

Bolinas Hearsay News

Monday, July 30, 2018

50 Cents



WHAT'S HAPPENING???

Monday, July 30

CREEPY CRITTERS WITH WILDLIFE ASSOCIATES

Come learn about the squiggly and squirmy side of the animal kingdom, and Earth's diverse web of life. Bolinas Library 2pm FREE

Wednesday, August 1

FLAGSHIP BUS

Visits Library w/ bi-lingual kids activities, 1:45-2:30pm

BOLINAS COMMUNITY PLAN

Study Group, Bolinas Commons, 6pm

Thursday, August 2

DANNY MONTANA

live country music @ Coast Café, 6-8pm

ERICA SUNSHINE LEE

Live country music @ Smiley's, 8pm, no cover

Friday, August 3

EVAN LANAM & THE LIVE OAKS

Rock & roll @ Smiley's, 9pm, \$5

Saturday, August 4

MOVIE IN THE PARK

7pm Hotdog BBQ, 8pm 'Zootopia' at Mesa Park. Bring blanket & camp chair; adult \$5, kids free

NESHAMA FRANKLIN

Storytelling around the campfire @ Olema Campground, 8pm

MARMALAKES

Live rock music @ Smiley's, 9pm, \$10

HAPPY HAPPY BIRTHDAY

July 30:

Sharon Mantle

Jessica Gene Ross

Willamina Jewel Vincent-Springer

Justin Demmon

July 31:

Anthony Stewart

Ana Krakauer

Piro Patton

Paloma Dunlap

August 1:

Emmy Rhine

Ava Geupel

Isaac Yerington

August 2:

Eric Festin

Phil Hoffman

pasteup.....Ned Riley

ads/books.....June McAdams

press.....Jennie Pfeiffer



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 01/04/2018 - 12:00pm

Suggested donation \$3 (over 60 years old) / \$6 (under 60 years old)

POINT REYES COMMUNITY LUNCH—HOSTED BY WEST MARIN SENIOR SERVICES

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 AM on the prior Monday. Contact the Nutrition Program Manager at West Marin Senior Services, 415-663-8148, x.104.

WMCS Celebration 08/09/2018 - 5:30pm

Details to come...

Location: Main and Kitchen

BOLINAS: At 8:10 a.m. someone reported two women in a fight on Brighton. One later explained that she'd approached the other in her car in order to apologize for something, and had then "allowed her to vent."

BOLINAS: At 10:31 a.m. a deputy marked an R.V. on Brighton for abatement.

BOLINAS: At 3:38 p.m. a man said his girlfriend had pushed and shoved him upon entering his house. Deputies took her in for posing a danger to herself or others.

BOLINAS: At 9:14 p.m. a woman said a man who lives by her workplace kept stopping by uninvited.

BOLINAS: At 4:28 p.m. two men were sitting in a car parked on Wharf Road smoking pot and playing loud music. One was wearing a polo.

BOLINAS: At 10:08 p.m. a woman said a slow blue van with a line of cars behind it began braking and driving even slower after she tried to get it to pull over, and then followed her for some time.

Movie in the Park – Saturday, August 4, 2018

Mesa Park Little League Field
7:00 pm Hot dog BBQ
8:00 pm Movie – Zootopia
\$5 per adult / kids are free
Proceeds benefit snack shack renovations at Mesa Park
Don't forget your blankets & camp chairs
Sponsored by Friends of Mesa Park
Hope to see you there!

MORE BIRTHDAYS

August 3: Miranda Joseph
Jeff Clapp
Mikel Jay
Janet Mattingly (remembered)
Amelia Straton

August 4: Bob Grenier
Bob Bates
Sam Blake
Ruby Willis
Wayne Poulsen

August 5: Judy Buchanan

A note of appreciation to the BCLT for your exquisite presentation Saturday and for the opportunity you offered. Your clarity, your precise detailed information in response to our questioning, honored us all. Again, thank you.

Judith Shaw

THREE GREAT THINGS ABOUT THIS PLACE...

- Reviving the family tradition of build-your-own-burrito night—what a great way to feed a hungry houseful.
• Having grandson Calvin back on the soccer field AND his sweetie Alex. He's home recuperating from the bar exam.
• Prickly pear cactus are in bloom. They're quite beautiful.

--Ned Riley

Listen to Your Daily Rhythms

The body has been found to have many time clocks – one governing the sleep-wake cycle in response to light and dark, and others in most of our body organs. These daily (circadian) rhythms are coordinated by the brain's hypothalamus – which links the nervous system to the endocrine system via the pituitary gland. The pancreas secretes insulin during the day and slows down at night, meaning that blood sugar levels are better controlled in the morning than evening. The gut has a clock that controls nutrient absorption, and removal of waste. The microbiome – the trillions of bacteria in our digestive tract – also have a daily rhythm.

Dr. Satchin Panda of the Salk Institute is an expert on circadian rhythms research. He has just published a book on this subject – *The Circadian Code - Lose Weight, Supercharge Your Energy and Transform Your Health from Morning to Midnight*. He has studied genetically identical mice and divided them into two groups. One group could eat a diet of high fat, high sugar foods around the clock. The other group ate the same foods in a daily 8 hour window. Calories were similar for both groups. Those who ate around the clock became fat and sick, while those who ate in a time restricted fashion were protected from obesity, fatty liver and metabolic disease.

Courtney Peterson at the University of Alabama at Birmingham has also studied this subject and published several papers on her findings. She took a group of prediabetic men, and had them eat their meals in a 12 hour window for five weeks. In the next phase, these men were fed the same meals in a six hour window beginning each morning. They were eating enough calories to maintain their weight, to see whether time restricted eating had health benefits unrelated to weight loss. The men on the time

restricted program had lower insulin, reduced levels of oxidative stress, less nighttime hunger, and significantly lower blood pressure – their systolic pressure dropped by roughly 11 points and their diastolic by 10 points. These are very significant results.

In other papers Dr. Peterson and colleagues have reviewed evidence that the circadian system plays a pervasive role in regulating glucose, insulin, lipid levels, appetite and energy metabolism in humans. Eating at the wrong times – late in the day – disrupts the circadian system and adversely affects metabolic health. Chronobiology is important in preventing and treating type 2 diabetes, obesity and high blood fats (hyperlipidemia).

The take home message from these findings is that eating early in the day will synchronize with your sleep-wake cycle and bring you many health benefits. If you are never hungry for breakfast, start by having a very small supper around 5 pm, and you will be hungrier in the morning. Have a healthy breakfast after waking, and aim for a 10 hour time for eating. As you get used to this new schedule, you can restrict your time further, depending on what results you are aiming for. You may worry that such a schedule will be a problem for your social life, and if you frequently meet friends for dinner and drinks in the evening, this is true. Perhaps you can socialize around lunch on the weekends, or break your schedule occasionally to be with friends, but eat lightly at dinner so you can return to your new way in the morning.

I suspect that the Marin County library system will purchase copies of Dr. Panda's book – remember that they bought over 50 copies of Michael Pollan's *How to Change Your Mind*. Stop by the library to find out.

Sadja Greenwood 415-250-3535

WANTED:

For the renovation of Mesa Park's Skate Park:

We need loads of dirt; plywood; 2x4s & other framing lumber; and rebar.

Please contact Clay Shank: (415) 802-8381 or Michael Cavette (415) 203-2406

Thank you.

--Clay Shank

Barbara Scott suggests that the community listen to and act together on the information provided by Dane Wigington at geoengineering.com.

WHAT HAPPENED, didn't happen today. It's not that nothing Happened, it is that this Hearsay reporter was otherwise occupied and is working on a Bolinas housing update for next week. Saturday, BCLT did an excellent job of informing the Community about their plans, which are extensive. I had one question about the new septic plan, which WILL require a pump, as does the present mounded systems. My follow-up question, "Is there any plan to provide solar projects on this new housing?", got a negative response. Too bad, since those pump systems require constant electricity to keep functioning. Something to work on.
Jennepfeiffer

THE BOLINAS COMMUNITY PLAN

STUDY GROUP

Wednesday, August 1st, 6pm
@ the Bolinas Commons

Melinda Stone and I will be hosting an informal study group, examining and thinking about the *Bolinas Community Plan*, a document, which, for better or worse, has shaped Bolinas as we know it today. Participants will receive a hardcopy of the plan and we will meet again in one month to further discuss.

A \$20 suggested donation covers the cost of the readers, and a small contribution to keep the Bolinas Commons afloat. But no one will be turned away for lack of funds.

If you are interested, please RSVP to me, Jeff Manson at: mrjeffreymanson@gmail.com.

Sincerely,

Jeff Manson



Dear Community, I lost my beautiful walking stick at the Downtown Park on June 16th after the Sun Festival/ Baby Blessing Celebration. I have many wonderful memories from walks around town with friends and my walking stick. Please contact me if you found it. Your reward will be in making me a very happy and grateful person. A blessing for both of us.
Thank You, Mary Barror; 415-868-0902



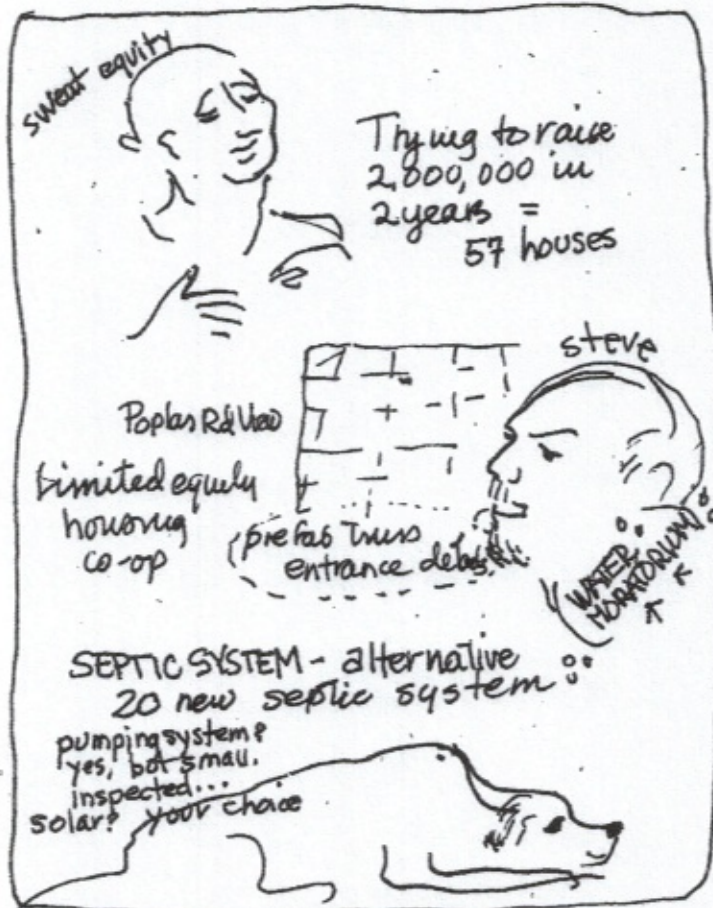
BCLT strategic plan

The housing forum on Saturday night hosted by the BCLT was a superbly well organized and attended gathering. I hope that BCLT, or someone, may have taken minutes which could be circulated. The presentations by Dennis Rodoni and others about initiatives, including local legislation, to support affordable housing were valuable. BCLT gave detailed information about their planned projects on Overlook and Aspen. For those who weren't able to be there, a new BCLT strategic plan was released. This document presents a multi-faceted approach to having at least 50 units of permanently affordable housing in Bolinas, which could house families and those who do the work of sustaining this community. The plan explains that only a small proportion of this could potentially take the form of entirely new housing construction. I think the plan is well worth your perusal. I hope BCLT will soon put it on their website. All of us who live here are familiar with the manifestations of our ever-increasing housing affordability crisis. The BCLT plan documents the declining number of Bolinas dwellings that house permanent residents and the decreasing number of resident children. How can community residents counter such powerful market forces? Surely it requires strongly organized support for the best available affordable housing tools, notably including the community land trust model. The evidence of this meeting was to my eye, that the team of devoted community members working on BCLT are on the right track, working to craft a meaningful answer to our housing crisis.

--From Lyndon Comstock, nextdoor.com/news_feed



Perry with hat - 50

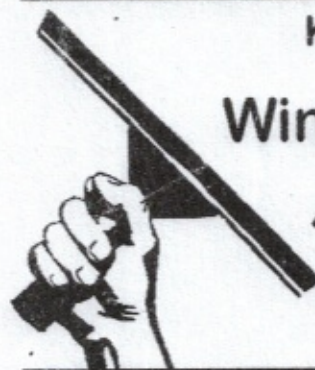


Housing Forum Sat 4pm

senior housing help for affordable housing

School might own property for teachers

Be on our waiting list 82 people



Ken & Sam Levin

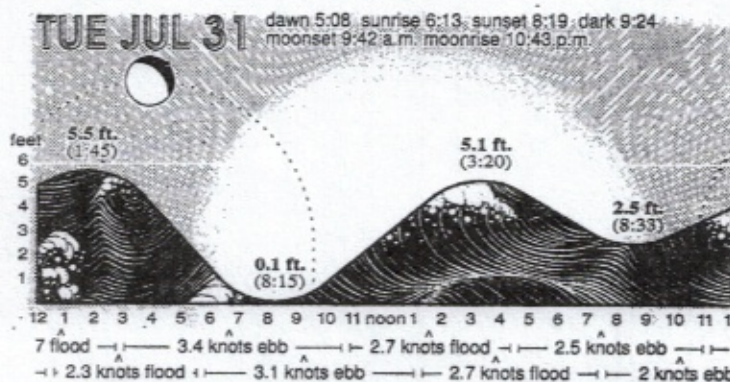
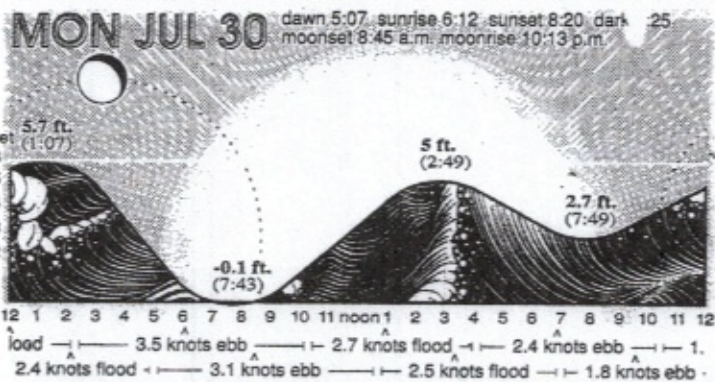
Window Cleaning

415.663.9669

West Marin's Best

KWMR RADIO SCHEDULE - JUL

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	Art of the Song	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	Fiestal
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	Morning Glory	Sunday Baroque
8:00	With Eyes Open! Nature Notebook	Rise and Shine	Swimming Upstream	Pieces of Peace Top of the Morning	Milk Street Radio		
9:00	A Cuppa Jo Heart of the Valley new Planetary Radio	Airwaves	Trash to Treasure Fish Tales	Art Scenes Right Now	Inflection Point Women at Work	Day 6 (CBC)	Sunday Celebration
10:00	TURNING PAGES						
	At Nature's Pace	Reading to John / Specials	Waves of Joy / Magic Lantern	For Children of All Ages / Radio Book Mobile	Reader's Delight	Vida with Saga	Off-Center Sports
11:00	TALK & CURRENT AFFAIRS						
	Ocean Currents / TrailerTalk Bloneers	Attunement / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal		
12 pm	Farm & Foodshed Report	On Being with Krista Tippett	Planetary Radio Making Contact	Commonweal Conversations	Alternative Radio	AFTERNOON MUSIC	
1:00	Milk Street Radio	Inflection Point	Climate One	Art's Desire / Hot Tech/Cool Science	Non-violence Radio / new On Being	Forms and Feelings	Happy Days Jazz Rhythm
2:00	AFTERNOON MUSIC						
3:00	Cruisin'	Aztec Pride / Desde La Bahla	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling / The Scoring Stage	Foraging with Betsy Nichols / The Kitchen Sink
4:00	Youth DJ Project / Specials	Youth DJ Project / Specials	Youth DJ Project / Specials	TeaTime Books (Coastal Airwaves)	The French Touch	Circulo Musical	Midnight in Luxembourg / To Hell & Back
5:00	NEWS & CURRENT AFFAIRS				Happy Hour		
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)			
	EVENING MUSIC					EVENING MUSIC & DRAMA	
7:00	Release Me / Foggy Ridge Music	Musical Varieté	West County Prowl / Running With Scissors	Bakersfield & Beyond / Shorty's Bunk House	Night Flight	Celtic Universe	Along For The Ride / Between Rock & A Jazz Piece
8:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / Highway of Heartaches	Coast Highway Blues	Off The Cuff / Mind Waves	No Bad Vibes / Megalomania Mèlange	The Jazz Groove	Rock of Ages
9:00	Forms and Feelings	After Dark	Sonic Sunspots	Under the Needle		Saturday Night Function	LA Theatre Works
10:00				Prof Kozmo	Cool Jazz Countdown		
11:00	LATE NIGHT					LATE NIGHT	
12 am	DeepWaking 12-1 Spirit & Mind 1-2 New Dimensions 2-3	Stuck in the Psychedelic Era 12-2	Sunspots to 1:30 KWMR Music	KWMR Music	Radio Goethe 12-1 KWMR Music	The Latin Alternative	Grateful Dead Hour



WANTED

LOOKING FOR A USED CAR SEAT TO BORROW FOR the next few months. Any leads much appreciated. 868-9078

VW 8/8



HOUSING WANTED

CONSCIOUS TRANSEXUAL MALE TOMBOY contemplating pregnancy & spiritual renewal in Bolinas is interested in renting a room for \$1,000/month. quiet, meditative, clean, sober, vegan...

contact- daniellelanam1@gmail.com

DL 9/14

HELP WANTED

IF YOU WISH TO BE A CAREGIVER ON THE "HSS" PAYROLL, I need a person with a car to help get to town - Bolinas 1-2 times a week and 1-2 times a month to San Anselmo & Point-Reyes Station. Call 415-499-1024 for info. Angela Rollins-PO box 213

AR 7/27

HELPER WANTED WITH NATIVE HABITAT GARDEN and home improvement 868-1801

CW 7/30

LOST AND FOUND

MY WIFE WENDY LOST A WATCH TODAY (SUNDAY) in Bolinas, somewhere between Hawk's place, the Farmstand, and downtown (People's Store and Bolinas Market). It has sentimental value, since it was her Dad's. It's a white-faced, silver watch with a black crocodile-like band. Contact would be Wendy Jaffe at 415-250-1771

BL 7/9

FOUND: I PHONE T-MOBILE SERVICE @6:08pm TUES July 10, floating in the water's edge by the wall - Wharf side of the beach. Surf shops were closed so I left it at Coast Café! Needs a password to open it. 46 % charge-still working. N.B. #2227

NB 7/11

LOST: INADVERTANTLY LEFT AT THE DOWNTOWN Park Saturday (June 16) after the Baby Blessing/ Sun Festival- my walking stick. Please call 868-0902. Mary M. Barror.

MB 6/20/18

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



Weekly Classes and Events Schedule for July

MONDAY

Somatic Exercise 9:30 - 10:45 am
Pilates Mat w/Lisa Townsend 5:30 - 6:30 pm

TUESDAY

Pirate Pizza: Call (415) 328-1066 to preorder 3:00 - 7:00 pm
BCC Board of Directors Meeting (3rd Tues of month in library) 5:00 pm
Contemporary Dance w/Lisa (teens & adults) 6:30 - 7:45 pm

WEDNESDAY

Pilates Mat w/Lisa Townsend 8:30 - 9:45 am
F.L.A.G.ship in front of Library (0-5yrs) 1:15 - 2:30 pm

THURSDAY

USDA food bank 12 noon
Dance Church (last Thursday of the month) 7:30 - 10:30 pm

FRIDAY

Pilates Mat w/Lisa Townsend 9:00 - 10:00 am
No Place Like Home (Free Brunch 4th Fri of Month) 12 noon

SATURDAY

Diaspora Dance w/Amber (no class 14th & 21st) 9:00 - 10:30 am

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

FREE BOX

MASSAGE TABLE

Not lightweight. Jutta at 415-686-2549

JH 7/13

FREE: LOTS OF PINT SIZED CANNING JARS.

MB 7/25

FREE: TWO FREE SOFAS, DIFFERENT STYLES -ONE modern, one vintage. 2228

LC 7/25

Read the Hearsay Online

FOR 33¢ per day, more or less. Give 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. Subscribe anonymously by contacting Michael Rafferty, Publisher and Online Editor, 868hearsay@gmail.com

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

CARPENTRY SERVICES

remodel, repair, restore. Local references.
Roger Sierra 831-747-7980

RS 8/31

AIRPORT? HOWARD DILLON HAS A 2010 SUBARU

Outback for all Bay Area (& beyond) destinations.
Many local refs 868-2144

HD X

WINDOWMAN: REPAIRS SINGLE AND DOUBLE PANE

windows, sliding glass-door rollers, screens. Reasonable.
No extra charge for West Marin. Sean 415-699-6204

SB 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

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.

ANNOUNCEMENTS

AMAZING OPPORTUNITY!

Fund a volunteer-built skatepark on the Rosebud Reservation in
South Dakota. Contact Clay Shank 415 802 8381

8/24 CS

How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the
BPUD office on Mon's, Wed's and Fri's 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 mail
box 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.

West Marin Branch Library Hours

Stinson Beach:

Mondays • 10 a.m. to 6 p.m.
Tuesdays • 1 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.



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 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
KWMB 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
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