WHAT'S HAPPENING??

Monday, September 12
MESA PARK BOARD MEETING
7pm Firehouse

Tuesday, September 13
A COUPLE OF POETS
Julie Rogers & David Meltzer, Stinson Beach Library, 7pm

Thursday, September 15
BOLINAS-STINSON WHITECAPS
Regular monthly luncheon meeting of seniors group @
Rod & Boat Club, Wharf Rd, 11:30am

Friday, September 16
FULL HARVEST MOON
12:05pm

JETHRO JEREMIAH
Live music @ Smiley's, 9pm, cover.

Saturday, September 17
BAD APPLE STRING BAND
Live music @ Smiley's, 9pm, cover.

CALIFORNIA ORCHIDS FALL SALE
9am-4pm. www.californiaorchids.com

Sunday, September 18
BOX SHOW CLOSING PARTY.
And live auction @ Gallery Rte One, Pt Reyes, party 2-
3pm, auction 3pm

Thursday, September 22
AUTUMNAL EQUINOX
Starting today at 7:21am, each day will have more
darkness than light, until the light returns.

Saturday, September 24
COMMONWEAL'S 40TH ANNIVERSARY
Music, food & reflections about 40 years of work in Health
& b Healing, Education & the Arts, and Environment &
Justice, Commonweal, RSVP: erin@commonweal.org

GUSHING WOMAN
Ocean & the Goddess, high noon, Brighton Beach

The Naked Lady blooming season is coming to an end.
Until next summer.

HAPPY, HAPPY BIRTHDAY!!!

September 12:  Belle Wood
              Karly Zeno
              Natasha Gubert
              Heidi Adrienne Ford

September 13:  Angela Vernon
              Dominique Jackson
              Abey Nasra
              Bobby Saberi

September 14:  Suzie Senk
              Malcolm Ponder
              Gerrund Bo Jeste
              Allan Maxie
              Cheryl Stough
              Danielle Vincent
              Cheryl Batson

September 15:  Pamela Jane Lewis
              Laura DiStasi
              Elnora Mae Phillips

September 16:  Laurie Patton
              Marion Webber
              Megan Matson
              Zephyr Forest
              Lori Morgan
              Jerrye Sean
              Raven Angelica

September 17:  Max Kline

Pasteup  Ned Riley
          Ads/books  June McAdams
          Press  Jeff Manson
THE BCLT IS LOOKING FOR MORE BOARD MEMBERS

In our efforts to provide additional affordable housing, The Bolinas Community Land Trust is seeking to expand our Board of Directors. We believe a successful Board should properly represent the diverse nature of our community.

If you are interested in participating in this important local organization please send a short bio and reasons for your interest to our Executive Director, Jerry Bernstein at: Jeromeb2339@gmail.com

For more information and/or questions please visit our website or email us at: bolinascommunitylandtrust@gmail.com

Sarah Cahill and Kate Stenberg in Concert

Sunday, September 18, 2:00 PM
Pianist Sarah Cahill and Violinist Kate Stenberg perform! Their program includes:
Brahms: Sonata for Violin and Piano in A major, op. 100
Mozart: Sonata for Violin and Piano in B-flat major, K. 454
Debussy: Sonata for Violin and Piano in G minor
Cowell: Sonata for Violin and Piano
Ruth Crawford: Sonata for Violin and Piano
Alan Hovhaness: Khirgz Suite, for Violin and Piano, Op.73, No.1

$20, general admission

Community Forum with Supervisory Candidate Dominic Grossi

Monday, September 19, 6:30 PM to 8:30 PM
Community forum to meet and ask questions of Supervisory Candidate Dominic Grossi.

Hello Hearsay,
California Orchids Fall Sale
Saturday, 9am-4pm
Thanks, Mary
Mary Nisbet/California Orchids
www.bolinasorchids.com

"Sign-up now for Faultline classes, starts next week! Look for catalogs at the library, bookstore, post office and People Store, or go online Bolinascommons.org/Faultline. Take a class on dreaming, pest management, soil culture, paper marbling, music appreciation, natural dyes and so much more!!!!!! Hope to see you in class!
-Your three-headed dean,
Van Waring
Harriet Kossman
Jeff Warrin

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

THREE GREAT THINGS ABOUT THIS PLACE...

• Debbie Morrison. We bonded over the adoption of MsKitty and our family will always be grateful. Go in peace, Debbie.

• Our Labor Day street party. The greatest.

• Last week’s run of sunny mornings. Let’s hope they return soon.

--Ned Riley
Some Tested Ways to Prevent Cancer or Stop its Spread

*Don’t smoke, and drink alcohol sparingly or not at all. Recent studies have shown an association between alcohol and cancers of the throat, esophagus, liver, colon, rectum, and breast. Even light drinking increases the risk of breast cancer.

*Get up and move whenever you can. Walking is a great exercise, and so is dancing. Aim for 30 minutes a day, or more, of your favorite movement. Keep your weight within the normal range – ask your primary care provider to help you with this.

*Avoid white flour, sugar, sweetened drinks and junk food, to keep your blood sugar low and even. Eat whole foods with their natural fiber intact. Eat sweet potatoes, winter squash and fruits when you want something sweet.

*Eat lots of vegetables, and include a member of the brassica family every day. Brassica vegetables include kale, collards, cabbage, broccoli, arugula, mustard greens, bok choy Brussels sprouts and turnips. Johns Hopkins University has a laboratory studying the effects of brassica vegetables against cancer. In addition to Brassicas, deeply colored vegetables and fruits are the best. Eat whole fruits, not their juices, to keep your blood sugar from spiking.

*Drink green tea - compounds in green tea act against cancer. Consider buying a green tea with the beneficial compounds of brassicas. The Johns Hopkins Brassica lab sponsors such a green tea - regular or decaf - which you can order from the Baltimore Coffee and Tea Company - 800-423-1408.

*Include herbs and spices in your diet. Try a daily salad that includes herbs such as parsley, basil, mint, cilantro, thyme, oregano, marjoram, rosemary and other herbs you enjoy. For further information on herbs and spices, look at the book Healing Spices, by BB Aggarwal. Dr. Aggarwal worked at the M.D. Anderson Cancer Center in Houston. He feels that turmeric is one of the most promising anti-cancer spices, and suggests that everyone take a 500 mg supplement of curcumin (the active ingredient in turmeric) daily. www.curcuminresearch.org

*Eat mushrooms often, always well cooked. Studies from Japan and China show that many kinds of mushrooms act against cancer.

*Eat plenty of garlic, onions, & scallions - raw or cooked as desired.

*Eat one or two Brazil nuts daily – selenium in these nuts is an immune booster. Walnuts may be helpful for breast cancer. Nuts are a healthy snack at any time.

*Use extra virgin olive oil as your fat for cooking and salads.

*Drink plenty of water. You can flavor it with mint leaves and slices of orange, lemon or cucumber. Remember that tea, coffee, broths and soups also count as liquids. Coffee has been found to decrease the risk of cancers of the colon and rectum, whether it is plain, decaf, instant or espresso.

*Go to LowBlueLights.com to read about the anti-cancer benefits of melatonin and its promotion of restorative sleep. If possible, get blue-blocking glasses and wear them 1-2 hours before your regular bedtime. These glasses are available from the website, and also from BluBlocker.com. Blocking the blue component of light allows for the natural outflow of melatonin from the pineal gland. Use melatonin tablets under the tongue if you need a sleeping pill.

*To find accurate information on nutrition and supplements, go to ScienceDaily on the web, or write the word ‘university’ in your search. This will help you avoid websites that are selling you something. Several newsletters will keep you up to date on cancer prevention: Tufts University’s Health and Nutrition Letter – monthly, $36/year – 800-274-7581, and Nutrition Action Health Letter, published by the Center for Science in the Public Interest – 10 issues a year; $24. – nutritionaction.com.
WHAT HAPPENED THIS WEEK
9/12/16 Monday Morning Recap from Jenniepfeiffer

The very sad news of the end of life of long time Bolinas Community member, Debbie Morrison, arrived the day before Labor Day. Endings are always a startle, no matter when or what the circumstances. Even though we know that all things end and life passes, it is easier to push that thought to the back of the mind, like a dark cloud that at any time might obscure the brightness of a sunny day, but is kept hidden until that time. The slow down of the music at the end of the carousel or merry-go-round ride is always an unhappy surprise, even knowing at the start there would be a limited time to enjoy the experience. Things will go on but will not be the same, and we will not be seeing the "Dog Crate" car around town with Debbie and her dogs. Sad farewell to Debbie and condolences to Tom, family and friends.

Among the things continuing on, was Labor Day, the official end of summer vacations, and the Community Center’s annual awesome town party with Bar-B-Q and silent auction, music and dancing in the street. It’s always a pleasure, and amazing to see how many people continue to step up to help put on this outstanding reunion event. Thanks to everyone who worked so long and hard to make in another memorable day, celebrating laborers, and labor unions and workers of the world.

On Wednesday, the long trip began for our beautiful brave, Jesse McCollum, his daughter Chloe Dancer, and Tommy Glavey, travelling to North Dakota to represent us in standing with the Standing Rock Sioux Nation to protect the water of the Missouri River from the Dakota Access Oil Pipeline. They got there safely in Tommy’s truck, which was filled with supplies and gifts and good wishes from many of us here, for the people who are working there to protect the water from potential oil contamination. Right after they got there, President Obama called for a halt (though temporary, allowing further study) so looks like they brought good Karma with them. I am honored to live in a place that is home to such righteous people and I thank them for this trip and for keeping us posted on Facebook.

Saturday night at the Bolinas Community Center was the Third Grateful Dead event that Pamela Springer has coordinated with Julie Augustyn and a team of dedicated fundraisers. Each event has been in support of a worthy cause, this one was to bring awareness to the devastation that childhood cancer brings to the lives of affected children and their families. It was another beautiful night at the Center, with the hope of raising money for Zamora Moon, fighting DIPG. Diffuse Intrinsic Pontine Glioma, a brain cancer that affects the central nervous system of children 5-10. It has no cure, no funding, and consequently no hope. It has a 0% survival rate. Zamora’s mother is a kindergarten teacher and musician, the fiddle player with the local Bay Area band Pink Sabbath. Our hearts and love go out to this brave 8 year old and her family who are trying everything they can to give her more time on this earth. Hate to see the carousel ride end for her in such an untimely way. Big love, JP

Sadja Greenwood, MD, back issues: sadjasolumits.blogspot.com
Richard Neville, 74, a Founder of Oz,
A Counterculture Magazine of the ’60s

By SAM ROBERTS

Richard Neville, who challenged societal taboos and obscenity standards as a founder of the political and cultural magazine Oz in the 1960s, died on Sunday in Byron Bay, Australia. He was 74.

The cause was complications of dementia, his daughter Lucy said.

Mr. Neville would evolve into a futurist who envisioned the race between self-discovery and self-destruction, as he put it. But his greatest legacy was Oz, which was started with two other budding journalists — all barely out of college — from his parents’ home in suburban Sydney on April Fool’s Day in 1963.

Four years later, it spawned a more famous and raffish London offspring that sold over 80,000 copies at its peak and became a landmark of the underground magazine.

With his co-founders — Richard Walch, editor of a Sydney University student newspaper, and the artist Martin Sharp — Mr. Neville inaugurated Oz with a historical account of the counterculture and an expose of back-alley abortions. They later peppered it with, among other things, radical feminist essays by Germaine Greer and risqué cartoons by R.Crumb.

Lampooning sexual mores, revealing racism and mocking prigishness, Oz incited fusty establishment elders in Australia and London and provoked what was, at the time, Britain’s longest and possibly most colorful obscenity trial.

Over six weeks in 1971, Mr. Neville eloquently mounted his own defense; the comedian Marty Feldman was called as an expert witness; John Lennon and Yoko Ono recorded a pop single (“Give Peace a Chance”) to raise funds for the defense; and Anna Wintour, a young British national, offered to marry Mr. Neville, who was her boyfriend and boss at the magazine, to keep him from being deported after he was convicted.

The case was the basis of a 1991 BBC television production called “The Trials of Oz,” starring Hugh Grant as Mr. Neville.

“She was a provocateur, an adventurer and a journalist,” Geoffrey Robertson, a lawyer who aided the defense, told The Guardian.

Throughout his life, Mr. Neville opposed violence, derided orthodoxy and demonstrated what Mr. Robertson described as “a commitment to sexual equality, rock ‘n’ roll and human rights” and an “endless curiosity about what lies beneath the emperor’s newest clothes.”

Adapting a Neville idiom 25 years later, Tony Blair declared during a New Labour election campaign in the mid-1990s: “As an inch of difference between us and the Conservatives, but it is an inch worth living.”

Richard Clive Neville was born in Sydney, Australia, on Dec. 15, 1937, the son of Clive Neville, a bookkeeper who became managing director of a newspaper, Country Life, and the former Betty MacKnight, a journalist.

He graduated with a bachelor’s degree from the University of New South Wales, where he edited the cheeky student newspaper. In founding Oz with Mr. Walch and Mr. Sharp (who died in 2013), he was inspired by the American satirist Lenny Bruce and Mort Sahl. (The name was inspired by a contraction for Australia, as well as L. Frank Baum’s books.)

A year later, they were charged with obscenity on the basis of a cover photograph in which Mr. Neville appeared to be urinating on a government building. The three were convicted and sentenced to up to six months’ hard labor, but the verdict was overturned on appeal because the magistrate had misdirected the jury.

Mr. Neville worked as an advertising copywriter and a movie reviewer before moving to Britain. He published the first issue of London Oz in 1967 in what he assumed would be a more forgiving cultural climate. It wasn’t, not with the “Oz Guide to Taking LSD” or a special edition on “The Pornography of Violence” or, perhaps most notoriously, the May 1970 issue, which prompted the obscenity trial.

The issue was guest-edited by teenagers who had responded to an invitation by the magazine to include whatever content they chose. One submitted cartoon showed a bear’s genitalia.

Mr. Neville was tried with two colleagues at London Oz — Jim Anderson, a fellow Australian, and Felix Dennis, a former rock drummer who went on to become a media mogul. (He died in 2014.)

The three were acquitted of conspiring to corrupt public morals, but the judge directed a guilty verdict for obscenity. Mr. Neville was sentenced to 15 months in prison. But that verdict, too, was reversed on appeal.

Oz ceased publication in November 1971, after Mr. Neville had left the magazine.

Mr. Neville wrote several books, including “Playpower” (1970), predicting that technology would allow more leisure time, and “Hippey Hippie Shalom” (1990) a memoir. In the late 1970s, he was a New York-based freelance writer and collaborated with Julie Clarke, a television reporter, on “The Life and Crimes of Charles Sobhraj,” a 1979 counterculture gone-amok biography of a serial killer who preyed on Western tourists in Southeast Asia.

He and Ms. Clarke later married. She survives him, along with their daughters, Angelica and Lucy Neville.

Mr. Neville was a commentator on television programs in Australia in the 1980s and founded the Australian Futures Foundation in 1997.

He later said that he had left Oz because he was tired. Besides, he said, the ’60s — the “stuff going on in the other that was beginning to make life quite a lot different from the life of our parents,” as he put it in 2013 — were over.

But he also defended that decade’s cultural explosion, saying “it was perhaps commercialized, it was marketed, it can be ridiculed, but at the same time, at its core, it had a genuine spirit of hope for humanity.”

Unlike many contemporaries, though, he did not go in for nostalgia.

“The thing that was important about the way he thought was always welcomed the future,” Germaine Greer said this week on Australian television. “He looked forward to the new.”

Michelle Innis contributed reporting from Sydney, Australia.
# KWMR RADIO SCHEDULE

## DAWN

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## NEWS & MORNING SHOWS

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<td>As It Happens (CBC) (repeat)</td>
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## TURNING PAGES

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<td>At Nature’s Pace Reading to Join</td>
<td>High Gears</td>
<td>Hawker of Joy Soundscapes</td>
<td>Red Chord of King</td>
<td>Sexual Footsteps</td>
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## TALK & CURRENT AFFAIRS

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<td>Trailer Talk</td>
<td>Spirit &amp; Mind</td>
<td>Curious Corinna</td>
<td>Common Sense</td>
<td>Let’s Talk</td>
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## AFTERNOON MUSIC

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<tr>
<td>Caelin’ Aztec Pride</td>
<td>Caisa La Belle</td>
<td>Classical Wednesday</td>
<td>Classical Thursday</td>
<td>Classical Friday</td>
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## NEWS & CURRENT AFFAIRS

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## EVENING MUSIC

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<td>Reseach Me</td>
<td>Musical Variety</td>
<td>Facturation Radio</td>
<td>Shorty’s Restaurant</td>
<td>No Red Wine</td>
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## LATE NIGHT

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<tr>
<td>DeepWalking 1-2-3 KWMR Music</td>
<td>Sunspots to 3:00 KWMR Music</td>
<td>Best of British</td>
<td>Radio Geethe 10-12 KWMR Music</td>
<td>Grateful Dead Hour</td>
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**MON, SEP 12**

- dawn 5:52, sunset 7:21
- dark 0:19
- moon: 19

**TUE, SEP 13**

- dawn 5:53, sunset 7:26
- dark 0:47
- moon: 19
How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD office on Mon., Weds and Fri. 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 as in they might become separated) & drop into door slot.

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 a week, delivered electronically. Stay home. Save trees. Isolate.

Subscribe anonymously by contacting Michael Rafferty, Publisher and Online Editor, 868hearsay@gmail.com
FOR SALE

DELICIOUS LOCAL GRASS-FED BEEF NOW AVAILABLE! Steer lived the good life up on the Mesa. Now ready for your freezer! Fresh-frozen hamburger @ $8.50 lb…. Ten-2 lb packages for $170. Call Jim at Tacherra Ranch 868-1477...Support Local Agriculture!

LOST AND FOUND


DG 9/12

LOST: PHONE & PHONE BOOK 8/29 ON THE MESA IF found call 415 868-0882. Thanks

JIM 8/31

LOST: MAKITA 18 VOLT POWER DRILL with battery, accidently left outside @ Terrace & Canyon out of site of the road. If you found it by mistake, please return by calling 868-2102

GT 8/17

LOST: CAR KEYS IN LAWN. DOES ANYONE HAVE A METAL detector I can borrow? Bill Lyons 415-868-1937

BL 8/24

LOST - 1 SET OF KEYS WAS DROPPED NEAR OR on the beach downtown on Sunday, 8/14. Anyone who has found a set of keys (2 black car keys with other random assorted keys), please call Jeff or Heather. x 9689

HC 8/22

FOUND: RETAI NERS, TOP AND BOTTOM IN GREY case that says "Vivera retainers" on it. If these are yours please call 415-233 8736 to claim-Amber Distasi

AD 8/22

OUR FRIEND LOST HIS WEDDING RING ON SATURDAY July 16 at the channel. Hoping a friendly sea creature found it. It says "DJ" and a date. Call 9525 if found.

AW 7/18

LOST-WOMAN'S WEDDING RING-GOLD, ON BEACH? Phone 916- 606-4265

7/18

LOST: OAKLEY GREY & BLUE SUNGLASSES NEAR Bass Lake, around noon time 7/15-Randy-925-708-6868

R 7/18

FOUND: PRESCRIPTION SUNGLASSES: THURSDAY June 23, in sand by the shore around 8pm. Just about swept to sea. You must be missing them-super good looking rims & goggles-black thick cat frames with whithish interior. Send e-mail marialidiamarcotull@gmail.com

MM 6/29

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

DL 6/22

CLASSIFIEDS

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-register 868-0473) 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
Diapora w/Amber Hines 6:30 – 8:00 pm

THURSDAY
USDA food bank 12 noon
Congoese 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
Diapora Dance w/ Amber Hines 9:00 – 10:30 am
LITDCO w/Lisa 10:45 – 12:30 pm

SUNDAY
CommUnity Night (see website for details) Noon – 6:00 pm

Call 868-2128, check the Library Marquee, Calendar in BCC Foyer or visit www.bcccenter.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. And how to subscribe to the password-protected web site and read the hearsay online.

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

FREE
FREE: DRYER-CALL 9356, LEAVE A MESSAGE OR rncapelstrri@gmail.com

MC 8/10

PLAY STRUCTURE: LITTLE TYKES, PLASTIC, multicolored, for small children. Easy to move. Email and I will send a photo. slideill@aol.com

SI 5/4