Plus

generations + family + sports

FOOD & DRINK
WEDNESDAY
LIFESTYLES
Marin Independent Journal
Call 800-I WANT IJ
marinij.com

THREE THINGS TO DO TODAY

In flight
- **What:** Kids 5 and older can design and experiment with their own paper airplanes, kites and whirly gigs during a "Fly Away, Fly Away" craft session.
- **When:** 3 p.m.
- **Cost:** Free
- **Do it:** Sausalito Library, City Hall Council Chambers, 420 Litho St.; 289-4121; www.ci.sausalito.ca.us/library

Shark documentary
- **What:** The Tiburon Film Society presents Rusty Armstrong's documentary "Summer of the Sharks," an inside look at the Shark Diver Magazine crew on the road and in the water.
- **When:** 6 p.m.
- **Cost:** Free
- **Do it:** Bay Model Visitor Center, 2100 Bridgeway, Sausalito; 381-4123; www.tiburonfilmfestival.com

Rosebud to the rescue
- **What:** West Marin artist Vickisa discusses her exhibition of mixed-media art and paintings from her book "Rosebud the Rescue Dog ... or Who Rescued Who?" at an opening reception with wine and cheese.
- **When:** 6 to 7 p.m.
- **Cost:** Free
- **Do it:** Depot Bookstore and Cafe, 87 Throckmorton Ave., Mill Valley; 383-2665; www.depotbookstore.com

CONSUMER TIP

CHECK BILLS FOR SLAMMING AND CRAMMING

What are slamming and cramming?

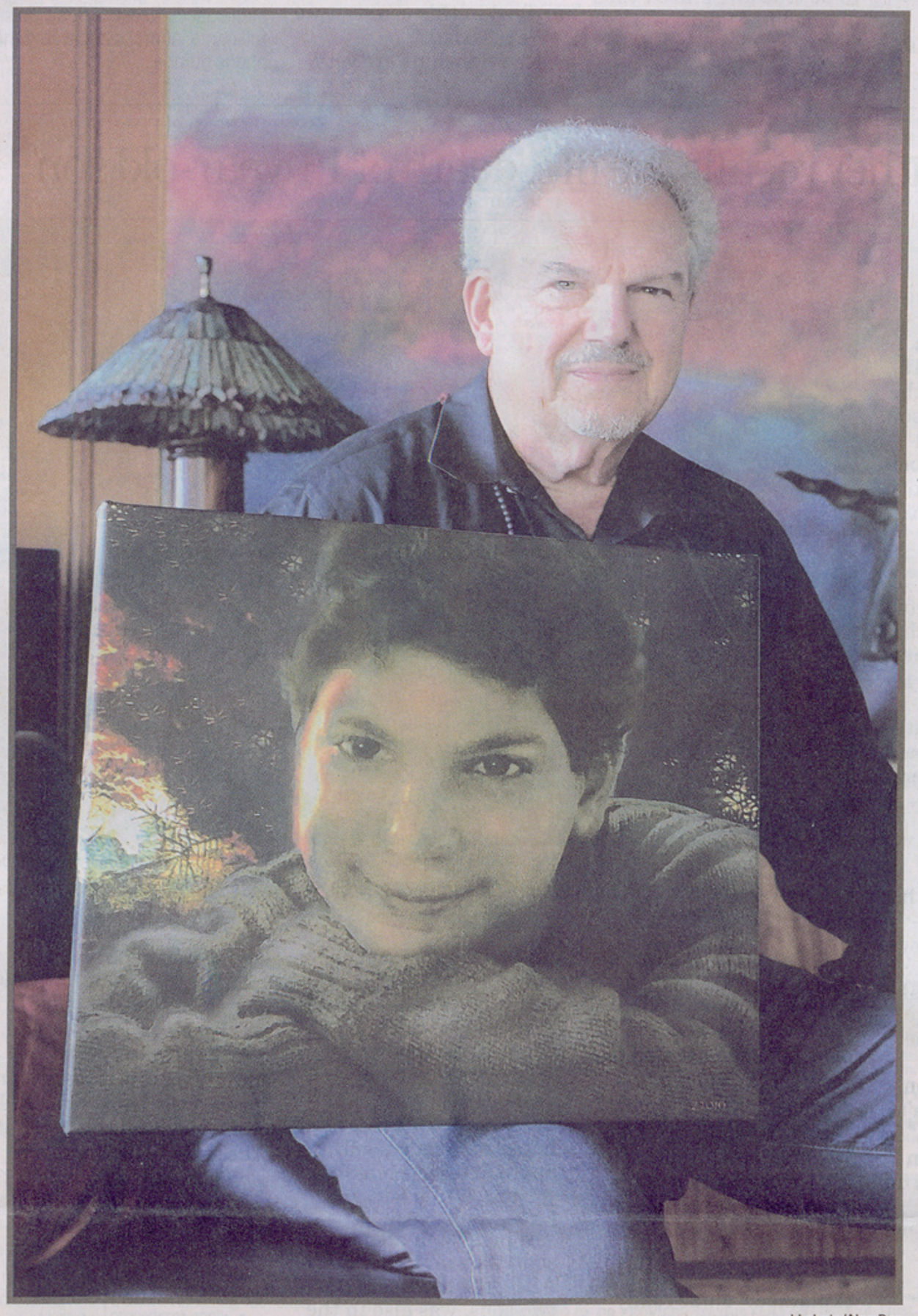
Slamming occurs when your local or long-distance phone service is switched from one carrier to another without your consent. Cramming occurs when you are sold "extra" features and phone services without your consent.

Either can occur if you are contacted by a telemarketer who offers special deals on phone services or special call rates. You also may get a solicitation in the mail that asks you to fill out and send back a card to receive special incentives.

In some cases, you may innocently submit an entry form for a "free" contest or giveaway at a booth or display in a shopping center, at a fair or event.

If you are not sure what the offer is, ask the telemarketer to send you materials that

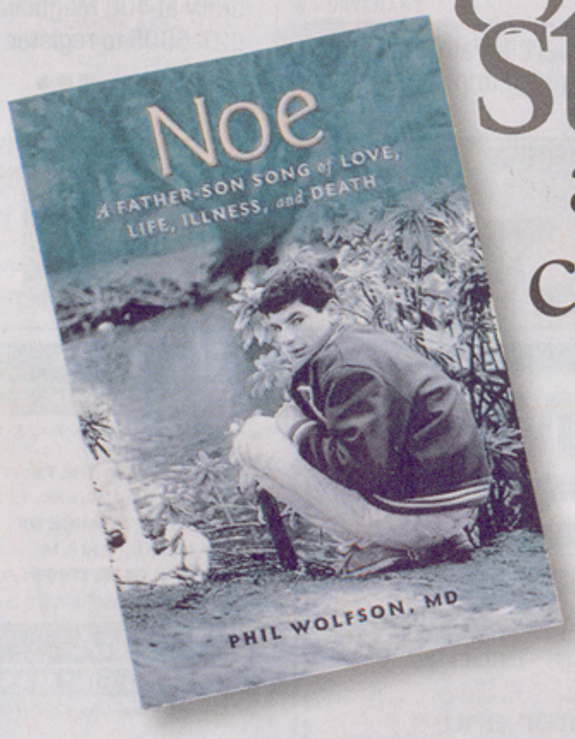
Marin father's heartfelt memoir recalls the short life and death of his son



IJ photo/Alan Dep

'I see the book as a guide, in a way, to the things that can befall you when you lose a child,' says Phil Wolfson, author of 'Noe: A Father-Son song of Love, Life, Illness and Death.'

The toughest story a parent could tell



Wolfson, holding a painting (above) of his late son, Noah, recounts his adolescent son's illness and inexorable death from leukemia in the memoir 'Noe.'

By Paul Liberatore | Marin Independent Journal

IN EMOTIONAL AGONY after the death of his 16-year-old son, Phil Wolfson would scream in despair while he ran on Mount Tamalpais, racing desperately to stay ahead of grief.

"But I couldn't run hard enough or fast enough," he writes in his recently published memoir, "Noe: A Father-Son Song of Love, Life, Illness and Death" (North Atlantic Books, $21.95). "Grief would catch up."

Jogging on Mt. Tam and on the Tiburon bike path was just one way Wolfson, a psychiatrist in private practice in San Francisco, tried to escape the pain, albeit briefly, of losing his eldest son, Noah, after a four-year struggle with leukemia in 1988.

His hilltop home on the border of San Anselmo and Ross is a showcase for handsome furniture he skillfully churns out in a woodworking shop in his garage. He financed an independent feature film directed by his youngest son, Eric, 36. In addition to his psychiatric practice, he facilitated peer support groups at Marin's

See **MEMOIR**, page 2