"Go back to sleep. It's only the election."

*Drive in Movie at Mesa Park*
*Many Voices, No Single Story (screening)*
*Book of Life (Featured Film)*

**WHEN:** 6pm  
**SATURDAY, NOV 7!**

---

**Happy Birthdays**  
**Nov. 4** John Glavis  
**Nov. 5** Ned Liebman  
**Nov. 6** Walt Hoffman  
**Nov. 7** Kai Cunha

---

**Flu Vaccination Clinic in Bolinas**  
**Wednesday Nov. 11th**  
9:30 - 11:30 am  
**Coastal Health Alliance**  
**Bolinas Clinic Parking Lot**  
First come, first serve, free

---

**SPECIAL LOW-TECH EDITION**  
since we have no printer

---

...a socially-acknowledged nature-loving town because to like to drink the water out of the lakes to like to eat the blueberries in the bins in poet's garden to have your lines out of the woods and your hands bare. Summer is not only a way to save life, it could be the whole point to the story are.

---

**ANXIETY MOUNTS AT A BITTER END**
now it's computers and more computers and soon everybody will have one, 8-year-olds will have computers and everybody will know everything about everybody else long before they meet them and so they won't want to meet them nobody will want to meet anybody else ever again and everybody will be a recluse like I am now.

-Charles Dickens

-1970

NEW HOURS
Bolinas Library
Mon. 11 - 3
Wed. 11 - 3
Thurs. 2 - 6
Sat. 10 - 1
Computer time slots now available at the top of hour for 30 min. increments
Mon. 11, 12, 1, 2
Wed. 11, 12, 1, 2
Thurs. 2, 3, 4, 5
Sat. 10, 11, 12

If I'm not mistaken, everyone seems to go back to where they came from, ending up right where they began. Our beloved cat died today. She liked to sit on my head during zazen back when she was a child. I bow to her magnificence beside which all churches and temples are privy holes.

- Jim Harrison
Free Hot Meals

All are welcome. Take as you need, give as you can.

Sunshine Roofing

Sunshine Roofing was formerly Raindance Roofing. Same crew and same Honest and Solid Craftsmanship. FREE and Friendly Estimates.

Roof Replacement Composition Shingle, Tile and Flat Roofs. We also offer Roof Repairs, new Gutters or gutter cleanings and Roof Certifications/ Roof Inspections. Got a roof issue or question contact us at: www.Info@Sunshine-Roofing.com or call (707) 712-0728.

THE FARALLONES

Gliding like dreams into the western sky,
Wings motionless against the raging gale,
The cauldron of gulls streams swiftly by
Along the sunset trail.

Line upon line of breakers toss the spray
High in the air, the angry west wind moans,
The nightly pilgrimage is on its way
Out to the Farallones.

The fading beauty of this hour seems
As if it conjured up the best of day
And painted the magnificence of dreams
Before it passed away.

Our hours glide past us toward their resting place,
As life takes on the mellow evening tones,
Seeking a refuge where the seas embrace
Some mystic Farallones.

They speed like soaring gulls into the west,
These hours we load with witchery or grief,
We see them in the twilight of unrest
Above the foaming reef.

We see them etched in grey against the light,
Or burning Sparks against the midnight gloom,
And there is something gripping in the sight
Of the onrush of doom.

-Philip Vlahos, 1971
Star Route Farms

Warren Weber

Warren Weber, owner of Star Route Farms in Bolinas, began with five acres, horse-drawn sulky plows, cultivators, and a lot of what he calls “long-haired ambition.” An organic farming pioneer, he started his business in 1974, making Star Route the oldest certified organic farm in California.

Warren didn’t begin life as a farmer. Born in the Midwest and schooled on the east coast, he was a secondary school teacher, then moved to Berkeley to get his Ph.D. A growing dissatisfaction with city life led him to the “Back to the Land” movement in the late 1960s.

“I had worked on ranches as a kid growing up and always felt more at home in the country than in the city,” says Warren. "I was part of that hippie culture and decided to live as simply I could, and grow my own food on a piece of land I bought in Bolinas.”

He lived there without running water and electricity for a number of years. Oldtimers considered him “likeable, but a bit strange,” he recalls. Today the 40-acre certified organic farm produces a rich variety of cool weather vegetables, fruits, and leafy greens.
healthy living | climate
To Tend and Befriend
Oxytocin and the Feminine Call to Counter Climate Change

BY ANNA O’MALLEY

Last week I participated in the Global Climate Strike in San Francisco with my children. All around me people of all ages bonded in a shared experience, staring at the unfolding catastrophe that is climate change. We felt connected to people all around the world. Good will and poignant emotions ran high.

As we marched along with other mothers and children, I reflected upon climate change and our human response to stress. We are biologically programmed to respond to stress for our survival. When stressed we are flooded with hormones like cortisol that support a “fight or flight” response. However, we are also neurochemically wired to “tend and befriend” or to respond to stress with “prosocial” strengthening of bonds. We women are particularly programmed this way.

The Feminine Response to Stress
This so-called feminine stress response is mediated, in large part, by the hormone oxytocin. And while it is true that women tend to have higher oxytocin levels, estrogen can stimulate its release as well, producing it too. Oxytocin has a calming, soothing effect on our bodies: It lowers cortisol levels, blood pressure, anxiety, and pain. On an interpersonal level, it promotes bonding and feelings of connectedness, trust, and friendliness, along with our ability to respond to facial expressions and other nonverbal cues. It decreases fear and mistrust in the “fight or flight” center of the brain, the amygdala, and promotes an overall sense of well-being.

Evolution favors those who behave in ways that support survival. To survive infancy a baby requires a connected, nurturing parent. A mother and infant will have a better chance at survival (this was particularly the case with our ancestors) if they are connected to others. Interestingly, in some settings (unfamiliar surroundings, navigating “us vs. them”), a surge of oxytocin can create aggressive protective behavior. Think mama bear.

I wonder what “selective pressures” climate change will exert on our evolution? Will those who are skilled in connection, healthy self-soothing and fierce protection of that which we love have a survival advantage?

That is unanswerable but studies show that when people are faced with a psychosocial stressor, those with higher oxytocin levels who also have social support engage in higher level problem-solving skills. They employ more effective coping strategies like humor, support seeking, and cognitive distraction. They are less likely to display depressive symptoms. As we face the certainty that we, collectively, have some problem-solving to do, I am curious how we can raise our oxytocin levels. How can women, with our natural physiological capacity to “tend and befriend” lead in cultivating connectedness and with it, adaptive responses to stress?

How Is Oxytocin Stimulated?
Oxytocin is released under many circumstances, both pleasurable and intense. Most famously it is associated with labor and childbirth. It is oxytocin that is responsible for the uterine contractions that move newborns out into the world. It’s also released when a mother feels her baby’s skin on hers and causes milk to flow while nursing. And of course oxytocin is released under the same intimate circumstances that prompted childbirth in the first place—cuddling, kissing, lovemaking—these all enhance our oxytocin. Orgasms flood the body with oxytocin.

We also have special touch receptors on our skin that lead to oxytocin release. It has been found that light stroking, placing a hand on someone’s arm, receiving a foot massage, and the sensation of warmth (like a warm blanket, a warm bath, or a hot water bottle) all stimulate oxytocin release. So does giving and receiving a hug. Petting a dog raises oxytocin levels in both the human and his companion. By eye gazing oxytocin levels increase as much as 300 percent.

Eye gazing between humans is powerful too. We humans are social creatures. Sustaining eye contact, particularly with someone who is attentive and who we care about feels good. Gratitude raises oxytocin, as does giving. Eating a nourishing meal (with full mindful awareness of the sensual pleasure in it) releases oxytocin, while sharing that meal further enhances its benefit.

How might we bring more touch, generosity, and connection into our lives? We can offer to walk and pet a friend’s dog. We might give our child a massage at bedtime, or give our partner a massage in loving appreciation, maybe even with sensual connection. We can learn to start work morning with an expression of gratitude. We can offer hugs. By consciously bringing our full selves into a listening relationship, with eye contact and engaged body language, we actively raise oxytocin.

Climate Crisis—A Call to Women
While opportunities abound for all of us to cultivate the “feminine” ability to connect, perhaps women share a unique ability to lead this stressful planetary moment. With our innate tendency to befriend we can work toward dismantling the social constructs that lead us to perceive members of our human family as other.

With our natural desire to tend we can lean into repairing relationships within communities and with the natural world. As we navigate the collective eye of the needle that is climate change, the feminine art of tending and befriending will be key to our resilience. It may also serve in our evolution.

Anna O’Malley, MD, practices integrative family and community medicine in West Marin at CoastalAlliance.net. She founded and directs the Nature Institute for Ecology and Medicine in the Commonweal Garden in Bolinas, exploring the medicine of connection to ourselves, each other, and the earth.
LOST & FOUND

LOST: CLEAR PRESCRIPTION EYEGASSES
lost while walking from Post Office to Elm & Cedar (via Terrace) 415 676-8180

LOST: Clip-On Sunglasses lost 10/16 Call Jody Angel 415-264-5541

LOST: SMALL GREEN LEATHER COIN PURSE
with all my ID as Susan Franklin. Please call Miah at -0938

LOST: SMALL SHORT SLEEVED PURPLE T-SHIRT;
between end of whale side of beach, to car, close to beach.
Sentimental Value, REWARD. Flower Sierra 831-747-4540

JA X

FSX

SERVICES

WINDOWMAN: REPAIRS SINGLE AND DOUBLE PANE
windows, sliding glass-door rollers, screen. Reasonable.
No extra charge for West Marin. Sean 415-699-6204

SB X

BRUSH TO MEADOW TRANSFORMATION
Heavy-duty tractor, Mowing / backhoe / roto-tiller / diskng / plowing / post-hole drilling. Don March -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

SUNSHINE ROOFING WAS FORMALLY RAINDANCE
roofing. Same crew and same Honest and Solid Craftsmanship.
FREE and Friendly Estimates. Roof Replacement
Composition Shingle, Tile and Flat Roofs. We also offer
Roof Repairs, new Gutters or gutter cleanings and
Roof Certifications/Roof Inspections.
Get a roof issue or question contact us at:
www.Info@Sunshine-Roofing.com or call (707)712-0726.

FREE

FREE FIREWOOD, DRY AND CUT.
Southwest corner of Alder and Hawthorne.

DP 10/20

FOR SALE

HEAVY DUTY BRUSH MOWER
Recent tune-up. Good condition. Extra parts available.
$400, OBO. Call 868-0986

MW 5/11

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

PLEASE REMEMBER - HEIGHTENED WATER CONSERVATION ALERT IN EFFECT - PLEASE REDUCE YOUR WATER CONSUMPTION!!!

As we experience the forecasted hot weather this week, it is especially important for everyone to keep their water consumption as low as possible. The BCPUD is asking all customers to limit their water use to no more than 150 gallons per day per connection (not per person) until sufficient rains occur to replenish our supplies. Letters will be hand-delivered and sent via U.S. Mail beginning today to all customers using more than 150 gallons of water per day at their property asking them to reduce their usage immediately.

Please do whatever you can to reduce your water usage to 150 gallons per day or less immediately. If you have an irrigation system, please restrict its use or, better yet, turn it off completely at this time. Please set timers for showers to limit them to 3 – 5 minutes. Please do not run appliances for partial loads; wait until you have full loads. For additional tips on water conservation and instructions on how to read your water meter to track your water use, please consult our website at www.bcpud.org or call our office at (415) 868-1224 on weekdays between 10:00 a.m. and 3:00 p.m. Thank you!!!

Jennifer Blackman
General Manager
October 14, 2020

Housing Wanted
Local family of four looking for a 2 year rental. 2 - 3 bedrooms, pet friendly, clean, responsible, respectful, employed with EXCELLENT REPS.
Call or email ChowChaw at Hector 415 328-6350, chowbedo@gmail.com

The Bolinas Hearsay News is produced on the ancestral occupied territories of the Coast Miwok Peoples. The Hearsay recognizes the genocide of indigenous Peoples in California and the systemic inequities that persist today because of our past and present state of colonization.