Bolinas Hearsay News

THE BOLINAS HEARSAY NEWS - MONDAY, MAY 1, 2017



Photo of Pastor Latour by Curly Rigg

Beloved Pastor Sharon of The Calvary Presbyterian Church here in Bolinas passed away peacefully Tuesday April 25th, surrounded by her family and loved ones. There are no words to express the loving impact she made not only upon our community but to guests of our town as well; her hand was always extended in love and friendship for anyone in her presence. A benevolent soul with a heart as big and deep as our Pacific mother, she truly embodied the meaning of unconditional love. She ended every sermon by tenderly yet emphatically reminding us, "that you are BELOVED, one of God's exquisite and for whatever mistakes you think you have made, you are already forgiven, be gentle with yourselves!" Sharon's resolute faith carried her, enveloped her, and she was at peace.

-- Signy Coleman



WHAT'S HAPPENING?

Tuesday, May 2

BO-STIN UNIFIED SCHOOL DIST.

Special meeting regarding class configuration. 3:15pm Bolinas Campus.

IMMIGRANT DOCUMENT PREPARATION

Evento para conocer sus derechos y preparer un Plan Familiar. Bring a photo ID. Childcare provided. Bolinas School, 6:30pm. All services are free.

Saturday, May 6

A MIDSUMMER NIGHT'S DREAM

Presented by Bolinas-Stinson Children's After School Theater, at the Community Center, 3pm/7pm \$10 ADULTS, \$5 KIDS

HAPPY HAPPY BIRTHDAY!!!

May 1, 2017: Jack Post

Emily Minken

Jerry Mander

Bo Carper

Jamié Tacherra

May 2: Michael Gaspers

Ian Cracknell

Delano Jordan Willis

Caid DeNaples

May 3: Susie Whaley

Alex Starkey

May 4: Gary Fontan (remembered)

David Liebenstein

May 5: Bill Brown (remembered)

Sandy Dierks

Mirta Guzman

May 6: Adam Mandelman

Kristina Amoroso

Julie Brown

May 7: Herman Berlandt

Marvin Ennis

Mimi Calpestri

Trevor Willis

Taji Bolduc-Stewart

Dear Bolinas-Stinson School Community

There will be another opportunity for community input on our configuration conversation (specifically the location of the 1/2 classroom) at a special board meeting next Tuesday, May 2nd at 3:15 in the middle school. The reason for the early start time is that this meeting has been set up for the board to hear from staff as well. This meeting is for discussion and input, no voting will take place at this meeting. I encourage anyone who wants to provide more input on our configuration conversation to come to the meeting. Additionally, your emails, letters, phone calls or a private meeting with me are certainly welcome. Please don't hesitate to let me know exactly what your concerns are—the more specific the better. Thank you.

-- Jason Richardson, principal



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

EAC Point Reyes Birding & Nature Festival 2017

04/28/2017 - 6:00am to 4:00pm 04/29/2016 - 6:00am

04/30/2017 - 6:00am

The Point Reyes Birding and Nature Festival is the Environmental Action Committee of West Marin (EAC)'s annual spring fundraiser and educational event. This three-day community event started in 2010 and allows attendees to experience one of the most ecologically significant areas along the Pacific Coast with experienced naturalists and biologists.

Contact the EAC at (415) 663-9312 or go to http://www.pointreyesbirdingfestival.org/ for more information.

Dearest Bolinas lovers of Hawaiiana and the hula, our upcoming biannual show is next Saturday! This is our 20th anniversary show, and so is sure to fill your heart with many beautiful hulas, both ancient (kahiko with drums) and modern (auana with ukulele). Tickets are presale only, sorry no tickets at the door, so feel free to call me for more info and for tickets. This is a family friendly show in a beautiful old outdoor stone tiered amphitheater set in a hillside surrounded by oaks, bring low chairs and a picnic! Laura Lee Miller 415-297-9375

Dear West Marin Neighbors,

We need your help! On May 13th and 20th, West Marin Fire Departments will be offering a Community Emergency Response Team (CERT) training in Nicasio. This is an excellent and exciting opportunity to become more prepared to help out during a disaster that may overwhelm our first responder's. In recent years, we have seen a decline in our CERT trained neighbors as they have moved out of the area. If you are the type to jump in and help when the going gets rough, please, consider taking the time to attend this two day class. We all hope a disaster won't occur but if (when) it does, West Marin is likely to not receive additional help and will need to rely on our own resources. Let's pull together! To find out more information and to register, go to www.readymarin.org.

Thank you!

Anne Sands West Marin Disaster Council Coordinator West Marin CERT Class Coordinator





photo "April Showers bring May Flowers by Curly Rigg



Helping our Immigrant Residents
Develop a Family Plan

Bolinas residents, regardless of immigration status or citizenship, need to be united toward lessening the fear of those who face Trump's immigration threats to deport Latino immigrants.

Next Tuesday will be our followup event to help our immigrant Spanish-speaking residents to protect their family members should anyone be detained by Trump's ICE henchmen.

When: Tuesday, May 2, 2017 @ 6:30pm

Where: Bolinas School

Our May 2 event will allow immigrant families (and single workers) the opportunity to fill out legal forms to protect and safeguard their finances, assets, and children in case of deportation.

Solmas

Immorrant Action Committee

We must stand united to help those who live in fear.

unides

Bolinas Immigrant Action
 Committee

by

Ed Chem - 9026

Today's Hearsay Made by:

Edited, Printed, Delivered and Posted Online by Michael Rafferty Advertising by June McAdams

Diet Sodas - the Bad News

About one in three Americans drink a can of sweetened soda every day, which is – as you already know – a bad habit leading to weight gain and diabetes. Many people have switched to diet soda, hoping to avoid these outcomes but still enjoy the taste of a sweet, cold, fizzy can of Coke, Pepsi. Mountain Dew, or Dr. Pepper. You may be immune to pressure to buy these drinks, but they are ubiquitous and their marketing is pushed at teens and young adults.

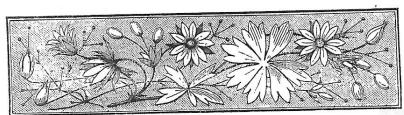
Research suggests that excess sugar, especially the fructose in sugary drinks, may damage the brain. Data from the Framingham Heart Study found that frequent users of sugary beverages are more likely to have poorer memory, smaller overall brain volume, and a smaller hippocampus – an area of the brain important for leaning and memory.

A follow-up study found that people who drank a diet soda daily were almost three times as likely to develop stroke and dementia when compared to those who did not. The researchers took age, smoking, diet quality and other factors into account, but acknowledged that they could not completely control for preexisting conditions like diabetes, which is a known risk factor for dementia. They concluded tat it was somewhat surprising that diet soda consumption led to these outcomes. While previous studies have linked diet soda intake with stroke risk, the link with dementia was not previously known. The studies did not differentiate between types of artificial sweeteners. Scientists have put forth various hypotheses about how artificial sweeteners may cause harm, from transforming gut bacteria to altering the brain's perception of 'sweet', but they conclude that more work is needed to figure out the underlying mechanisms.

Sudha Seshadri, professor of neurology at Boston University School of Medicine, and senior author on the papers, wrote "these studies are not the be-all and end-all, but it looks like there is not very much of an upside to having sugary drinks, and substituting the sugar with artificial sweeteners doesn't seem to help. Maybe good old fashioned water is something we need to get used to.

The following is Greenwood writing: You could also try unsweetened iced coffee or tea, or plain sparkling water with a slice of lemon or orange. Plain carbonated water does not adversely affect your bones or teeth, and may improve swallowing problems in some people.

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





HEARSAY NEWS SPORTS

SUCCESS: Garnett Silver-Hall scored a hat trick—three goals—at the 2017 Disabled Hockey Festival this month.

The Bolinas 15-year-old started playing sled hockey six years ago.

By Silas Valentino

Reprinted from The Point Reyes Light 04/27/2017 Garnett Silver-Hall was prepared for a matchup as he led his sled hockey team, the Sharks, into the championship game against the Chicago Hornets earlier this month at the 2017 Disabled Hockey Festival in San Jose. He had faced the Hornets before, and knew they were prone to using the technique of 'checking"-in which a player deliberately crashes into an opponent. This was the first sled hockey title match for the Bolinas teenager and, after a slow start, he used his speed to score back-to-back goals within 54 seconds. He'd go on to snag one more goal before the game's end; his hat trick propelled the Sharks to the top. "When that final buzzer rang, it felt great," he said. "I looked back at my coach and I was so happy. None of us expected that.'

Mr. Silver-Hall, a 15-year-old freshman at Tamalpais High, has been playing sled hockey for the last six years. His team is one of the many offered through the Bay Area Outreach and Recreation Program, a free sports program designed for children with disabilities. Although Mr. Silver-Hall was born with arthrogryposis, a condition in his joints that prevents him from walking, he's a sports maverick. He plays wheelchair basketball and has even developed his own move in wheelchair motocross: the "G-Wheel." "It's like a cartwheel," he said. Outside of sports, he is a committed drummer and has been playing in school bands since kindergarten. He hopes to attend the Berklee School of Music, in Massachusetts, to continue studying the instrument. Following his big win in San Jose, Mr. Silver-Hall said he's shifted his focus to spreading the word on the program that got him there, to help attract more players. "BORP has shown me a lot of independence," he said. "Sports proves that you can do a lot of stuff that people don't think you can do."







"Comes What Jints' May?" The Village Elliott: 4/30/17

April-long Reign of Cruel Disarray, Leaves last "Loss", Jints' "distraught", fans' "dismay",

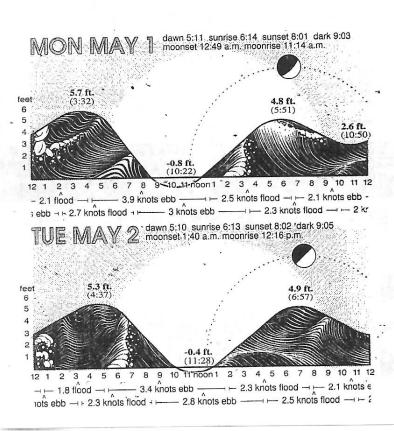
But since, "This, too, won't last", May Cruel Mojo change fast Wrought with calendar's page turn to May.

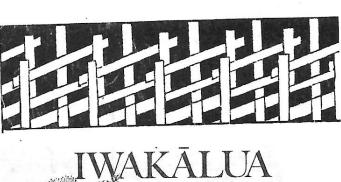
But if April Past's Ghost haunts Jint's May,
Same 'Two out of three games lost" dismay?
Would you cry, "It's a sin!
Deja Vu once again,
Giants' May is but giant replay?"
-- Elliott Kolker



Bolinas-Stinson Children's After School Theater presents

A Midsummer Night's Dream 3:00 pm & 7:00 pm at the Bolinas Community Center May 6, 2017





IWAKALUA

Celebrating 20 Years

of Hula in Marin

Join us as we celebrate 20 years of sharing the Hawaiian culture through oli (chant), mele (song), hula (dance) and Aloha in Marin.

Featuring students from all Hālau Hula Nā Pua O Ka La'akea classes Directed by Kumu Hula Shawna Alapai

May 6th 1:00 p.m. - 3:00 p.m.

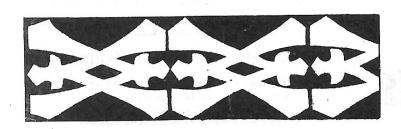
Hamilton Amphitheater Park - Hamilton Parkway, Novato \$10.00 General Admission (Children 10 and under are free) Purchase tickets through Halau Members, on-line at our website or https://www.facebook.com/Halau-Hula-Na-Pua-O-Ka-Laakea

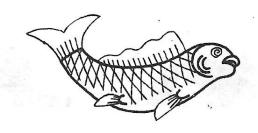
KWMR RADIO SCHEDULE - APR

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	With Eyes Open!	Rise and Shine	Swimming Upstream	Pieces of Peace Top of the Morning Right Now / Specials	Milk St. Radio	
1	Nature The Valley Sound Science	Airwaves	Trash to Treasure		Speaking Inflection of Point	
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1	National Native News	National Native News	National Native News	National Native News		
-		EVENIN	G MUSIC			
	Release Foggy Ridge Music	Musical Varieté	Faultline Radio	Bakersfield Shorty's & Bunkhouse	Night Bring It On Home	
	Sessions from Chicken Point Silver Dollar Jukebox	DJ West Your County Life Prowl	Coast Highway Blues	Off Running With Cuff Scissors	No Megalo	
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The Jazz Groove	Rock of Ages	
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Function	Theatre Works	
LATE	NIGHT	
KWMR Music	Grateful Dead Hour	
AWWIR WUSIC	Graterui Dead Hour	

LISTEN ANYTIME, ANYWHERE





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

EARSAY<u>ECLASSIFIE</u>

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

HOUSE SWAP BOLINAS FOR SANTA FE- WE'D LIKE to swap our 3 bedroom home in downtown Santa Fe, NM for a house in Bolinas anytime between July 22 and August 5, 20017. If you''re interested in visiting Santa Fe, please email sharada at sharada@bodhimed.com Thanks

SH 4//28

SALE FOR

FOR SALE: BEAUTIFUL BLACK IKEA CHAIRS, SIX of them for sale, solid and eager to serve. Let's say, hmmmmm\$15 each? Also other assortededly tasteful furniture, tables, dressers, etc. 868-9633, 970-379-4219 Wayne Paulson

WP 5/5

LOST: SMALL SILVER BROOCH / PIN

Design Looks Arabic. 1.5 x 1.5 inches. Micah -0938

M4/28

LOST: 3 INCH FIVE POINT SIVER STAR CLIP ON EARING on Mesa between Aspen and Maple. Reward. PO BOX 213. Thank you.

AR 4/26

LOST: OUR BELOVED CAT "MCGYVER", LIVES ON Wharf Rd. (behind the Market) Dark gray/black markings on his back and over one eye. Last seen Thursday April 6 on Ocean Parkway. We MISS HIM!!. Please call if seen or with any info!!! 415-264-3137, 415-264-3215, 415-577-4560 or 415-847-4016 Thanks for your help!!

BS 4/24

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

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

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 EARINGS. 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.

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 9:00-10:30-11:15am Soul Soup w/Amber Hines (0-3yr) 11:30-12:30 pm Senior Stretch w/Brenda Stein

3:30-6:00pm Aerial Arts for Youth w/ Joanna -6:30-7:45pm Contemporary Dance w/ Lisa (teens & adults) Singing Circle with Anna Swisher (Starts 3/21) 8:00pm - 9:30 pm

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

WEDNESDAY

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

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

FRIDAY Pilates Mat w/Lisa Townsend Ballet w/Erika Townsend (no class 4th Fridays)

9:00-10:00 am 10:30-12:00pm 12:30pm - 2pm Journey Dance with Anna Swisher (Starts 3/31/17) 12 noon No Place Like Home (Free Brunch 4th Fri of Month)

SATURDAY Diaspora Dance w/ Amber Hines

9:00-10:30 am

SUNDAY Noon-6:00 pm CommUnity Night (see website for details) Call 868-2128, check the Library Marquee, Calendar in BCC

Foyer or visit www.bocenter.org for more info & special events!

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.

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

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-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 #67.6377 Steve Ryan 868-1584

SRX

AIRPORT? HOWARD DILLON HAS

a Súbaru SW for all Bay Area (& beyond?) destinations.

Many local refs 868-2144

HD x

TREE WORK, BRUSH CHIPPING

AND storm cleanup. Call Lorenzo Ferlinghetti 415 965-9121

LD 5/1

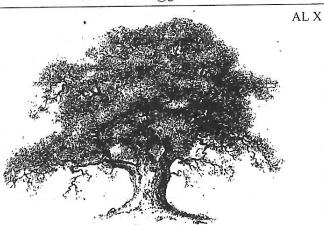
WINDOWMAN: Repairs single and double pane windows, sliding glass-door rollers, screens. Reasonable. No extra charge for West Marin. Sean 415-669-6204

SB 5/19

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



WANTED

PAIR OF SOLID DOORS (NOT HOLLOW CORE)

For the free box, approx. 30 X 80 inches. Please call-2769

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

FOR RENT

ROOM FOR RENT: ONE PERSON PLEASE,

Horseshoe Hill Road, Bolinas. 1-415-868-1782.

CH X

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



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.