

Bolinas Hearsay News

46 ¢ + tax

Monday, April 23, 2012



“The world is mud-luscious and puddle-wonderful.”

—E.E. Cummings

WHAT'S HAPPENING

Monday, April 23, 2012

FIRE PROTECTION DISTRICT

Regular monthly meeting of the Board of Directors at Firehouse, 7:30pm (Agenda inside)

Tuesday, April 24

HOW TO TALK WITH YOUR KIDS ABOUT SEX.

Professionally-facilitated, free at Bolinas School, 630PM .
Soup & bread, 6PM. Childcare available. Info: 868-1606

COMMUNITY CENTER GAME NIGHT

w/Make-a-Bird Workshop , DJ Omatic & Ping-Pong

Wednesday, April 25

MIDNIGHT ON THE WATER

Acoustic contradance music to accompany Smiley's celebration of all April birthdays, 7:30-9:30pm, no cover, free cake.

Thursday, April 26

COAST CAFÉ CONCERT SERIES

Danny Montana & Phil Richardson play; food & drink specials, @ Coast Café, 6-8pm

MATT BOLTON

Live music @ Smiley's, 8:30pm, no cover.

Friday, April 27

ENDOXI

Live pop/rock 'n' roll @ Smiley's, 9pm, cover

HAPPY HAPPY BIRTHDAY!!!

April 23:

**Terry Greibel
Sarah Hart
Barbara Juniper
Jed Juniper**

April 25:

**Tania Bedford
John Norton**

April 26:

**Maud Zimmer
Ruby McCracken**

April 27:

**Mary Ellen Guroy
Mary Lu Banta
Tiffany Pierce
Dede Rollins
Bill Robbins**

Saturday, April 28

BRIONES LIONS CLUB BBQ

Learn about Lions club community service, meet the members. In Bolinas, 5pm. For info & location: -1796 or 2004

SAVANNAH BLUE

Live bluegrass music @ Smiley's, 9:30pm, cover.



dance palace

The Dance Palace, 5th & B Streets
Point Reyes Station

Tickets at www.dancepalace.org

2012 PT. REYES BIRDING AND NATURE FESTIVAL

Saturday, April 28, 6 PM

Please visit online at www.pointreyesbirdingfestival.org for more information on this event.



Howard N. Meyer died on Sunday, May 22 at 8:00 am.
Please see attached photo. Memorial service to be announced.

He was 97 years old.

Jonathan Meyer

MEETING AGENDA BOLINAS FIRE PROTECTION DISTRICT BOARD OF DIRECTORS

MONDAY April 23, 2012 at 7:30PM

Location:

Bolinas Fire Department Community Meeting
Room 100 Mesa Road

The site is open to the public and is wheelchair accessible.

(This agenda is posted in accordance with the Ralph M. Brown Act, California Government Code Section 54950, et seq.)

1. Call to Order and Roll Call
2. Approval of Agenda
3. Fire Chief's Report
 - a. Update on Bolinas Road Access – Joint Committee
 - b. Update Fire and Water Districts Shared Personnel
 - c. Update on Terrace Avenue Surfer's Overlook
 - d. Maintenance Agreement with CHA
 - e. Fire Calls & Emergencies for March 2012
4. General Business
 - a. **Action Item # 1:** Adopt Resolution #164-2012 Proposing an election be held in its jurisdiction; Requesting the Board of Supervisors to consolidate with any other election conducted on said date, for 3 regular term positions (4 years)
 - b. **Discussion:** Emergency only access and egress alternatives to closure of Terrace Avenue and Overlook Road
 - c. **Discussion:** Verizon request to add microwave dish to existing Crown Castle tower located on Fire District property.
5. Consent Calendar
 - a. Approval of regular Minutes from March 26, 2012
 - b. Approval of warrant lists from March 20 – April 18, 2012
 - c. Approval of financial reports for February 2012 including account balances
6. Public Expression (The public may address the Board regarding matters not on the agenda.)
7. Committee Reports
8. Board Member Report
9. Personnel Matters (Board may go into a Closed Session.)
10. Announcement
11. Good of the Order
12. Adjournment

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

8 2nd Prize \$25 6

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

Bikeavore

BIKE REPAIR Bolinas, CA

SCOTT DUNN
(415) 233-2471
bikeavore@att.net

www.bikeavore.com

Sleeping pills – the downside

This column recaps the last two Hearsay columns on sleep, with new information on the probable causes of an increased death rate among users of prescription sleeping pills, and the name of a website where you can get effective blue blocking glasses for about \$15.

The most popular prescription drugs for insomnia these days are Ambien, Lunesta and Sonata. Many people also use pills called benzodiazepines, such as Valium, Restoril, Ativan, and Xanax. While effective, such pills have side effects and can be habit forming if used continuously. Sleep apnea can become worse with these powerful sleeping pills. In some people, Ambien is associated with sleepwalking, and eating when asleep without conscious awareness. Driving under the influence is hazardous. Elderly users of these medications have an increased risk of heart failure, falls and cognitive side effects.

The most problematic aspect of these prescription drugs is found in an article published in the British Medical Journal on February 27th, 2012. Entitled *Hypnotics' association with mortality or cancer: a matched cohort study*, this article concludes that people who received prescriptions for sleeping pills had an increased risk of death or a cancer diagnosis, when followed for 2.5 years between 2002 and 2007. The word 'hypnotic' refers to a medication causing sleep. The study was done at Scripps Health in San Diego. The authors searched the electronic medical records of a large health system in rural Pennsylvania, and matched 10,529 patients who received sleeping pill prescriptions with 23,676 matched controls who did not. The average age was 54 years. Patients prescribed any sleeping pill (Ambien, Lunesta, Sonata, benzodiazepines, barbiturates and sedative antihistamines) had an elevated risk of death, with a dose-response association. Even people taking 18 pills a year or less showed some increased risk. Sleeping pill use in the upper third of the cohort was associated with a small but significant elevation of a cancer diagnosis. The researchers did not think that the death or cancer hazards were associated with pre-existing conditions. The authors stated that 24 previous studies have shown an association

between use of prescription sleeping pills and mortality. No studies have shown that the use of such pills prolongs life or prevents cancer!

The mechanisms involved in these associations have yet to be worked out. The authors state that sleeping pills can increase depression, and when used with alcohol can lead to accidental death. Suicide may be a factor in some cases. Ambien can lead to 'heartburn' - regurgitation of food mixed with stomach acid that can injure the esophagus or lead to respiratory infections. Laboratory studies with rodents show that sleeping pills can cause chromosomal damage. This finding could be related to the rise in cancer.

Here are some conclusions I draw from this disturbing study. If you have been given prescription sleeping pills in the hospital, or at a very difficult time in your life, don't worry. The use of such pills for people who are dying is absolutely justified. However, for most of us it is better not to take prescription sleeping pills. If you have been using them for more than two weeks, you should decrease the dose very gradually; you may want to talk to your doctor or nurse-practitioner about a schedule to help you get off them.

What should we do to fall sleep and stay asleep more naturally? Sleep researchers say we should maximize our own output of melatonin – the sleep hormone. Melatonin is secreted by the pineal gland in our brains as darkness falls. It makes us sleepy and reduces our body temperature. When we turn on the lights and stay up late working or playing, this reduces the time we are in darkness. Less melatonin is put out, and sleep can become elusive. We may fall asleep, but not stay asleep – a common complaint of older people, who secrete less melatonin with advancing age.

Instead of deploring the genius of Thomas Edison, we can be grateful for current researchers who have found out how we can live with the advantages of light and still sleep. Studies have shown that it is the blue component in light that causes the most melatonin suppression; it is possible to block blue light by wearing goggles that filter out over 90% of the blue light. By putting on these yellow-orange goggles for 1-2 hours

before bedtime, melatonin will flow out and sleep will improve. You can find these goggles, which can be worn over reading glasses, at LowBlueLights.com, with a lot of interesting commentary on why they are effective. A less expensive version of the goggles is found at BluBlocker.com. Wearing these goggles, you can easily read, work on the computer, watch television, etc.

Daily exercise is a way to increase your natural melatonin secretion. A 2005 Canadian paper showed a positive correlation between the duration of exercise and the amount of melatonin produced in overnight urine.

There is compelling evidence from shift workers that disruption of melatonin secretion can be a problem. Dr. Eva Schernhammer at Harvard has studied the effects of night light on cancer risk through the melatonin pathway. She found that nurses who had worked for more than 15 years on rotating night shifts had a 35% higher risk of breast cancer than those who never worked rotating shifts. Shift workers have disrupted melatonin output. She also found that women with invasive breast cancer had less of a melatonin metabolite in their overnight urine. She found that women who were totally blind had a lower rate of breast cancer than blind women who still respond to light. Dr. Schernhammer concluded in a 2009 paper that melatonin is able to fight breast and other cancers by being a powerful antioxidant that can destroy damaged DNA before it can initiate cancer, by preventing cell mobility that causes metastasis, and preventing blood vessel growth that may nourish cancer cells.

A Japanese study in 2006 found that men who worked rotating shifts had a significant increased risk of prostate cancer over those who worked non-rotating shifts.

Daniel Kripke, the lead author on the Scripps paper, suggests the following for better sleep - keep the light out in your bedroom, try meditation or prayer, and learn progressive muscle relaxation or self-hypnosis. He also suggests taking melatonin tablets if you are a night owl, to reset your sleep-wake rhythms. He suggests talking to your doctor about an appropriate low dose of melatonin to try at bedtime. My advice is - start with 0.5 mg, and go up to 1-3 mg as needed. The kind that dissolves under the tongue goes most directly into your bloodstream.

But - get those blue-blocking glasses, for the most natural sleep! *Sadja Greenwood, MD past issues at sadjascolumns.blogspot.com*

MONDAY MORNING MEETINGS & MISCELLANY

4/23/12 RECAP From Jennie Pfeiffer

RECAP QUOTE OF THE WEEK this week came from Max, Mr. **Bo Bo Burrito Man**, after an action packed weekend downtown, with huge crowds out for Saturday's sunny and warm perfect beach weather, and then many here Sunday hoping for more of the same - sadly disappointed. As Max picked up the water bowl he puts down for dogs that visit his burrito cart, he commented that there are more places in town for dogs to get a drink, (what with all the water dishes left around for our canine friends) than there are water fountains for humans. I had to think about that and it seems true.

I saw an item on the internet yesterday that there are some 10 million tons of dog poop contaminating our waterways. Yikes! Pick up after your pets, but then what? To the landfill for a mountain of dog droppings? Best solution seems to bury it, which makes sense since that is what most dogs try to do themselves when they fling dirt everywhere with a flamboyant back leg scratch and dig dance they do. Unfortunately, with all the paved puppy mills, etc., many have had that instinct bred out of them. Can we really blame dogs for the negative effects we've had on our environment? Helping your dog cover it's droppings seems better than carrying it around in a plastic bag, looking for someplace to drop it to make it go away, which, guess what, it doesn't.

This week's tutorial for parents at our school was in the middle grades, with Don and Willow giving an excellent lesson on speed writing & two column note taking. Watch for their book on this.

Thursday White Caps had a presentation on falling, which is the easy part - what with gravity and all - then getting back up right again, harder but most important. It's best to keep up arm and leg strength as one ages.

Friday was another great Track and Field Day at school with several record breaking events, posted here later.

Saturday morning had a Community Center Board meeting covering all aspects of the upcoming Art and Garden show May 4, 5, & 6. There are still some small canvasses to paint if you wish to contribute your art to benefit the BCC, or you can donate an experience for bid. Later Sat. night was a great Maitreya Solarbration.

Plans are underway for a retirement bash for Harriet Kossman, after 3 decades in the art shop at school. If you would like to help with planning, come to the Art shop at school this Friday at 5:30. Bring big ideas! jp

BEST KNOWN SECRETS OF BOLINAS

ONE OF BOLINAS' BEST KNOWN SECRETS IS BACK AND

RUNNING : AMLETO ROSSI' PIZZA AMORE IS BACK

AFTER TAKING A BREAK FOR A YEAR, AMLETO IS MAKING

HIS WONDERFUL PIZZAS ON THURSDAYS, FRIDAYS, AND

SATURDAYS FROM 5-7. HIS PIZZA IS A BOLINAS TRADITION

FOR ALMOST 40 YEARS. MANY GENERATIONS OF BOLINAS

FOLK HAVE BEEN RAISED ON HIS BOLINAS PIZZA, ALWAYS

CUSTOM MADE TO INDIVIDUAL TASTE. CALL EARLY ON

THOSE DAYS AT 868-0374 TO RESERVE A PART OF BOLINAS

FOOD HISTORY AND KEEP IT ONE OF BOLINAS' BEST KNOWN

SECRETS. ENJOY. SUBMITTED BY EDWARD POHLMAN



Saturday, April 28th at 5:00 pm

The Stinson Beach & Bolinas Briones Lions Invite **You** to a BBQ!

The Briones Lions Club is a group of men and women who volunteer their time serving the communities of Stinson Beach and Bolinas. The Briones Lions Club is seeking new members to swell its ranks. We, the members of the Briones Lions would like to cordially invite those men and women of Stinson Beach and Bolinas who are interested in serving their communities to a barbeque, Saturday, April 28th, starting at 5pm in Bolinas. This is a chance to meet the men and women of the Briones Lions Club and to learn more about the Lions and how we serve our communities.

But first, we would like to know...

Are **YOU** A Lion?

- Are you the kind of person who likes to do good things for their community?
- Are you the kind of person who likes to make life a little bit better for those in need?

- Would you like to help send kids to summer camp, sponsor a child in Pony Club, or help a friend get the medical or dental care that they need?

- Would you like to help somebody get their college degree, or fulfill a dream?
- Would you like to help somebody get the eye care and glasses they need?

- Do you like to be involved in community events?
- Do you like to work with others?

- Are you dependable?
- Are you always being accused of having "too high of standards, or morals?"

- Can you donate 2 to 4 hours of your valuable time each month making life in our communities just a little-bit better?

- And, finally, do you like to meet others who are just as crazy as you are?

If you said yes to any one of these, you might just be a Lion?

To learn more about the Stinson Beach & Bolinas Lions Club, and the location of the BBQ, Please contact:



Mike Aitken, President, Briones Lions Club at 868-1796
Matt Lewis, Vice President, Briones Lions Club at 868-2004
Tom Dibblee, Director, at the Bolinas Hardware Store, 868-2900
Or any of the Briones Lions

We Hope to See You Soon!

Matthew Lewis, Vice-President
Briones Lions Club.

You're Invited!



90.5 FM + 89.9 FM
WWW.KWMR.ORG



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	KWMR Night Music	Weekly Feed 12-1 am	KWMR Night Music	5 Sunspots to 1:30 am	Grateful Dead 12-1 am	5:30 am As It Happens (CBC)	KWMR Night Music
	6:30 am WM Report	6:30 am WM Report	6:30 am WM Report	6:30 am WM Report	6:30 am WM Report	6:30 am WM Report	6:30 am WM Report
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	Morning Glory	Daybreak
	8 am WM Report	8 am WM Report	8 am WM Report	8 am WM Report	8 am WM Report	# Gregory DeMascio # Anneke van der Veen	# Gregory DeMascio # Anneke van der Veen
8	With Eyes Open! Peter Asmus	Good Morn. West Marin Susan Deixler	Hump Day	Morning Blunder	Barrio Vibes		
		Coming Feb 28 Rise and Shine Mary Siedman	Jimmy G Dave Cook	Swimming Upstream	Augusto Conde		
9	KT's Kitchen	Coming Feb 28 Airwaves Raul Gallyot	Fish Tales Dave Cook	Howard Dillon Charlie Docherty		Original Minds Elia Haworth	Sunday Celebration of Sacred Music Rick Clark
				Amanda Eichstaedt		Vicarious Traveler Vicki Leeds	
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Joy Maulitz	Turning Pages The Vinyl Café (repeat from Sunday)	Turning Pages NEW Readings by Erik Bowersfeld	Turning Pages # Bilingual Storytime # Specials	Krista Tippet On Being (repeat from Wed)	10 am BirdNote
11	TEMN Environment Specials	#1/3 Love is on the Air McGee & Taylor	Making Contact	An Organic Conversation	Nuestros Niños	Viewpoint	The Place We Live
	The Bioneers	#2/4/5 Questing Calpestri & Mickelson	The Bioneers (repeat from Monday)	Helge Hellberg & Mark Mulcahey	Marisol Muñoz-Kiehne	Ellen Shehadeh	Marc Matheson
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions Michael & Justine Toms	Alternative Radio David Barsamian	Attune-ment Anthony Wright	NEW Voces de Nuestro Mundo NEW SLOT Raul Gallyot Interviews	NEW MUSIC Forms and Feelings Jim Bennett	Happy Days Marcie Judelson Jazz Rhythm Dave Radlauer
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	NEW SLOT Your Own Health and Fitness Layna Berman	Philosophy Talk Ken Taylor John Perry	Parent Talk Susannah Baldwin PhD		Jazz with Kendrick Rand LAST SUNDAYS
2	Cruisin'.....	What's New?	Classical Wednesday	Classical Thursday	Classical Friday	World Playground	Riverwalk Jazz David Holt and Jim Callum Jr.
3	Rick Clark	#1 Jimo & Tammy # Specials	#1/2/4/5 Specials #3 Susan Deixler	# Susan Santiago # Jeffrey Wilkinson	#1 Susanna Henderson #2/4 Norman Masonson (New Day)	#1/3 Hawai'i Calling Susanna Henderson #2/4 Africa & Diaspora Mark Potts	The Vinyl Café (CBC) Stuart McLean
4	# Aztec Pride Jorge Ramirez # Latin Alternative Lechner & Norek	Art of the Song John Dillon and Vivian Nesbit	NEW SLOT # Krista Tippet On Being #5 Coastal Airwaves Vickisa	TeaTime Books Howard Dillon Mimi Calpestri	#3/5 Specials	Circulo musical	Learnin' Kirven To Hell & Bach
5	NEW Moyers & Company Bill Moyers	Sabrina Artel's Trailer Talk # The Feminine Mystic Wendy McLaughlin	Open House	Open House: Tamas de inmigracion; Story Shed	Happy Hour	Jesus Martinez	Brian Kirven Beth Underwood
6	Trash to Treasure Hope & Shulander	# ViewPoint (repeat) Ellen Shehadeh	Epicenter: #1 Pt Reyes Dialogues, Needleman # 4/5 Health Topics Anna O'Malley MD	NEW SLOT # Art's Desire # Hot Tech/Cool Science Julie Motz	Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Between Rock and A Jazz Place
	6:30 pm WM Report	6:30 pm WM Report	6:30 pm WM Report	6:30 pm WM Report	7 pm WM Report		
7	The Hippie from Olema	Musical Varieté	Ridin' the Rail..... on The Americana Express with The Roots Gang	Bakersfield & Beyond	Friday Funk Fest Fairfax Funkateer		Paul Flowerman Grey Shepard
8	Jerry Lunsford	Charlie Morgan	Mike V, Amanda, Will, Ken, Pat	Amanda & Mike V		Rick's Jazz Café	The Kitchen Sink
9	Reggae Radio	Faultline Radio	Coast Highway Blues	Story Hour Hearing Voices	Magic Radio	Rick Clark	Professor Kosmo Plays..... Patrick Kleeman
	Silver Dollar Jukebox		Larry Rippee	Professor Kosmo Plays....			
10	Monday Night Mixtape	The Amateur's Guide to Life	Sonic Sunspots Tony Palmer	Stuck in the Psychedelic Era with the Hermit	Chris Breyer	Saturday Night Function	The Weekly Feed Kyle Meredith
11	Jacoba Charles	Ernesto Lechner and Josh Norek				# Mark Potts # Marc Matheson	Professor Kosmo Plays...
	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report	Coming: Radio Goethe	2.10.12

Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317

Bolinas Fire Protection District
17 Fire Calls and Emergencies for March 2012

- 4 Medical Aid
- 1 Vehicle Accidents
- 0 Vehicle Fire
- 2 Public Assist
- 2 False Alarm
- 0 Wire Down
- 7 Tree Down
- 0 Illegal Fire
- 0 Structure Fire
- 0 Arcing Wire
- 1 Welfare Check

THREE MORE GREAT THINGS ABOUT THIS PLACE...

- (1) Getting your taxes in. What a load off your back.
- (2) Getting the sauna up and running and jamming a bunch of friends into it.
- (3) A week of friends and family birthdays to celebrate—five, at last count.

--Ned Riley

SERVICES

TREE SERVICE

Fine Trimming • Hedges • Removals • Brush Chipping
Insured #676377 Steve Ryan 868-1584

SR/x

HANDYMAN: Carpentry, painting, home repair,
Hauling too! 27 years experience. Local refs.
Steve Hill -2310

SHx

BRUSH TO MEADOW TRANSFORMATION.
Heavy duty tractor mowing/backhoe/roto-tiller/post-hole
drilling/discing/plowing. Don Murch -0921

DMx

FIREWOOD-HYDRAULIC LOG-SPLITTING-HAULING-
Dump Runs-Cow Manure-Recycling-Humane Animal Removal-
Skunks-Raccoons & Yellow Jacket. Carl Henry 868-1782

CH X

SMILEY'S

SCHOONER SALOON & HOTEL

- INTERNET ACCESS • CHECK CASHING
- WESTERN UNION • ATM & CREDIT CARDS

COLOR COPIER (B&W too)

41 Wharf Rd., Bolinas 415-868-1311

Community Mediation Board
868-0493

Involved in a conflict?

We have trained mediators.

Free, Confidential, Effective

X

AIRPORT? Howard Dillon's fast, comfortable,
car for all BAY AREA pick-ups, early or late.
Many satisfied local refs. Phone 868-2144

MCX

Better Than a Psychiatrist
CLEAR LIGHT WINDOW WASHING
Call Dale -0782

DP 4/23

HOUSING WANTED

CATHERINE AND KIDS JAMIE & KIMBERLY
need a room to rent ASAP. Please call 415 272-1614

KS 4/27

READ THE HEARSAY ONLINE

Tell your friends and families that they can stay connected to Bolinas even if they have to live elsewhere.

IT'S EASY: email hearsaynews@yahoo.com
and request the password and link to the site.

Michael will put you on the list and will send you reminders as new issues come out.

Keep reading The Hearsay News!

HEALTH AND HEALING

June McAdams, RN
Compassionate and Skilled
Hospice Care Home Care
Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052

CAREGIVER AVAILABLE
Excellent homecare, cleaner.
Call 868-1782 Amita & William

CH X

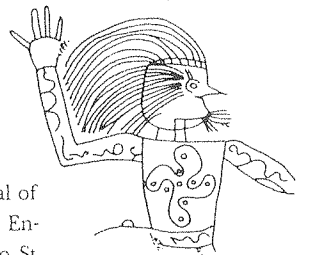
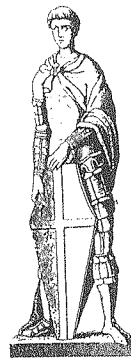
23 April

Jupiter and Venus/Sigurd/St. George

In Roman Paganism, today is the festival of

Jupiter and Venus. In England, it is dedicated to St.

George, the country's patron saint. St. George's Day is the remnant of an ancient festival of fertility, the traditional day for parades of dragons, hobbyhorses, and giant effigies. St. George is a version of the Greek chimera-slayer, Bellerophon, and the northern European hero, Sigurd the Dragonslayer, the Siegfried of Wagner's opera. In English Asatru, it is the day of Sigurd, festival of the homeland. Above is a thirteenth- or fourteenth-century graffito of a morris dancer from Sutton in Bedfordshire and, at left, an image of St. George.



FOR RENT

Private bedroom and bathroom. Shared kitchen, living and dining area. \$756 utilities included. Please contact the BCLT at 868.8880

BCLT/xxx

PARA RENTAR

Recámara y baño privados. La cocina compartida, sala y comedor. \$756 utilidades incluyedos. Contacte por favor la Confianza de Tierra de Comunidad de Bolinas en 868.8880

BCLT/xxx

LOST & FOUND

FOUND: A silver and black camera. Call 868-2128 to identify and claim. BCC Staff

BCC3/30

FOUND: SCARF ON YUCCA ROAD
About a month ago. Please call Ananda -0285

AC4/4

Lost 4/9 downtown-Large carabiner with keys-reward-0412
AM 4/11

MISSING: 2 FOLDING TABLES WERE TAKEN
from where they were stored at Mesa Park. The tables are used for the Sunday Food Program. Please be kind and return in kind.

SA 1/11/12



HEARSAY NEWS CLASSIFIEDS

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Fill out form and drop in door slot. If you have included payment please note. Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

FOR SALE

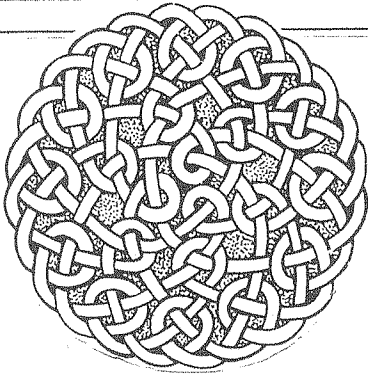
SOFTUB-PLUG IN- 2 PERSON HOT TUB,
well insulated, inexpensive to operate, easy to move, sits on deck. Very good condition, \$1,500 or best offer- call 1801

CW 4/27

FREE

Electric Washer and Dryer-Free-call 868-0739

HM 4/27



ANNOUNCEMENT

HERE'S WHAT'S NEW AT *UNIQUITIES*

UNIQUITIES Variety, Thrift & Gift and REALLY GOOD PET FOOD EMPORIUM, is very pleased to announce this month's addition of **StuArt,**

local artist, Troubadour, & community minded citizen, to the eclectic and energetic collective of unique personalities at *Uniquities*, where you can buy things you didn't even know you wanted. There are many **unique** items, some newly crafted, some from the long past; many loved and released treasures donated by townspeople such as yourselves to help keep the store afloat or to be contributed to the Bolinas Community Center. **StuArt** will be at the store most Tuesday's and Thursday's between 2:30 and 5:00 if you want to drop in to say hello, or maybe get a sketch of your likeness done by him. Other collective participants include June McAdams, weekend afternoons, 2:30 to 5:00; Howard Dillon, Wed. 2:30 to 5:00 & Saturday noon to 2:30; Barbara MacDonald, pet food proprietor and knitting needs provider, Monday and Friday noon to 5:00; and Jenniepeiffer, noon to 2:30, Wed. and Thursday, (unless we're mixing it up and changing it around, which we sometimes do.) Come by noon to 5:00 daily behind the Book Exchange, to see StuArt's ties and shrines and interesting signs, or call 868-8886 to save a space in the monthly 2nd Saturday Art & Royal Rummage Sale in the Square,

Appointments with
MARC IN THE HAIR SALON
are made by calling 464-7136.

hearsaynews@yahoo.com

Submit articles and drawings by midnight for publication the next day. Request a link to the password-protected website. Thank you.

-- Michael Rafferty, Online Editor

ANNOUNCEMENTS

DRUM LESSONS
With Michael Pinkham
-9073

MP4/27

CLASSES

DON'T MISS WHAT'S GOING ON AT THE NEW SCHOOL AT COMMONWEAL!
sign-up free at the newschool@commonweal.org. Download past podcasts at www.commonweal.org/new-school/events.html
NSx



Class Schedule

Sunday	
Yoga w/Trishna	9:00 - 11:00 a.m.
Brazilian Dance w/Anna	11:00am-noon (once a month call 868-0697)
Ninjutsu Martial Arts w/ Martin	Kids Class 5:00-5:45 pm Adult Class 6:00-7:30 pm (Starting May 20th Info 868-92360 Drop-ins welcome)
Monday	
Pilates w/Lisa (pre-register 868-0473)	5:30 - 6:30 p.m.
Tuesday	
Yoga w/Trishna	9:30 - 11:00 a.m.
Arial Arts for Youth w/ Joanna	3:30 - 5:30 p.m. (For registration 868-8821)
CommUnity Nights	7:00 p.m. w/ free movies, games or music. Call -2128 for details
Wednesday	
Pilates w/Lisa	8:30 - 10:00 a.m.
Yoga Basics w/Trishna	5:00 - 6:15 p.m.
Biblia en Español	8:00 - 9:30 p.m.
Thursday	
USDA food bank	12 noon
Congolese Dance & song w/Sandor	6:00 - 8:30 p.m.
Friday	
Pilates Mat Class w/Lisa	9:00-10:00 a.m.
Saturday	
Yoga w/ Lisa Brendel	9:00- 10:30 a.m.
Creative dance for kids 3 thru 4 w/ Lisa	11:00 - 11:45 a.m. (4 week series info 868-0473)
Ballet w/EriKa	Ages 7-12 11:00 - a12:00 a.m. Ages 13-adult 12:00 - 1:00 p.m. (5-week series May 12th-June 9th) Ballet shoes or soft shoes required. For pre-registration call (209) 523-4305)

Check the marquee by the Library for special events at the Community Center. For Info. 868-2128 or Bocenter.org

HOW TO PLACE AN AD IN THE HEARSAY

Come to the office at 270 Elm at Maple behind the BPUD office on a Monday, Wednesday or Friday morning 9-11am. Your ad will appear the same day! Ad forms are also available in the small mailbox next to the Hearsay Door. Fill out the form, enclose payment (please indicate you have enclosed payment in case they become separated) & drop in door slot.

HEARSAY ADS WORK!