Bolinas Hearsay News
Monday, July 11, 2016
50 Cents

WHAT's HAPPENING??

Monday, July 11th
MESA PARK BOARD MEETING
7pm Firehouse Community Room

LEARN TO MAKE VEGETARIAN SUMMER ROLLS
with sushi chef Suzanne Griffin: Workshop for teens in grades
6-12. Pre registration encouraged Bolinas Library 3:30-5

Wednesday, July 13
EXPLORATIONS IN JAZZ
First of a 6 week Faultline Institute seminar with Ananda
Brady, 7-9pm Bolinas Commons. $5 bring a cushion and tea if
you wish.

CHRISTY HAYES, LEO RONDEAU
Texas folk @ Smiley's, 8pm

Thursday, July 14
RAMS
A Grimur Hakonarson film @ The Commons, 7pm, $5

CHRIS LATERZO + BUFFALO ROBE
American cow-punk rock @ Smiley's, 8pm

Friday, July 15
COO COO BIRDS
Psychedelic rock @ Smiley's, 9pm, cover

Saturday, July 16
DANNY VITALI'S INVERNESS
Album release party 4-10pm at Love Field in Point Reyes
Station, w/ Jeff Manson Band, Sandy's, Danny Vitali, DJ
Barbarella, Analog Light Show, Art Installation by Gabe
Korty, Food, Drink, sunset over the ridge and more $15
sponsored by KWIR

GUY FOX
Dancy high-life vibes/alt rock @ Smiley's, 9pm, cover

Pastewu--------Ned Riley
Books/ads--------June McAdams
Press----------Jeff Manson

HAPPY HAPPY BIRTHDAY!!!

July 11: Emily Kate Winstead

July 12: Pat Dickens
   David Willard
   Billy Pierce
   Jennifer Meyer
   Rick Sutton

July 13: Dotty LeMieux
   Will Hipp
   Stefan Dö
   Sabine Jordan

July 14: Chip Wood

July 15: Jordan Materna
   Charlie Ross
   Maria Garrigues
   Nancy Heiner
   Vivienne Verdon-Roe
   Hosanna
   Katie Besenty

July 16: Iamuel McPherson
   Ashley Eva Brock

July 17: Bright Smith
   Jenna Churchman

Wayne Belles' paddle-out on Saturday. Photo by Georges Tamarelle
42nd Street Moon - A Broadway Nostalgia Celebration Saturday, July 16, 8:00 PM A Broadway Nostalgia Celebration: The First 100 YearsFrom Jerome Kern to Stephen Sondheim, the best of the classics, some new finds and some unexpected gems. An intimate evening brought to you by San Francisco’s 42nd Street Moon, with a professional cast of 5 talented singers.

Fong Ha
Workshop Sunday, July 24, 1:00 PM Donations will be acceptedSifu Fong Ha Proudly Presents The Essence of Tai Chi Chuan & Yi Quan

GEORGE WINSTON PERFORMS IN SOLO PIANO CONCERT AT THE DANCE PALACE Saturday, August 6, 8:00 PM Famed pianist George Winston returns to the Dance Palace Community & Cultural Center in Point Reyes Station for a solo concert on Saturday, August 6, at 8:00 PM. "The Summer Show" will include melodic spring and summer songs, a selection of Vince Guaraldi’s "Peanuts" pieces, music inspired by New Orleans and stride piano traditions, and songs from Winston’s upcoming albums.

Tickets are $35 in advance / $40 at the door. They are available now at dancepalace.org or by phoning (415) 663-1075. Please join George in support of our local food bank by bringing a donation of canned food to the concert. Collection baskets will be available at the entrance.

The Dance Palace is a vital, multi-purpose nonprofit community center in West Marin providing a wide variety of educational, recreational, cultural, and community services for people of all ages and backgrounds.

For: What's Happening "Explorations in Jazz" Wednesdays July 13 – Aug 17 7-9 at the Bolinas Commons 22 Brighton Ave

Wednesday evening will be the first in a FaultLine series where we'll watch films and listen to great recordings, just to get a sense of what jazz is all about. I'll play only the best of Miles, Monk Mingus and 'Trane, and try to show that it's much more than endless noodling. It's our heritage, it's where the whole idea of "Cool" came from. It's what made America great.

(Please arrive on time so you won't miss my opening introduction)

Your $5 minimum donation will go straight to the Bolinas Commons, where the FaultLine Institute now lives. Hope to see you there.

Ananda G Brady
'LACKER PACKIN' PAPA

we committed his ashes
to the sea
his spirit flies free
but to me
he will always be
just around the corner

7/9/16
lisa brown

PRAYER SONG

As morning light dances through seashore mist,
Mother & Father began this prayer song:
"Child forgiveness is the way back home,
Forgive the past,
But don't forget your courage to survive,
To Thrive,
Yes there has been and will be struggle,
Just and Unjust,
These are the lessons of the Great Fire Walk,
The Gift is what you learn in your heart,
Let your prayers replace fear with peace,
Know your own Journey,
Yet have compassion for the travels of your Sisters and Brothers,
Respect and listen to each other,
Together know the Harmony of your very next Breath,
Let Go,
Put Down,
All that keeps you from Gratitude,
For it is Gratitude which will teach you Love,
Through love you will remember,
"The Greatness of who you really are!"

By Vicki Markin
7-8-16

Thank you to everyone who came to the cob oven pig roast fundraiser dinner at the downtown park this last Saturday. It was a magical day: the sun seemed to shine perfectly on us, the food was divine, there was great spontaneous music, kids playing, people bonding and we made $741. That means we are only $60 shy of the $800 Alethea budgeted to finish the seating, sink and counter tops by the oven. YEAH.

Special thanks the Alethea Patton and Susan and Jim Tacherra for donating pig to the dinner, Beth Setrakian for making supreme cob-baked galettes for the occasion, all those who stopped by a hung out while the pig roasted slow and low throughout the afternoon.

This week Sasha Rabin will be working on the cob finish work. Come down and say hello.

Reporting by Melinda Stone

FLI' CINEMA SERIES
@ THE COMMONS

BOLINAS COMMONS
THURSDAY, JULY 14, 7PM
$5
DE—LOVEALUTION

an original play
written by Jerrund Bojesto.

We’ll be performing at the
Bolinas Community center.

We are looking for several more actors
To complete our cast.

Performances are:

17th of August a Dress rehearsal (Wednesday)

AUGUST 19 – 20 – 21 (Friday – Saturday - Sunday)

AUGUST 27 – 28 (Saturday – Sunday)

Rehearsals will be this week till the end of July.
A bit more intense for the first two weeks of August.

Actors could be from 19 years to 40 years old…
preferably, however we could wander
up or down a bit… makeup as you like it.

This is a story about family values and perceptions
about who we are or think or believe we are... 
"To thine own self be true!"

A Billionaire family that falls through the cracks
and de-evolves down the strata’s
of society and civilization.

This is a comedy with songs and creative juices,
so bring a blender!

If you are interested in joining the play
Call Jerry Bojesto at 868-0686 or
jerrundbojesto@gmail.com

FRIDAY FARM STAND
@ Star Route Farms
Noon – 5PM
COOL COASTAL GREENS
AND THEN SOME!

THREE GREAT THINGS ABOUT THIS PLACE...

• Getting back in harness after missing four
Hearsays. It’s great to be back.

• Sean Thackrey’s opening Saturday at
Commonweal: mesmerizing photographs—as
complex as his wine.

• Sunny mornings are back, I hope for a while.

--Ned Riley

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

Michael Rafferty ("AKA - IKEA MIKE")
415-868-9049 - harrff@mac.com
Likes to assemble items following instructions
in a foreign language with drawings.
On location in your home, or picked-up
unassembled and delivered as a finished
Packaging disposal extra.

“Thrust Square Peg in Round Orb”
**That Sugar Film - Watch and Think!**

In Australia, the average intake of sugar is 40 teaspoons a day. We’re a little better in the US – we average 23 teaspoons daily – mainly from drinks and almost all processed food. Food manufacturers add sugar – to a breakfast cereal, ketchup, cola, teriyaki frozen dinners et al – until they reach the ‘bliss point’. Any less wouldn’t be as good tasting, any more would be too much. Think about that – ‘the bliss point’. Is it any wonder that we are hooked on sweet tasting food?

*That Sugar Film* was made by an Australian journalist, Damon Gameau, who decided to ingest 40 teaspoons of sugar a day, although he had not been eating sugar for 5 years. He consulted doctors, and nutritionists before starting. He did not eat candy bars and ice cream, but selected supposedly healthy foods such as cereals, sports drinks, baked beans, and smoothies. He continued to exercise vigorously, and ate the same number of calories as he had before - 2,300 daily. However, he gained 15 pounds, mainly around his waist. Blood tests indicated that he was developing fat in his liver and a prediabetic state. He also noted a decreased attention span and moodiness.

Gameau traveled to an aboriginal community in northern Australia where the population consumed huge amounts of soft drinks and processed food, thanks to easy access to Coca-Cola and lack of fresh produce at the local food store. The health effects were devastating. Aboriginal communities are now trying to return to their old ways, with governmental support. Gameau also visited a Kentucky town where there had been an epidemic outbreak of ‘Mountain Dew Mouth’ – the result of drinking five or more daily cans of this cola that is loaded with sugar and caffeine. The film focuses on a teenager whose teeth are rotten and infected. He wants dentures, but his dentist has trouble with the tooth-extraction since his gums are so infected that local anesthetic works poorly. After the viewer watches his agony in shocking detail, the teenager says he will continue to drink Mountain Dew after he gets his false teeth. Obviously, there’s a malicious ‘bliss point’ here – the addictive nature of sugar and soft drinks – when combined with poverty – is underlined.

The dramatic increase in obesity and diabetes in our country, and many societies worldwide, is related to our consumption of processed foods and added sugar. New labeling requirements by the FDA mandate that ‘Added Sugars’ in grams and as percent of Daily Values be added. While the FDA and the WHO say that added sugars should not exceed 10% of daily calories, many experts think that 5% is a better goal. This would mean 25 grams of sugar for most people, or 6 teaspoons. Compare this to the 23 teaspoons we are now consuming in the U.S.

Until the new labels arrive, remember that there are 4 grams of sugar in one level teaspoon. You can figure it out by reading labels; don’t exceed 25 grams. And one final point – when Damon Gameau finished his 60 day sugar diet, he went back to his regular weight, his belly size decreased, and his abnormal test results turned around completely.

*Sadies columns*
# KWWM RADIO SCHEDULE - APR

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00</td>
<td>KWWM Music</td>
<td>KWWM Music</td>
<td>KWWM Music</td>
<td>KWWM Music</td>
<td>KWWM Music</td>
</tr>
<tr>
<td>7:00</td>
<td>NEWS &amp; KWWM MORNING SHOWS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:50</td>
<td>(C) Daybreak Show</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00</td>
<td>A Guapa Jo:  Rise and Shine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:40</td>
<td>Ocean Currents: On Being with Krista Tippett</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td>Scott Haas: Fish Tales</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>TURNS PAGE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00</td>
<td>TALK &amp; CURRENT AFFAIRS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 pm</td>
<td>Epicerter</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00</td>
<td>Afternoon Music</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00</td>
<td>EVENING MUSIC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00</td>
<td>release St</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td>Sessions from Silver Dollar Bar</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00</td>
<td>Features and Feelings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 am</td>
<td>Deepthoughts 12:0</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

### Weekend Dawn

- **Sat**: As It Happens (BBC)
- **Sun**: KWWM Music

### Morning Music, Talk & News

- **Mon**: Morning Glory
- **Tue**: Sunday Serenade
- **Wed**: The Vicarious Traveler
- **Thu**: The Original Minds
- **Fri**: Day & (C)
- **Sat**: Sunday Celebration

### Afternoon Music

- **Mon**: Happy Days
- **Tue**: Jazz Rhythm
- **Wed**: Hawaii Calling / The Secong Stage
- **Thu**: Learning to Walk / Bach
- **Fri**: Circula Musical
- **Sat**: Between Rock & A Jazz Place

### Evening Music & Oranda

- **Mon**: Classic Radio Theater
- **Tue**: The Jazz Groove
- **Wed**: L.A. Theatre Works
- **Thu**: Saturday Night: Funk on the Latin Alternative

---

### Late Night

- **Sun**: KWWM Music

---

**MON JUL 11**

- Moonrise 1:28, moonset 1:28, moonage 1:28

**TUE JUL 12**

- Moonrise 1:28, moonset 1:28, moonage 1:28
**FOR SALE**

WHITE INDOOR CLOSET 70" HX30 "W x 25" D with doors/clothes rod & shelf $30. Will deliver in Bolinas or Sinson. 415-717-6959

EF 7/6

GRAY OUTDOOR CLOSET 71"HX56"W x 37"D can be painted, pad locked. $45. will deliver to Bolinas or Sinson. 415-717-6959

EF 7/6

868hearsay@gmail.com

Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day. And how to subscribe to the password-protected web site and read the hearsay online.

---

**LOST AND FOUND**

FOUND: PRESCRIPTION SUNGLASSES: THURSDAY June 23, in sand by the shore around 5pm. Just about swept to sea. You must be missing them—super good looking rims & goggles—black thick cat frames with whitish interior. Send e-mail marialidianarcotulli@gmail.com

MM 6/29

LOST: DID ANYONE PICK UP THE COUCH pillow (grey/tan) dropped on the beginning of mesa road Sunday, 6/26 around 6pm. My friends lost it and need it to sit. Ilka Hartman-0419

IH 6/27

LOST: KEYS ON YELLOW WRISTBAND. Diana — 207-841-8139

DL 6/22

FOUND: SOME BOWLS AND ROLLING PIN left at the Park alter SunFest picnic. Pick up in backroom of Bookstore. Ananda

AB 6/15

LOST/LEFT AT SUN FESTIVAL POTLUCK AT PARK: light green pottery bowl with little chops for chopsticks, (a gift from my sister!) & pink glass salad plate with ridges. Please call Claire, 415 895 1657. Thanks!

CB 6/13

FOUND: FISHING GEAR ON BEACH: Give description of what you lost and it’s yours. – 302-0426

C6/8

---

**CLASSES**

**BOLINAS COMMUNITY CENTER**

Weekly Classes and Events Schedule

**MONDAY**
- Somatic Exercise w/Cenize Rodriguez 8:45-10:00 am
- Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon
- Pilates w/Lisa Townsend (pre-registr 588-6473) 5:30-6:30 pm
- Yoga w/ Angela Sterpka 7:00-8:15 pm

**TUESDAY**
- Senior Stretch W/Anna Gottreich 11:00 - 12:00 pm

**WEDNESDAY**
- Pilates w/Lisa Townsend 8:30 – 9:45 am
- Diaspora w/Amber Hines 6:30 – 8:00 pm

**THURSDAY**
- USDA food bank 12 noon
- Congolese Dance w/ Sandor 6:00 - 7:30 pm
- FRIDAY
  - Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 am
  - Ballet w/Erika Townsend (no class 4th Fridays) 10:30-12:00 pm
  - No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 pm
- SATURDAY
  - Diaspora Dance w/ Amber Hines 9:00 -10:30 am
  - LTC w/Lisa 10:45 - 12:30 pm
- SUNDAY
  - CommUnity Night (see website for details) Noon - 6:00 pm

---

**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

---

**F R E E**

**DOUBLE-DOOR FREEZER/ REFRIGERATOR**

Good working condition, 36" wide. Jim –1027

J 6/10

**PLAY STRUCTURE: LITTLE TYKES, PLASTIC**

multicolored, for small children. Easy to move. Email and I will send a photo. s1delib@aol.com

S1 5/4
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 / diskng / plowing / post-hole drilling. Don Murch -9921

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 #676577
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

HELP WANTED

BIG MESA FARM IS LOOKING FOR HELPING HANDS!
Harvest produce and other sorts of farm work. Must be able to move quickly, take instruction, and be a nice person.
Paid position. 707 721 6299

CA 7/13

DELIVERY DRIVER WANTED
Monday and Thursday afternoons to Fairfax. Good driving record and manual transmission competent. Some heavy lifting required. Thank you – 707 721 6299

CA 7/13

FOR RENT

FOR RENT: ROOM FOR RENT FOR ONE PERSON, please- on Horseshoe Hill Road. 1-415-868-1782

CH X

HOUSING WANTED

SEEKING HOUSING IN EXCHANGE
Retired senior and Acupuncturist/Herbalist since 1994 is seeking housing in exchange for help with household support and lifestyle enhancement. I am well versed in healthy lifestyle of fresh, organic and/or vegan diet, practice of qi gong and many other (TCM) modalities that keep body, mind, and spirit in balance and strong, enhancing longevity and brain function.
Recent excellent pet and house sitting references and two consecutive years as a winter caretaker and house sitter.
If interested call Anne McNicholl at 406-276-9062 or email at annealtern@gmail.com

AM 7/6

HEALTH & HEALING

CAREGIVERS AVAILABLE
Excellent homecare:
Call 868-1782 Anita and William Henry

CH X

NEEDED

THE FREEBOX NEEDS SOME NEW DOORS
A solid door or even better two doors. Approximately 30” x 80”
Please contact StuArt - 2769

SA 7/24

Regular meetings in West Marin

Leguities School Board
3rd Thursday 6:00 p.m. Campus

SGV Healthy Comm. Cattle
2nd Wednesday 9:00 p.m. Common Center

SGV Nutrition Advisory Cc.
4th Thursday 9:00 p.m. Common Center

Lef. Ed. Foundation (LEAP)
1st Monday 7:00 p.m. Lag School

SGV Planning Group
2nd Monday 7:00 p.m. Common Center

Danza Palace Board
3rd Tuesday 6:00 p.m. Danza Palace

Ponto Reyes-Olome 4-H
1st Monday 6:30 p.m. VNS old gsm

Bolinas Community Center
2nd Tuesday 6:30-8:00 Danza Palace

Ponto Reyes Valley Assoc.
1st Thursday 9:00 p.m. Bolinas Library

Stinson Beach Village Assoc.
1st Thursday 9:00 p.m. Bolinas Library

WAM, Lions Club
1st Thursday 9:00 p.m. Rod & Beat Club

Stinson Lions Club
1st Thursday 9:00 p.m. Rod & Beat Club

WAM, Rotary Club
1st Tuesday 7:00 p.m. St. House Cafe

WAM, Chamber of Commerce
1st Thursday 7:00 p.m. St. House Cafe

Shoreline Unified School Board
3rd Thursday 7:00 p.m. Rotating

WAM, Lawrence School Site Council
3rd Monday 6:00 p.m. WAM staff room

KWRHR Board
2nd Tuesday 6:30 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 Penny’s Deli

Bolinas Commons, Public Utility Dist.
3rd Wednesday 7:30 p.m. BCPUD office

Marin Municipal Water District
1st Monday 7:00 p.m. Bolinas Library

Bo-Skin Union School Board
2nd Tuesday 7:00 p.m. Bolinas campus

Stinson Beach Water District
3rd Saturday 9:00 a.m. BCPUD office

Bodega Bay Public Utility District
2nd Wednesday 6:00 p.m. BCPUD office

Tomales Village Comm. Serv. Dist.
2nd Wednesday 6:00 p.m. Town Hall

Tomales Town Hall Board
1st Wednesday 7:00 p.m. Town Hall

Tomales Design Review Board
3rd Wednesday 7:00 p.m. Town Hall

Tomales 4-H Club
3rd Monday 7:00 p.m. Town Hall

Nicasio Valley 4-H Club
2nd Tuesday 7:00 p.m. NAWD office

Bolinas Fire Protection District
4th Mondays 7:30 p.m. BCPUD office

Tomales Bay Youth Center
Last Tuesdays 5 p.m. TBIC

11 July
Theano/Goddess months of Koros commences

Commemorates Theano, wife of the Greek philosopher Pythagoras, who was a philosopher in her own right and sometimes seen as a predecessor of vegetarianism.

THE PAGAN BOOK OF DAYS
BRIEFLY PREWRITTEN
SUBMITTED BY JUNE MCDAMAS