-rich diet. According to the researchers, the discovery provides additional insight into the role of intestinal bacteria in the interplay between diet, metabolism and health. The findings were published in *Scientific Reports*. At the onset of the study, all participants were overweight and had impaired glucose tolerance. The researchers investigated the serum metabolite profile of 200 participants with impaired glucose tolerance, who either developed type 2 diabetes within the first 5 years, or did not convert to type 2 diabetes within a 15-year follow-up.

A high concentration of indolepropionic acid in the serum was discovered to protect against diabetes. Indolepropionic acid is a metabolite produced by intestinal bacteria. A diet rich in whole grain products and dietary fiber increased the indolepropionic acid concentration. A higher concentration of indolepropionic acid also seemed to promote insulin secretion by pancreatic beta cells, which may explain the protective effect. The Finnish Diabetes Prevention Study was the first randomised, controlled lifestyle intervention study to show that in persons with impaired glucose tolerance, type 2 diabetes can be prevented by lifestyle changes. The most important lifestyle changes included weight loss, more exercise and dietary adjustments to include more whole grain products, fruits and vegetables. The study also identified several new lipid metabolites whose high concentrations were associated with improved insulin resistance and reduced risk of diabetes. The concentrations of these metabolites were also associated with dietary fat: the lower the amount of saturated fat in the diet, the higher the concentrations of these metabolites. Low on butter and cheese, high on olive oil!

#### Yellow Fever

A yellow fever outbreak in Brazil has killed 200 people since January and is raising fears of an epidemic in urban areas if not contained. It has hit coastal communities and some fear it might be closing in on cities. Last month, the WHO sent 3.5 million additional doses of yellow fever vaccine to Brazil from an emergency stockpile. The vaccine is safe and effective; some countries require vaccinations for travelers. Yellow fever is a viral disease that causes fever, chills, nausea, muscle pains, and headache. Symptoms typically improve within five days, but about 15% of people go on to develop abdominal pain, liver damage causing yellow skin and a risk of bleeding and kidney problems. The disease can be fatal in about 40% of people with these severe complications. The disease is spread by the bite of an infected female *Aedes aegypti* mosquito, which can also spread dengue fever, Zika and chikungunya. This mosquito has been found in southern California, and is spreading due to unusually wet conditions and rising temperatures.

There have been no reported cases of Yellow Fever in California. Follow all precautions to reduce the population of mosquitos. Don't let any standing water remain on your property; circulate water in fountains and pools; clean rain gutters.

#### Abortion Problems in Kentucky

A district judge has handed down an order to keep the doors of Kentucky's last abortion clinic open for the time being. EMW Women's Surgical Center in Louisville is at the center of a fierce legal battle. The state notified the clinic in March that it would be revoking the center's license after determining its agreements with a nearby hospital and ambulance service, mandated in case of emergency, were deficient. The clinic and the ACLU are suing to fight that decision, and the new order permits the clinic to keep operating while the legal case plays out. The ACLU and the clinic have also filed a separate lawsuit against new abortion restrictions signed by Governor Matt Bevin earlier this year. These restrictions require doctors providing an abortion to perform an ultrasound and to show and describe the ultrasound images to the patient. They also require providers to give a patient an audio recording of the fetal heartbeat before she is allowed to have the abortion. (Reproductive rights?)

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



Apr 26, 3-4:30pm (at Commonweal)

**Frank Ostaseski**

*The Five Invitations: What Death Can Teach Us About Living*

Jun 19, 1-3pm (at Commonweal)

**Fred Luskin**

*Forgiveness in Healing and Conflict Resolution*

451 Mesa Road • Bolinas

Information & registration: [tns.commonweal.org](http://tns.commonweal.org)

#### **Sunrise Yoga and Guided Meditation**

At the grassy spot at Iris/Ocean Parkway. Led by Shelby Clark. 7:30-9am every Tuesday. Dress in warm layers. \$10-\$20 suggested donation.

Shelby Clark  
847-722-4556  
[@shelbyclark](https://www.instagram.com/shelbyclark)  
MeetM



### The Art and Garden of Food

The Bolinas Community Center's Spring Fundraiser, happening Friday April 28<sup>th</sup> and Saturday April 29<sup>th</sup> is looking for **VOLUNTEERS** to help set-up and break-down for both Fri & Sat, BBQ oysters, serve food, make espressos, do security and help at kid zone!

PLEASE contact Lia at (415)8682128 or email [lia@bocenter.org](mailto:lia@bocenter.org) if you can help for a few hours. It takes a village!

Lia Sabbatini

### Ralph's Rain Report

Over the weekend	.31"
April to 4/17	3.74
Season	42.97

Persis is still looking for a house-share in Bolinas Stinson Beach maybe Muir Beach If you know of anything please contact her at [Kipersis@yahoo.com](mailto:Kipersis@yahoo.com) or PO Box 1091 Bolinas, 94924 Thank you with love

### Earth Day Celebration on Stinson Beach



### 13th Annual Free Create-With-Nature Event

Sunday, April 23, 2017, 11am-3pm  
South end of Stinson Beach

free - all ages - nature sculpture - music - dancing  
bring a picnic - beach cleanup - rain, fog, or shine  
visit [www.earthdaystinsonbeach.org](http://www.earthdaystinsonbeach.org) for details

Produced by environmental artist Zach Pine and Samavesha

### THREE GREAT THINGS ABOUT THIS PLACE...

- Turbotax.
  - New Orleans: they know that music and food is where it's at.
  - The welcome back from a small white dog after a week away.
- Ned Riley

### READING TO JOHN

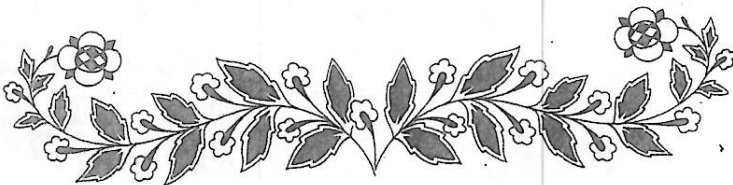
On Tues. 4/16 at 10 am on KWMR (89.9) Peter Orner will take us into the realm of regret. His father's gloves, boyhood bullying—actions with ripples felt long after the actual events. I'll end with reviews.

--Neshama Franklin

### Downtown Bolinas Parking and Traffic Committee Meeting Monday, April 17, 2017 - 7:00 p.m. BCPUD Meeting Room

1. Review and adopt previous meeting's minutes.
2. Receive updates from Community.
3. Report back from meeting with CA Coastal Commission Staff.
4. Receive update on separate BCPUD Vehicle Habitation Committee and other community efforts to address the intersection of parking and affordable housing.
5. Discuss plan for updating parking plan, sharing it with community and decision-makers (e.g. Supervisors, Planning Department, etc.).
6. Discuss plan for improving enforcement of existing and future parking rules.

-Leila Monroe



**Ken & Sam Levin**

## Window Cleaning

**415.663.9669**

**West Marin's Best**





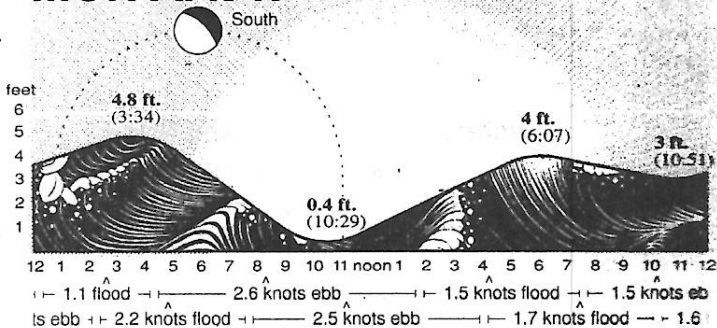




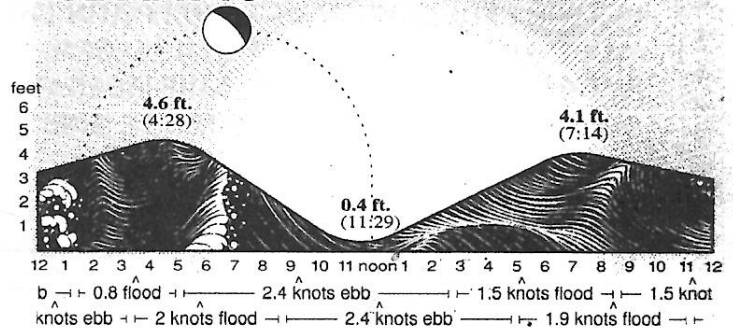
# KWMR RADIO SCHEDULE

	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		
9:00	Park Wavelengths / The Valley / Sound Science	Airwaves	Trash to Treasure / Fish Tales		Specials		
10:00	TURNING PAGES					Day 6 (CBC)	Sunday Celebration
	As Nature's Pace	Reading / Vinyl Cafe to John (repeat)	Waves of Joy / Radio Bookmobile	For Children of All Ages / Casual Footsteps	Libro Abierto		
11:00	TALK & CURRENT AFFAIRS					Vida with Sage / Talking Specials	
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	new Reveal		
12 pm	The Bloncers	New Dimensions	Planetary Radio	Attunement / Commonweal Conversations	new Alternative Radio	AFTERNOON MUSIC	
	Farm & Foodshed Report		Making Contact				
1:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm / The Local Organon	Forms and Feelings	Happy Days
2:00	AFTERNOON MUSIC					Hawai'i Calling / The Scoring Stage	The Vinyl Café
3:00	Cruisin'	Aztec Pride / Desde La Bahía	Classical Wednesday	Classical Thursday	Classical Friday		
4:00	Art of the Song	Youth DJ Project / Prof Kozmo	Youth DJ Project / Prof Kozmo	TeaTime Books (Coastal Airwaves)	The French Touch	Learning Curve / To Heli & Bach	
5:00	NEWS & CURRENT AFFAIRS				Happy Hour		Circulo Musical
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	Celtic Universe	Elbow Room / Between Rock & A Jazz Place	
7:00	EVENING MUSIC						
	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	No Sad Vibes / Specials	Classic Radio Theater	
8:00	Sessions from Chicken Point / Silver Dollar Jukebox	DI Your Life / West County Frowl	Coast Highway Blues	Off The Cuff / Running With Scissors	Night Flight / Bring It On Home		
9:00	Forms and Feelings (repeat)	Stuck in the Psychedelic Era with the Hermit		Sonic Sunspots		Sit Down! / Get Down!	The Jazz Groove
10:00	Under the Needle	The Latin Alternative	The French Touch (repeat)	The Latin Alternative	Saturday Night Function	Rock of Ages	
11:00							
12 am	LATE NIGHT					LATE NIGHT	
	DeepWaking 12-1	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British	Radio Goethe 12-1 KWMR Music	The French Touch (repeat)	Grateful Dead Hour

MON APR 17 dawn 5:32 sunrise 6:31 sunset 7:48 dark 8:48 moonrise 12:48 a.m. moonset 11:03 a.m.



TUE APR 18 dawn 5:30 sunrise 6:30 sunset 7:49 dark 8:49 moonrise 1:36 a.m. moonset 11:53 a.m.





## 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 5/1

**SEEKING INDOOR STUDIO (OR SHARED STUDIO)** for  
 mixed media sculpture with handmade paper and natural  
 materials, June and July. Also house/pet/garden care in  
 exchange for room. Thank you, Jacquie www.mallegni.com

JM 4/28

**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.

## LOST AND FOUND

**LOST: THREE KEYS SOMEWHERE IN BOLINAS OR**  
 Stinson, on simple wire key ring. Two of these are ordinary  
 looking, but the third key is much larger, oddly shaped, and a  
 kind of grayish steel color.. They are very important to me.  
 Richard Pfeffer 868-2103

RP 4/3

**FOUND: FREINDLY CREAMY COLORERED CAT**  
 (part Siamese?). Found on vacant lot sunning itself. Eyes  
 weeping and needs care. Disappeared when we returned with  
 food and water. Call 868-1321

3/31

**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 TELEFONO 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

## 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
After School Cooking (Every other Monday)	3:00 – 5:30 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)	6:30-7:45pm
Singing Circle with Anna Swisher (Starts 3/21)	8:00pm – 9:30 pm
(Singing Circle is every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month!)	

#### WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30–9:45am
After School Theater w/Lisa T	3:30-6:00pm
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	6:00-7:30 pm

#### FRIDAY

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

#### SATURDAY

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

CommUnity Night (see website for details)	Noon–6:00 pm
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Call 868-2128, check the Library Marquee, Calendar in BCC  
 Foyer or visit [www.bocenter.org](http://www.bocenter.org) for more info & special events!

## FOR RENT

**ROOM FOR RENT: ONE PERSON PLEASE,**  
 Horseshoe Hill Road, Bolinas.  
 1-415-868-1782.

CH X

## FREE

**REFRIGERATOR-BEAUTIFUL BLACK**  
 REFRIGERATOR/ vertical doors with Freezer all along one  
 side. Landlord has purchased a smaller one, more convenient  
 for my small space so I need to pass this along asap. Available  
 at 475 Grove Rd. Call Martine- 415-302-8419

MA 4/5

**KYOCERA KM-1820 ALL IN ONE PRINT SCAN FAX**  
 Maximum 8.5x14 paper. Multiple page feeder. Operation  
 manual and disk. Cover hinge broken, but could be taped.  
 Previously owned by Museum, now at the Hearsay on Elm Rd.  
 If you'd like this please call 868 0138 Mon. Wed. or Fri. 9:30-  
 11:00 am or email 868hearsay@gmail.com

3/31 KO



# 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. 415 459-4036

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

CHX

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

SRX

**AIRPORT? HOWARD DILLON HAS**  
a Subaru SW for all Bay Area (& beyond?) destinations.  
Many local refs 868-2144

HD x

**HEDGE TRIMING, TREE WORK, FINE PRUNING,** weed  
whipping. Call Andrew Kleinberg- many years of experience.  
868-1320 , cell-497-7163

AK 4/14

## 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.

## 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

## HELP WANTED

**STAR ROUTE FARMS IS LOOKING FOR A SUNDAY**  
**FARMERS MARKET PERSON,** to drive the truck from Bolinas  
5:15 am to the San Rafael Market, set up and sell, break down  
and return home to Bolinas. Need a clean and valid driver's  
license, people skills and good math. About a 10 hour day.  
Please call 415-868-1658 and ask for Annabelle or e-mail  
starroutefarms@gmail.com

AL X

## FOR SALE

**FOR SALE: 14 FOOT TRAVEL TRAILER- GOOD**  
condition, no leaks-\$800 or best offer. Joe @ 868-9836

JK 4/21



## 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	4th 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 Café
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 Café
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		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
Tomaes Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomaes Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomaes Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomaes 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
Tomaes Bay Youth Center	Last Tuesdays	6 p.m.	TBYC