**WHAT'S HAPPENING**

**Monday, July 28**

**DELTA AQUAIDS METEOR SHOW**
Tonight and tomorrow; 20 meteors/hour.

**RESOURCE RECOVERY PROJECT**
RP Committee meeting, 270 Elm Rd, 3:30pm

**FIRE DEPARTMENT**
Regular monthly meeting of the Board @ Firehouse, 7:30pm

**Wednesday, July 30**

**MIDNIGHT ON THE WATER**
Live acoustic contradance tunes for Smiley's celebration of all July birthdays, 7:30-9:30pm. Free, free cake too.

**Thursday, July 31**

**DR ABACUS**
Live cartoon music @ Smiley's, 8:30pm

**Saturday, August 2**

**LUGHNASA**
Celtic celebration of first day of autumn, marking the midpoint between the solstice and equinox.

**CAROL HAKE**
35 years picturing Bolinas, Art reception 1-3:30pm
Farm Stand Art Space

**ASTEROID #4**
Live psychedelic folk rock @ Smiley's, 9pm. Cover

**Sunday, August 3**

**OPENING RECEPTION**
16th Annual Box Show @ Gallery Rte One, Pt Reyes, 3-5pm

**Tuesday, August 5**

**ART/GRAFFITI TOWN MEETING**
Community Center 5-7

**Saturday, August 9**

**MARK STUART**
singer, songwriter from Nashville playing acoustic guitar at the Gospel Flat Farmstand Studio. 6:00 pm

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**HAPPY HAPPY BIRTHDAY!!**

**July 28:** Ciarra D'Onofrio
Philip Carman

**July 29:** Diane Lamontez

**July 30:** Sharon Mantle
Jessica Gene Ross
Justin Demmon

**July 31:** Anthony Stewart
Ana Krakauer
Piro Patton
Paloma Dunlap

**August 1:** Emmy Rhine

**August 2:** Eric Festin
Phil Hoffman

**August 3:** Miranda (Young) Joseph
Mikel Jay
Janet Mattingly
Amelia Neffati

Find your Birthday Treat Coupon in the Classified Section of Today's Hearsay

**pasteup**
Ned Riley

**ads/books**
June McAdams

**press**
Jennie Pfeiffer
LIVE MUSIC AT THE BEACH  
Fri., Sat. & Sun Nites JULY-AUG.  
Open Mic Sun. 8-12  
DJ Spin Mon. 9-12:30  
Pool Tourney Tue. 8-12  
Karaoke Wed. 8-12:30  
New Bands Thur. 8-1

HOTEL ROOMS off the beach  
Mon. July 28, 8:30-1, spin, MONDAY NIGHT LIVE!  
Tue. July 29, 7-12  
Jesse’s GRAND POOL TOURNAMENT  
Wed. July 30, 7:30-9:30, MIDNIGHT on the WATER  
Irish Birthday Party, 9:30 to 12:30  
LARRY’S KARAOKE  
Thurs., July 31, 8-12:30, cartoon music, DR. ABACUS  
Fri. August 1, 9-1, country surf, SKY CUNTRY  
Sat., Aug. 2, 9-1, psychedelic folk rock  
ASTEROID #4  
Sun. August 3, OPEN MIC w/Diana  
Mon. August 4, 8:30-1, spin, MONDAY NIGHT LIVE!  
Tue. Aug. 5, 7-12  
jesse’s GRAND POOL TOURNAMENT  
Thurs. Aug. 6, LARRY’S KARAOKE  
SMILEY’S SCHOONER SALOON & HOTEL  
41 Wharf Road in Bolinas 415-868-1311

Smiley’s  
POOL TOURNAMENT  
Every Tues. Night, 7:30 pm  
1st Prize $75-$100  
2nd Prize $25  
3rd Prize Smiley’s Cash  
$5 buyin  
41 Wharf Rd. 868-1311

AUGUST  
DANCE PALACE SUMMER STOCK PLAYERS  
Summer Stock Players, a teen theater group directed by Melissa Claire, will present a rollicking comedy for its annual summer production. Rehearsals start June 17 and are held on Tuesdays, Wednesdays, and Thursdays, from 5–7 PM. See class listing for more details. Be on the lookout for more information about these aspiring actors and their inspiring production.  
Friday, Saturday & Sunday, August 1, 2 & 3, 7:30 PM / $10 general, $8 seniors, $5 teens & kids  
ROBIN WALL KIMMERER, BRAIDING SWEETGRASS  
Indigenous Wisdom, Scientific Knowledge, And The Teachings Of Plants  
Reading And Book Signing, Presented by Point Reyes Books: Robin Wall Kimmerer is a mother, scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation. Her first book, Gathering Moss, was awarded the John Burroughs Medal for outstanding nature writing. She lives in Fabius, New York, where she is a SUNY Distinguished Teaching Professor of Environmental Biology, and the founder and director of the Center for Native Peoples and the Environment. As a botanist, Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces indigenous teachings that consider plants and animals to be the oldest teachers. The award-winning writer brings these two lenses of knowledge together in Braiding Sweetgrass.  
Saturday, August 16, 7 PM / $15 online at www.ptreyesbooks.com

The BOX SHOW  
Gallery Route One  
Aug. 1–Sept. 14  
Opening reception: Sunday, Aug. 1, 3 – 5 PM  
Closing Party: Sunday, Sept. 14, 2-3 PM  
Live Auction starts at 3

11101 Highway One, Point Reyes Station, CA 94956  
Hrs: 11 AM–5 PM every day during the Box Show  
PH: 415.663.1347  
http://galleryrouteone.org/box-show/
So much to report, so little time and space. It was a weekend of music and week of conversation: lots of excellent music at the amazing Far West Fest Saturday. Adrienne Pfeiffer coordinated an outstanding crew of workers to bring together musicians and vendors and good times for the happy participants. The day wrapped up with New Monsoon, a band led by Bo Carper, who lived in Bolinas many years, and before that, the Honey Island Swamp Band, based in New Orleans, that came together at the Boom Room in San Francisco during the time they were displaced by hurricane Katrina. Nephew Sam Price is on base, so that’s a family band for us.

Sunday’s Napa Front Porch Fest was laid back and a fun place to play a little music with good friends.

A good bit of the conversation of the week was about those bright yellow survey cards with the large hand cupped ear on them that was mailed to everyone in Bolinas and Stinson Beach. The significance of the ear was that your voices need to be heard regarding a Bolinas-Stinson School General Obligation Bond proposed for the November Ballot. As of this morning, there are 109 responses out of the 1413 registered voters in Bolinas and Stinson Beach. The School Board of Trustees, of which I am a member, will be discussing this at an August 5th Board meeting at the Bolinas Campus and we need more input from the communities. If you haven’t taken this survey yet, you can go to survey monkey at:

https://www.surveymonkey.com/s/BSUSCommunity

at any library computer if you don’t have one available to you. Depending upon what the school identifies as important, that determines the cost, the amount that we would ask the voters to approve (our bonding capacity). The project list is as specific as can be reasonably determined with the understanding that sometimes things cost more to build or improve than originally anticipated therefore the original scope of work may need to be amended, which is where the citizen’s oversight committee comes in, and why we need your input. If maximum bonding capacity is needed, that would be $30 per assessed $100,000 of value (a house assessed at $600k would owe $180 per year to fund the bond). For people who have owned their home longer, they might pay significantly less. All property owners pay according to the calculation on assessed value, no exclusion for seniors.

Ça va?

The resurrected Faultline Institute Summer Semester of Adult Education is nearly over, and Harriet and I are wondering, “How did it go?”

Did you teach a class? Were you a student? Did you learn something? Are you happy now? Should we do it again in the fall?

I did not teach. I was a student. I found out something about myself: 1) I am not any good at playing the ukulele, 2) Je parle un peu francais avec l’accent mal et loin de gramm. bon. Je m’appelle est je ne sais pas, 3) I love to bake the artisanal bread, 4) we live immersed in a sea of yeast and bacteria; it is in the very air we breathe, 5) I met some really nice people and we ate together the bread each of us baked with only flour, water, and salt, and it was all good even though none of the bread was perfect, according to our teacher, 6) I think about baking bread every day now, and the class is not even finished, 7) I am becoming increasingly obsessed with feeding my levan, while art, literature, poetry, work, and physical exercise now ride in the back seat of my mind, colors!

Harriet and I are currently inclined to work toward facilitating a fall semester of classes in October and November. What do you think? Please send reports and reviews with suggestions and comments to Michael Rafferty and/or Harriet Kossman, faultlineinstitute@gmail.com or go to www.faultlineinstitute.org and click on TEACH or LEARN.

Thank you. — Michael Rafferty

Bolinas & Stinson Beach Residents

MAKE YOUR VOICE HEARD!

BOLINAS STINSON UNION SCHOOL DISTRICT

COMMUNITY SURVEY

www.bolinas-stinson.org/fofpac

Your input is requested by July 31st. Questions? Contact BSUSD at 415.868.1603.

There are many questions that can be answered at the August 5th meeting, so direct your questions to the Board and give your thoughts by taking the Survey. I personally would love to see us be able to help keep Warren Weber’s organic farm property in the community for many good reasons I will address in further columns. Thanks to those who have already responded. JP
Update on Magnesium

Magnesium is an important mineral in the human body, involved in essential metabolic reactions such as energy production in mitochondria, synthesis of DNA and RNA, the conduction of nerve impulses, normal heart rhythm, wound healing et al. Along with calcium, it plays an important structural role in bone. Magnesium is at the center of the chlorophyll molecule, so it is abundant in many plant foods, such as leafy greens, beans, nuts and unrefined grains. Low serum levels of magnesium have been found in people with asthma, diabetes, osteoporosis, and alcoholism. However, treatment with supplemental magnesium has not been uniformly found to be as helpful as a healthy lifestyle and diet. Here are some recent studies on magnesium.

Diabetes - diets with higher amounts of magnesium are associated with a significantly lower risk of Diabetes. This is based on large cohort studies over 4-20 years in length. People with the highest intake of magnesium in food were found to have up to a 20% lower risk of diabetes compared to those with the lowest intake. This association achieved significance only in people who were overweight. Some studies, but not all, show that taking magnesium supplements may help with blood sugar control.

Blood Pressure: A study from the University of Hertfordshire in England found that magnesium supplements offer small but clinically significant reductions in blood pressure. The researchers looked 22 trials involving 1,173 people, and found systolic pressure reduced by 4mmHG and diastolic by 2-3mmHG.

Brain Function: Research at the Center for Learning and Memory at Tsinghua University in Beijing found that using a new form of magnesium as an oral supplement, magnesium-L-threonate (MgT), could increase many different forms of learning and memory in both young and aged rats. The authors concluded that since many people in industrialized countries have a magnesium deficit, increasing magnesium intake might prevent or reduce cognitive decline. Similar studies from MIT, Tel Aviv University and the University of Toronto confirmed these findings, and showed that animals given the new oral magnesium compound (MgT) had an increase in synapses in the brain - connective nerve endings that carry memories in the form of electrical impulses from one part of the brain to the other. The researchers also concluded that most of today’s over-the-counter supplements don’t get into the brain effectively.

MgT as a supplement is now commercially available, and can be found on-line from several sources (such as Amazon and supplement companies like iherb). However - there are so far no real studies on its safety in humans - remember that the studies have been done on rats! At least one human study is underway. It is probably prudent to wait for validation of its safety. Discuss this with your doctor.

Taking the usual forms of supplemental magnesium (magnesium oxide, citrate, chloride) in reasonable doses (up to 350 mg daily) is safe for most people, but not everyone. People with kidney problems should confer with their doctor before taking magnesium supplements. As magnesium is excreted through the kidneys - as well as in feces. Too high a serum level can be dangerous.

Many people are taking magnesium citrate or other forms of the mineral to help them relax and sleep. Unless you have kidney disease this is probably safe, but users should be aware of the guidelines as indicated below.

The recommended dietary allowance for magnesium for adults 19-30 years old is 400 milligrams/day for men and 310 milligrams/day for women. For adults 31 and older, it is 420 milligrams/day for men and 320 milligrams/day for women. Pregnant women should get slightly more - from food and prenatal vitamin-mineral supplements. When women take calcium supplements, it is advisable to take half as much magnesium as calcium - for example 500 mg of calcium with 250 mg of magnesium

In 2011, the Food and Drug Administration issued a safety announcement that long-term use - longer than one year - of prescription proton pump inhibitor drugs (such as continued next page
HUGE SALE AT
GILLYFLOWER
NURSERY
AUGUST 2ND & 3RD
11AM-5PM

THIS MAY BE YOUR LAST
CHANCE TO PURCHASE
ONE OF EAT DOG’S
BEAUTIFUL SUCCULENT &
CACTUS ARRANGEMENTS.
ALL ARRANGEMENTS &
CONTAINER STOCK WILL
BE SIGNIFICANTLY
DISCOUNTED. ALSO ON
SALE WILL BE Many OBJ
D’ART FROM EAT DOG’S
COLLECTION. COME HANG
OUT AT THE NURSERY &
HELP ME CLEAR THE SPACE
OUT FOR MY SON’S
WEDDING.

ALETHEA

BOLINAS COMMUNITY
PUBLIC UTILITY DISTRICT
BCPUD BOX 390 270 ELM ROAD BOLINAS
CALIFORNIA 94924 415 868 1224

A Meeting of the Land Stewardship Committee Of The
Board Of Directors
August 1, 2014 3:00 p.m.
270 Elm Road, Bolinas

Agenda
1. Call to Order.
2. Roll.
3. Mapping Updates; Input from S. Matson.
4. California Department of Parks and Recreation Grant Information.
5. History of BCPUD Lands.
6. Community Land Use Interest Questionnaire.
7. Trails Condition Update.
8. Community Expression.
9. Next Meeting Date
10. Adjournment.

continued from prev page

Nexium and Prilosec may cause low serum magnesium levels. Treatment usually involves magnesium supplements, but in about 25% of cases the medication has to be discontinued. Over the counter doses of these same drugs are lower, and their use is advised for no more than 15 days up to 3 times a year.

Fortunately, magnesium is found in some wonderful foods easily available here in town, such as leafy greens, beans, nuts and whole grains. Fresh green beans are in season! Sadja Greenwood MD – past issues at Sadjascolumns.blogspot.com

Public Notice

BOLINAS FIRE PROTECTION DISTRICT
BOARD OF DIRECTORS
SEAT OPENINGS

This November there will be an election that will be held on the 4th day of November 2014 at which the election issue to present to the voters shall be:

To elect members of the governing body of the Bolinas Fire Protection District. Two regular 4 year term seats and one short 2 year term seat are up for election in November.

The District is interested in members who are committed to maintaining the safety of the community. Board meetings are one evening per month plus additional committee meetings. The positions offer opportunities to set District policy, participate in local government and provide a much needed community service. No prior experience on elected boards is required.

Candidates shall be registered voters.

Before a Board member may enter into the duties of his/her office, he/she must subscribe to the Oath of Office.

If you are interested in becoming a Board member of the Bolinas Fire Protection District, please contact the Fire Department at 415-868-1566 or the County of Marin Register of Voters at 415-499-6456.

FILING PERIOD:
July 14, 2014 to August 8, 2014
If all incumbents do not file, extension to August 13, 2014, for non-incumbents only.

My radio show Coastal Airwaves, on KWMR is Thursday, July 31st, 4 to 5 it’s a blue Thursday and my guest will be Iafrondo Buccarelli who makes the beautiful detailed boxes, last years was a library. She creates the web sight and much else about the Box Show.

Vicki
### Bolinas Hearsay News

**Monday, July 28, 2014**

**KWMR RADIO SCHEDULE**

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### Weather Forecast

**MON JUL 28**

- **Atmospheric Pressure:** 30.95 in.
- **Sunrise:** 6:19 am
- **Sunset:** 5:23 pm
- **High Temperature:** 77.3°F
- **Low Temperature:** 57.3°F
- **Wind:** SSW 15.7 mph
- **Precipitation:** 0.00 in.

**TUE JUL 29**

- **Atmospheric Pressure:** 30.95 in.
- **Sunrise:** 6:16 am
- **Sunset:** 5:24 pm
- **High Temperature:** 75.5°F
- **Low Temperature:** 56.1°F
- **Wind:** SSW 15.7 mph
- **Precipitation:** 0.00 in.
FOR SALE

DRY DRY DRY SEASONED FIREWOOD
Oak, Bay, Eucalyptus – Cut locally
Gospel Flat Farm 868-9021

FREE

HP PRINTER AND FAX MACHINE
HP Photosmart C5180 printer/copier and a separate HP 1040 fax/printer, both in excellent condition. James -2902

LOST & FOUND

DID ANYONE THINK A SMALL ROUND WROUGHT
Iron table on Nymph Rd, was up for grabs? I put it there for a
little girl to reach the blackberries. It was my Mom’s, I would
love to have it back. 18ka -0419

FOUND: CAMERA ON THE BEACH.
Call 1478 to describe and claim.

MISSING BIKE: WHOMEVER “BORROWED” THE
mongoose threshold bicycle on Friday at 5pm from the People’s
store bike rack, please return it to there. Tis my transportation-
thanks… rusty handlebars, taped up seat, plastic fenders.

LOST: SMALL BABY DOLL ON MESA OR
sewer pond area. About 6-7” with “love” written on her
pink/purple romper. Plastic head, feet and hands, blue eyes.
Please call -9950 if you have seen her!

LOST ON MY RUN - NOT ME - MY NECKLACE,
delicate silver chain, green stone, s wire closure.
Possibly Terrace, bike path or sewer ponds path.
Thanks so much-Anita-1566

LOST AND FOUND, FREE & RIDE SHARE

ARE PUBLIC SERVICE ADS AND RUN FOR FREE
Please keep your ads to 20 wds and under. We will run them for
at least a week, or until you ask for them to be removed.

HEARSAY NEWS CLASSIFIEDS

CLASSES

DRUM SET LESSONS
with Michael Pinkham
-9073

Weekly Schedule

Monday
Chiropractic Adjustments (June-August)
Pilates w/Lisa Townsend (pre-reg 868-0473)
3:00 - 5:00 p.m.
6:00 - 7:00 p.m.
Tuesday
Senior Stretch W/Anna Gottreich
11:00 - 12:00 p.m.
Be Babies & Toddlers Open Play Group (free)
1:00 - 3:00 p.m.
Pirate Pizza (Pre-order at 328-1066)
4:30 - 7:30 p.m.
Wednesday
Pilates w/Lisa Townsend
8:30 - 10:00 a.m.
Biblia en Español
8:00 - 9:30 p.m.
Thursday
USDA food bank
12 noon
Congolese Dance w/Sandor
6:00 - 7:30 p.m.
Friday
Pilates Mat Class w/Lisa Townsend
9:00 - 10:00 a.m.
No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 p.m.
Saturday
Soul Soup w/ Amber Hines (8-3yrs) 6/14-7/26
11:00 - 11:45 p.m.
Ballet w/ Erika Townsend
12:00 - 1:30 p.m.
Sunday
Brazilian Dance with Anna
11:00 - 12:00 p.m.

Check the Library marquee or Calendar in BCC Foyer for special
events. For More Info call 868-2128 or visit www.bccenter.org

RENTALS WANTED

JULIETTE, PAWEL & ZOE ARE LOOKING
for a house in Bolinas they can call home. 868-1418

HOUSING WANTED

LYNN & ANDREW SEEK HOUSING:
We are a local couple with one dog looking for a new place to
call home by August 1st. Give us a call, 415-847-1396.
With love, Lynn&Andrew

MARTINE & KAYDON SEEK HOUSING
by mid July. Sublet, house sit or long term. Convert your
extra space to 2nd unit? 868-9036

SHARED HOUSING, COMMUNAL LIVING
or bedroom with shared kitchen. I can also fix-up and make raw
space livable. Please call Una 707/823-3485

Free Birthday Treat at Bobolicious
Bring this coupon to receive a treat
for your Birthday!
Compliments of Bobolicious
and The Hearsay News
SERVICES
BRUSH TO MEADOW TRANSFORMATION
Heavy-duty tractor. Mowing / backhoe / rototiller / disking / plowing / post-hole drilling. Don Murch -9211

HANDYMAN: HOME REPAIR, CARPENTRY, painting, Hauling tool 27 years experience. Local refs.
Steve Hill -2370

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING

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

AIRPORT? Howard Dillon’s fast, comfortable, car for all Bay Area pick-ups, early or late. Many satisfied local refs.
Phone 868-2144

SMILEY’S
SCHOONER SALOON & HOTEL
• INTERNET ACCESS • CHECK CASHING
• WESTERN UNION • ATM & CREDIT CARDS
COLOR COPIER (B&W too)
41 Wharf Rd, Bolinas 415-888-1311

BASIC COMPUTER TRAINING & SETUP
Computer building, Internal cleaning. $35/hr
415 902-8298

I can see again!
CLEAR LIGHT WINDOW WASHING
Call Dale 9782

THREE GREAT THINGS ABOUT THIS PLACE...
(1) Far West Fest. I say it every year: this is the perfect music festival for West Marin—the right scale, hometown music and food, great weather.
(2) Napa’s Porch Fest. ‘Out of the garage, out to the porch’—a great chance for private musicians to show their stuff. We had a great time.
(3) The naked ladies are in bloom, the poison oak is turning bright red— OMG, it must be nearly Lahana, marking the end of summer.
—Ned Riley

WANTED
SMALL OFFICE WANTED DOWNTOWN AREA
For civil engineer — 530-342-2926

WILLIAM HENRY NEEDS A GOOD VEHICLE
operational with a reasonable price. 868-1782 or 233-1015

WANTED: MEDIUM SIZE METAL DOG CRATE FOR
* 30-40 LB. DOG. CALL 868-8681

HEALTH AND HEALING
CAREGIVER AVAILABLE
Excellent homecare, cleaner.
Call 868-1782 Anita & William

June McAdams, RN
Compassionate and Skilled
Hospice Care / Home Care
Newborn to Elders
Coastal Marin Only
More than 15 years’ nursing experience.
(+1) 868-9052

MEETING AGENDA
BOLINAS FIRE PROTECTION DISTRICT
BOARD OF DIRECTORS
MONDAY July 28, 2014 at 7:30PM
Location:
Bolinas Fire Department Community Meeting Room 100 Mesa Road
The site is open to the public and is wheelchair accessible.
(This agenda is posted in accordance with the Ralph M. Brown Act, California Government Code Section 54950, et seq.)

1. Call to Order and Roll Call
2. Approval of Agenda
3. Fire Chief’s Report
   a. Update Evacuation Planning
   b. Update on Terrace Avenue Surfer’s Overlook
   c. Fire Calls & Emergencies for June 2014
4. General Business
   a. Action Item #1: Approve Crown Castle request for signature on Letter of Authorization for permit application to modify Verizon wireless equipment
   b. Action Item #2: Proposed final budget for FY14/15
5. Consent Calendar
   a. Approval of regular Minutes from June 25, 2014
   b. Approval of warrant lists from June 18-July 22, 2014
   c. Approval of financial reports for June 2014 including account balances
6. Public Expression (The public may address the Board regarding matters not on the agenda.)
7. Committee Reports
8. Board Member Report
9. Personal Matters (Board may go into a Closed Session.)
10. Announcement Re: Closed Session (if any)
11. Good of the Order
12. Adjournment