

Make the time to create or enhance your home's defensible space. Direction may be found online at <http://www.firesafemarin.org/defensible-space> .

The current combination of excessive heat along with poor air quality from drifting smoke further has increased the risk of both heat and respiratory illnesses. People over 65 years of age, infants, children, athletes, and those with chronic medical conditions are at greatest risk. Everyone is encouraged to drink plenty of cool, non-alcoholic beverages regardless of activity level to help prevent heat related illness and injuries. For more information on how to stay safe during the heat wave and to avoid heat-related illness, visit <https://www.cdc.gov/disasters/extremeheat/index.html> .

Everyone in the community also is encouraged to take Community Emergency Response Team (CERT) training. The training takes 18 hours. The next two-day training is scheduled for Sat., Oct. 14th, and Sat., Oct. 21st, from 8:30 AM - 5:30 PM in Nicasio. For more info or to register, go to <http://readymarin.org/calendar/> .

Free flu shots will be offered by Dominican University on Saturday, October 28th, from 1:00 to 3:30 PM at Fire House 1 located next to the SB Community Center. If you are a Kaiser member, please bring your Kaiser membership card, so the organizers can be reimbursed. Everyone including non-Kaiser members and the uninsured is welcome and no one will be charged for the flu shots.

The Stinson Beach Volunteer Fire Dept. is delighted to present to the community for its enjoyment a series of movie nights at no charge to which everyone is invited.

Upcoming films include the latest version of Beauty and the Beast to be shown on Friday, September 8th, and E.T. the Extra- Terrestrial to be shown on Friday, October 6th.

The films will be shown on the basketball court in the Village Green. Everyone is encouraged to bring their own chairs and blankets. It is BYOB, and the Fire Dept. will provide hotdogs and popcorn. The movie nights are planned as zero waste events, so please bring your own plates and containers for the free hotdogs and popcorn.