

# Bolinas Hearsay News

Monday, January 14, 2013

46 ¢ + tax



Ken Botto's work is on display at the San Francisco airport through January.

## INSIDE:

- Sadjia's GO TO HEALTH column
- Coyote sightings
- Polissar poetry

## WHAT'S HAPPENING

Tuesday, January 15

### COMMUNITY NIGHT

"Vermont Boy in West Oakland, Community Center, 7pm, FREE

Wednesday, January 16

### BCPUD (UTILITY DISTRICT)

Regular monthly meeting of the Board of Directors @ 270 Elm, 7:30pm

Thursday, January 17

### COAST CAFE CONCERT SERIES

Live music, food & drink specials @ Coast Café, 6-8pm

### BRIDGE BROKE & FRO-ZEN

New bluegrass live @ Smiley's, 8:30pm

Friday, January 18

### JAZZ JAM

With Michael Pinkham @ Smiley's 9pm

Saturday, January 19

### FREEBOX FOLLIES

Freebox Fashion Show at the Community Center, the famous, fabulous extravaganza, 7:30pm

### WASTED NOISE

Live reggae/funk @ Smiley's, 9pm

Thursday January 24

### BE MUSED: A POETRY HAPPENING

Jan Broek & Dale Polissar Reading at Llewellyn Ludlow's Painting Show, Bolinas Gallery 7-9pm

Tuesday Jan. 29

### SINGER-SONGWRITER SHOWCASE

Feat. Van Waring, Jan Broek, Kacey Johansing, Jeff Manson & more, Bolinas Library 7-9pm FREE tea and snacks provided

## HAPPY HAPPY BIRTHDAY!!!

January 14:	Cassie Matson Kostelnik Olivia Harmon
January 15:	Russ Riviere Jr.
January 16:	Adrienne Pfeiffer Carol Harmon
January 17:	Tink Thompson Steve Heilig Desire Wall Fletcher Fletcher
January 18:	Franis Engel David Gleason (remembered) Laura Tabernik Jerry Burr George Gonzales Patricia Hickey
January 19:	Mary Siedman Susan Sterrett
January 20:	Ruth Ireland Warren Weber Tom Wredberg Sandy Leon-Vest

pasteup  
ads/books  
press

Ned Riley  
June McAdams  
David Cattell





For more information, to volunteer,  
or to join call 415-663-1075  
Save \$ by buying in advance  
Tickets at [www.dancepalace.org](http://www.dancepalace.org)

JOHN MCCUTCHEON

The Washington Post described John as folk music's "Rustic Renaissance Man," a moniker flawed only by its understatement. "Calling John McCutcheon a 'folksinger' is like saying Deion Sanders is just a football player..." (Dallas Morning News). Besides his usual circuit of major concert halls and theaters, John is equally at home in an elementary school auditorium, on a festival stage, or at a farm rally. He is a whirlwind of energy packing five lifetimes into one. His thirty recordings have garnered every imaginable honor including seven Grammy nominations. He has produced more than twenty albums of other artists, from traditional fiddlers to contemporary singer-songwriters to educational and documentary works.

Saturday, January 19, 8 PM  
Tickets \$22 general / \$20 seniors / \$11 youth  
Saturday, January 19 / 8 PM

THE OLD FASHIONED TUESDAYS STRIKE BACK

The greater West Marin area is invited to grab a pseudonym, don a colorful swing suit or paisley cake dress, step into some dancing shoes, and hurry down to the Dance Palace for "The Old Fashioned Tuesdays Strike Back." Featuring a nine-piece "Deep Lounge" band, the Dance Palace will be converted into the "Velvet Pelican Lounge," a 1950s/60s-style cocktail lobby featuring live music and theatre by various community characters.

Saturday, January 26 / 7:30 PM  
Tickets: \$10 in advance at [brownpapertickets.com](http://brownpapertickets.com) / \$15 at the door

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

2nd Prize \$25

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

- Mon Jan 14
- 10 am Turning Pages. *A Sand County Almanac* by Aldo Leopold.
- 1 pm Post-Carbon. Co-ops, worker-owned enterprises: Rae Levine, Melissa Young, Mark Dworkin.
- 6:30 pm Release Me. *White Bicycles*, record producer/writer Joe Boyd.
- Tue Jan 15
- 9 am Airwaves. Journalist Susannah Cahalan *Brain on Fire: My Month of Madness*. 9:30 am - *The Alzheimer's Prevention Cookbook*, Marwan Sabbagh, M.D.
- Wed Jan 16
- 5 pm Open House. Meet new M.A.L.T. director, Jamison Watts.

Schedules & More Info at [www.kwmr.org](http://www.kwmr.org)

BOBOLICIOUS

New Year Resolutions

2013 Calendars Still Available, Limited Supply

BAKERY SCHEDULE

\*Cake & Pie orders accepted for all occasions, inquire within

SUNDAY Quiche, Pecan Sticky Buns, GF Choc Cake	MONDAY Lasagna (starting at 11:30am)	TUESDAY Blueberry Muffins Applesauce Cake	WEDNESDAY Quiche Applesauce Cake	THURSDAY Blueberry Muffins Applesauce Cake	FRIDAY GF Choc Cake Banana Bread	SATURDAY Quiche Pie of the Week GF Choc Cake Banana Bread
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ALSO BAKED DAILY at Bobolicious: Biscotti, Crumb Cake, Fresh Ground Peanut Butter Blondies, Cheesy Jalapeño Cornbread\*, and Croissants\* (plain or with Ham & Cheese)  
(All Organic Ingredients used except those with \*)

NEW STORE HOURS

OPEN DAILY!!!

love, love...

SUNDAY 7am - 6pm	MONDAY 7am - 5pm	TUESDAY 7am - 5pm	WEDNESDAY 7am - 2pm	THURSDAY 7am - 5pm	FRIDAY 7am - 6pm	SATURDAY 7am - 6pm
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"Eat a rainbow everyday."



## Go to Health: Dr. Jamie Goetz, EMDR, and Ecopsychology

Dr. Jamie Goetz is the psychologist at our Bolinas clinic. He sees people who are working with relationship difficulties, anxiety, panic attacks, depression, smoking cessation, eating disorders, drug and alcohol addiction, trauma and post-traumatic stress disorders and other problems. In his own words he "uses a variety of therapies and interventions – in his clinical practice he describes his therapeutic approach as always collaborative and guided by a deep respect for the uniqueness of each individual." The work he does "is intended to build on people's innate strengths, intelligence and abilities, to solve problems and facilitate personal growth." Goetz notes that in many cases of addiction there are underlying causes, such as depression, which should be addressed to help with a solution.

Dr. Goetz uses EMDR (eye movement desensitization and reprocessing) with people who have endured trauma. The theory behind EMDR is that when a traumatic or distressing experience occurs, it may overwhelm the brain's usual coping mechanisms. The memory and associated stimuli of the event are inadequately processed, and remain stored differently from our ordinary memories. In EMDR therapy, as these distressing memories are brought back, the person can process them in a way that reduces their power. The eye movement of EMDR is similar to the rapid eye movement of REM sleep, enabling people to develop more adaptive coping mechanisms.

Dr. Goetz recounts his journey to the profession of psychology as having evolved out of a passion for outdoor adventure. For over a decade he worked with severely emotionally disturbed adolescents at a residential treatment program with a strong wilderness component. Through his own outdoor pursuits and experiences with teens in the wilderness, he has recognized the profound effects that a positive relationship with nature can have on a person's health and well-being. Dr. Goetz wrote his doctoral dissertation on "Ecopsychology," an emerging field of psychology that examines both the negative health effects of becoming

disconnected from nature, and the beneficial effects of establishing healthy relations with the natural world.

Goetz notes that one of the important books in the field of ecopsychology is *Last Child in the Woods*, by Richard Louv. Louv links the lack of nature in the lives of many children today, fixated on their screens, and living in cities, to the rises in obesity, attention deficit disorders, and depression. Louv calls the problem 'nature deficit disorder' and writes that direct exposure to nature is essential for children and adults. Goetz adds that our destruction of the natural environment has a negative effect on our psyches, and there are positive changes when we reconnect with nature, by hiking, gardening and doing something about restoring the environment.

Goetz thinks that marijuana use is helpful for nausea and some other medical problems. However, he cautions that the varieties available today are extremely strong, and can be a problem for adolescents and many people in relationships. If one partner is a chronic user and the other is not, the user may have lost motivation and drive, and be caught up in a personal world that is out of touch with reality. This is difficult for the other partner.

Adolescents need firm guidance from parents on drug use and other issues; they may rebel against this, but without guidelines they can feel lost.

Jamie Goetz is a thoughtful and compassionate psychologist. We are lucky to have him working at our clinic. He is in Bolinas on Thursdays and Fridays and at the Point Reyes clinic on Monday, Tuesday and Wednesday.

*Sadjia Greenwood, MD back issues at [sadjiascolumns.blogspot.com](http://sadjiascolumns.blogspot.com)*



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## Moon talk

## Sad News

Thursday afternoon I turned onto Hawthorn from Alder & saw a coyote cross the road ahead.

Saturday, the coyote was running ahead of my car, on the same stretch. This time it had a small animal in its mouth. I think it was a black & white cat.

So, if you live in that area and are missing..... Sorry.

Other pet owners might take note that this happened at 3:45 in the afternoon.

Creeps me out. I have cats that are frequently out in the afternoon.

Al Hettich  
1/14/13

### THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Golden late afternoon sun falling across the emerald green soccer field: game over, all peaceful.
- (2) Having new baby granddaughter out for a whole weekend.
- (3) Being lucky enough to have a hot tub available to float in, in the frosty night looking up at the stars.

--Ned Riley

Moon talk. The language of gods.

The wind-whistle walking alone  
In the star-swarmed cold.

Children being born,  
And wrinkled children dying....  
A sucking in and out of space.

What do the waves say?

Hush..... Hush.....

Infinitude of crystalline sands —  
Toss them into the air:

There somewhere a green one whirls....

And creatures stroll its gardens  
With pale and delicate hands.

— Dale Polissar

"BE MUSED": Poetry  
reading with Jan Broek  
Thursday, 1/24 at the  
Bolinas Gallery, 7 pm.

### WEEK IN REVIEW 1/14/13

From Jennie Pfeiffer Riley, taking time out from the 2012 poetical recap I've been working on, to get back to the here and now and say how much I miss Mary and Barbie Rothwell. Saturday's memorial at the Rod and Boat Club, was planned as a celebration of Barbie's life, but turned into a combined good bye to Barb and her mother, Mary. Mary, not able to recover from the set back brought on by the loss of the lifeline that Barb was for her, slipped away from this life in the wee hours of Saturday morning. It was a cold but beautiful day and the reunion of so many people gathered to remember these two lifelong residents of Bolinas was amazing. These two women touched so many lives here that the venue was a crush of people, spilling out onto Wharf Road. There was such a variety of participants, representing a diverse cross-section of the area: families of friends and classmates of John Rene, there to show love and support for him; his teachers; Barb's teachers and school friends from her years at Bolinas school in the seventies and beyond; horse riding companions; Mary's large circle of admirers; and the many community members who worked with Barb on so many projects around town.

There is a beautiful photo on the internet of the amazing hot air balloon lantern launch down at Wharf Beach at sunset, for the final farewell - very moving. All best love to John Rene and his family in his new location, and a very large "thank you" to all those many people who worked so hard to put this sensational send off together - particularly Angela Calpestri, Debbie Morrison, Luke Anderson and many others, for organizing and hosting. JP



## BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

BCPUD BOX 390 270 ELM ROAD BOLINAS  
CALIFORNIA 94924 415 868 1224



A Regular Meeting of the Board of Directors  
January 16, 2013 7:30 p.m.

1. Call to Order.
2. Roll.
3. Manager's Report.
  - Update on the Terrace Avenue Water Main Relocation Project.
  - Update on the Terrace Avenue Bluff Stabilization Project.
  - Update on the Wastewater Treatment Plant Pump Station and Electrical Upgrade Project.
  - Drainage Project Manager's Report.
4. Community Expression.
5. Carlin Lot Line Adjustment (LL 13-4) -- Carlin (350 Ocean Parkway) and Tede (165 Rosewood Road).
6. Expanded Water Use Permit Application -- 65 Crescente Avenue (A. Saleh).
7. Request for BCPUD Letter to the County of Marin Regarding the Dissolution of the Bolinas Lagoon Technical Advisory Committee. (C. O'Connor).
8. Approve Fats, Oils and Grease ("FOG") Informational Mailing to BCPUD customers.
9. Approve Budget Schedule for the BCPUD's Fiscal Year 2012-13 Budget.
10. Election of BCPUD Board Officers/Committee Assignments.
11. Update on Water Supply Augmentation Project.
12. Volunteer Committee Reports
  - Alternative Energy:
  - Bolinas Lagoon Advisory Committee:
  - Community Path Update:
  - Downtown Parking & Traffic Committee:
  - Resource Recovery:
  - West Marin Mosquito Control Coordinating Council:
13. Other Business
  - a. Board Committee Reports
    - Finance:
    - Legal:
    - Mesa Septic, Flood Control and Roads:
    - Operations:
    - Park and Recreation:
    - Personnel:
    - Sewer:
  - b. Minutes of the December 19, 2012 Regular Meeting.
  - c. Warrants
  - d. Scheduling of Next Meeting(s)
14. Adjournment.

### THE WISE MAN

One morning, feeling blue,  
I decided to treat myself  
to breakfast out.  
Behind the counter,  
a cheerful elf, a bald old man,  
Tony Tarantino, cooked me eggs.  
He remarked that I looked sad.  
"Yeah, I'm a little down," I said.  
"Y'know what I do?" he told me:  
"When I'm feeling tired, depressed  
I go in the back, get me a pail,  
and wash my feet.  
I wash my feet, and I tell myself,  
"I am washing the feet of God."

"I am washing the feet of God,  
I say, and soon  
my self respect returns,  
and I feel good!"

"Far out!" I thought,  
"This guy is really wise,"  
and went away uplifted.

Two weeks later, he--  
deciding his upstairs tenants  
were a a brood of sinners,  
fornicating out of wedlock--  
He set fire to his building  
in the night. The old  
clapboard building burned  
to the ground. Luckily,  
Someone awoke, smelled the smoke,  
and got the people out.

And Tony?  
He spent his latter days  
in a home for the criminally  
insane--where, presumably, He  
continued to wash  
the feet of God.

—Dale Polissar

### The Winchester Star

#### BRIEFS

## Study Shows Frequent Sex Enhances Pregnancy Chance

By The Associated Press  
BOSTON — A study that researchers say gives the best estimate ever of nature's window of  
pleas don't want to use risk of birth control.  
Researchers say there days in every menstrual when a woman can get pregnant.





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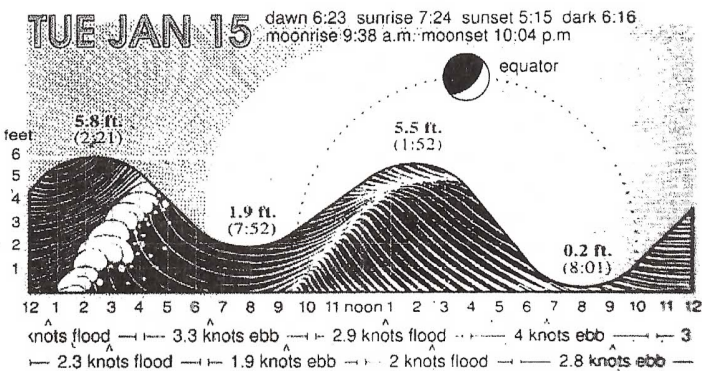
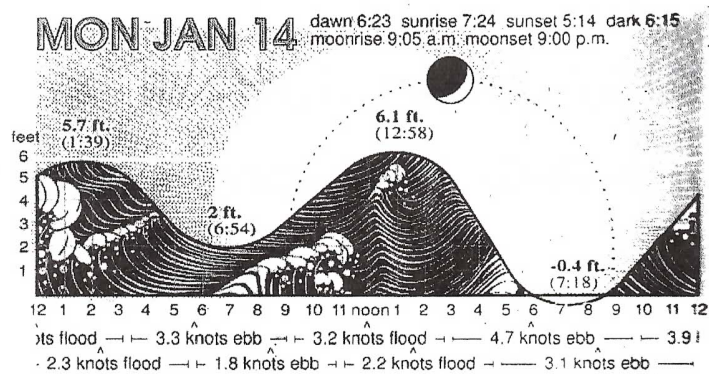


	Mon	Tue	Wed	Thu	FRI	Sat	Sun
6	DeepWaking 12-1 am  KWMR Night Music	Weekly Feed 12-1 am  KWMR Night Music	KWMR Night Music	5 Sunspots to 1:30 am  KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am  KWMR Night Music	KWMR Night Music
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	6:00 am As It Happens Morning Glory	Daybreak
8	With Eyes Open! Peter Asmus	Guest Hosts  Rise and Shine Mary Siedman	Specials	Swimming Upstream Morning Blunder	Barrio Vibes	# Gregory DeMascio # Anneke van der Veen	# Gregory DeMascio # Anneke van der Veen
9	KT's Kitchen  8:30 am Park Wave-lengths Loretta Farley	Airwaves Raul Gallyot	Fish Tales Dave Cook	Amanda Eichstaedt Howard Dillon Charlie Doucherty	Solange Echeverria	Vicarious Traveler Vicki Leeds	Sunday Celebration of Sacred Music Rick Clark
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Joy Maulitz	Turning Pages Classics Janet Robbins	Turning Pages Kerry Livingston	Turning Pages # Bilingual Storytime # Specials	Krista Tippet On Being	10 am BirdNote
11	Open House  The Bioneers	#1/3 Taylor + McGee Maurice & Seana  #2/4/5 Questing Calpestri & Mickelson	The Bioneers (repeat)  Making Contact	An Organic Conversation	Nuestros Niños	Viewpoint Ellen Shehadeh	The Place We Live Marc Matheson
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions	Alternative Radio	Attune-ment Anthony Wright	Common-weal Conversations	Voces de Nuestro Mundo Interviews by Raul Gallyot (repeat)	Forms and Feelings
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	Your Own Health and Fitness	Philosophy Talk	What Matters Most Susannah Baldwin	ViewPoint (repeat)	Happy Days Marcie Judeison  Jazz with Kendrick Rand  LAST SUNDAYS
2	Cruisin'..... Rick Clark	What's New?	Classical Wednesday	Classical Thursday	Classical Friday	World Playground #1/3 Hawai'i Calling Susanna Henderson	Riverwalk Jazz
3		#1 Jimo & Tanmy #2-5 Specials	#1/5 Specials #2/4 Chris Breyer #3 Susan Deibler	# Susan Santiago # Jeffry Wilkinson	#1 S. Henderson  #2/4 N. Masonson	#2/4 Africa & Diaspora Mark Potts	The Vinyl Café (CBC)
4	# Aztec Pride Jorge Ramirez # The Latin Alternative	Art of the Song	Krista Tippet On Being  #5 Coastal Airwaves Vickisa	TeaTime Books  Mimi Calpestri Howard Dillon	#3 Janet Robbins  #5 Specials	Circulo musical	Learnin' Kirven To Hell & Bach
5	Moyers & Company	Sabrina Artel's Trailer Talk  NEW SERIES Live Wire! Radio	Open House  Epicenter: West Marin Issues #1 Pt Reyes Dialogues Jacob Needleman	Open House: Temas de inmigracion; Story Shed # Art's Desire # Hot Tech/Cool Science Julie Motz	Happy Hour  Liberacha	Jesus Martinez	Brian Kirven Beth Underwood
6	Trash to Treasure Madeline Hope	Musical Varieté  Charlie Morgan	Ridin' the Rails..... on The Americana Express with the Roots Gang	Bakersfield & Beyond	Friday Funk Fest	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Between Rock and A Jazz Place
7	Release Me..... New Music with Amanda E		Mike V, Amanda, Will, Sally Phillips	Shorty's Bunkhouse	Fairfax Funkateer	Paul Flowerman	Grey Shepard
8	El Barrio	Faultline Radio	Coast Highway Blues	8:30 pm NEW TIME		Rick's Jazz Café	Choose Your Own Adventure
9	Gus Conde	Jaimo Crespo	Larry Rippee	L.A. THEATRE WORKS	Magic Radio	Greg's Groove	Patrick Kleeman
10	Monday Night Mixtape	Amateur's Guide to Life Christian Anthony	Sonic Sunspots Tony Palmer		Chris Breyer	Rick Clark	Fred Smith
11	Jacoba Charles	Ernesto Lechner and Josh Norek Professor Kosmo plays.....		Professor Kosmo plays.....		Saturday Night Function # Mark Potts # Marc Matheson	Stuck in the Psychedelic Era with the Hermit

Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317







# 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.

## SERVICES

### BRUSH TO MEADOW TRANSFORMATION

Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking / plowing / post-hole drilling. Don Murch -0921

DMX

### TREE SERVICE

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SHX

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868-0493

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## SERVICES

THE RAINS ARE OVER! A public service announcement by  
CLEAR LIGHT WINDOW WASHING-0782

DP 1/18

## HEALTH AND HEALING

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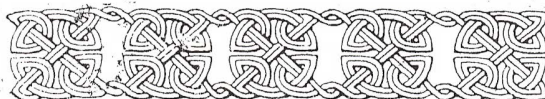
## ANNOUNCEMENTS

### REQUEST FOR SEALED BIDS:

For Sale 1993 Toyota Truck

12/20/2012

For Sale: 1993 Toyota Truck, standard box. The truck has approximately 200,000 miles on it; Runs well; has some minor rust. Interested parties please submit sealed bids to: Bolinas-Stinson Union School District 125 Olema Bolinas Road, Bolinas, CA 94924 Bids will be received until Friday, January 18, 2013. They will be opened on Monday, January 21, 2013. A minimum bid of \$ 750. is required. The selected bidder will be required to remit the entire sale price in the form of a cashiers check or money order payable to Bolinas- Stinson Union School District on January 21, 2013. The owner reserves the right to accept or reject any Bids which are contrary to the best interests of School District, or is in anyway incomplete, nonresponsive, or to waive irregularities within the Bid received.



### 13 January

*Ideas of January/Tiugunde Day/Midvintersblót/St. Hilary/New Year's Day in the Julian calendar/Runic half-month of Peorth commences*

**I**n some places, New Year's observances such as was-sailing (paying homage to apple trees) are still performed on this day. Day of the Norse ceremony of Midvintersblót, Midwinter's Offering, called Tiugunde Day in Old England and sacred to Tiu, the ancient Teutonic chief god, ruler of the year. This day falls twenty days after Yule.



### 14 January

### 15 January

*Carmentalia (second festival)/Egyptian Day*



### 16 January

*Concordia*

The goddess Concordia, principle of harmonious relations with all, is honored.



[hearsaynews@yahoo.com](mailto:hearsaynews@yahoo.com)

Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day.

Or to request a link to the password-protected website to read online and info on how to subscribe online.



## FOR SALE

### DRY DRY DRY SEASONED FIREWOOD

Oak, Bay, Eucalyptus – Cut locally  
Gospel Flat Farm 868-0921

DMx

Leonara DeNarie, jewelry maker, is joining the **Uniquities Variety, Thrift and Gift and Really Good Pet Food Emporium** collective, which presently includes Barbara MacDonald, June McAdams, Howard Dillon, David Cattell, and Jenniepfeiffer. Stop in and see her lovely hand built earrings, bracelets and necklaces, along with our eclectic collection of thrift and gift items.

submitted by jenniepfeiffer

## WANTED

Wanted-room to stay in exchange, part time cook,  
housekeeper. Please call-530-209-2328

SA 1/18

## LOST & FOUND

**FOUND: @ BCC – WOMAN'S JACKET**  
reversible green and black with gold pin. Claim at Bolinas  
Community Center office.

BCC/1/11

**LOST: 1 OLIVE GREEN CASHMERE GLOVE**  
on Terrace or Overlook on Thursday 12/27-868-0339.  
Thank you.

JM12/31

**LOST: DANGLY EARRING WITH PINK & CLEAR**  
teardrop shaped crystals and small leather pouch with square box  
on December 25<sup>th</sup>. Please call 264-5541 if found

JA 1/2/13

**LOST: BLACK PERSOL SUNGLASSES**  
inside of black smith case. Lost Sunday, 12/30, after soccer-  
maybe on bike path? 9931

BL 12/31

**LOST KEYS, EITHER ON POPLAR, THE TRAIL FROM**  
the end of poplar down to Agate Beach or on the Beach.  
If found call 9359

RD 12/17

**LOST: MY GRANDDAUGHTER'S SILVER METAL,**  
case. 3-4" with a fairy design on it and her Xmas \$\$ inside. Lost  
at end of Opal on Alder at bus stop. Marisa 415 259-8739

MW 12/21

**LOST: PRESCRIPTION GLASSES WITH DARK BLUE**  
frames- @ Winter Faire on Friday, 12/7  
- if found, contact Robin-0527

R12/10

**LOST: MY FAVORITE HAT! SMALL VELVET,**  
black on one side and spotted on one side  
If found please call Marlene 868-9036

MA 12/10

## CLASSES



### Class Schedule

#### Sunday

Yoga w/ Trishna	9:00 - 11:00 a.m.
Brazilian Dance w/ Anna	11:00 a.m. - noon
Ninjutsu Martial Arts for adults w/ Martin	6:30 - 8:00 p.m.

#### Monday

Pilates w/Lisa (pre-register 868-0473)	5:30 - 6:30 p.m.
Figure Drawing-every other Mon. (cont. 1/14/13)	6:45 - 9:45 p.m.

#### Tuesday

Yoga w/Lisa Brendel	9:30 - 11:00 a.m.
Bo Babies	12:00 - 2:00 p.m.
Dance with Eleanor	2:00 - 3:00 p.m.
Arial Arts for Youth w/ Joanna	3:30 - 5:30 p.m.
CommUnity Nights	6:00 - 7:00 p.m.

W/ free movies, games or music. Call -2128 for details

#### Wednesday

Pilates w/Lisa	8:30 - 10:00 a.m.
After-School Theater w/ Lisa Townsend	3:30 - 5:00 p.m.
Theater with Patrice Daley	5:30 - 7:30 p.m.
Biblia en Español	8:00 - 9:30 p.m.

#### Thursday

Yoga w/ Trishna	8:00 - 9:30 a.m.
USDA food bank	12 noon
Congolese Dance & Song w/Sandor (cont. 2/14/13)	6:00 - 8:30 p.m.

#### Friday

Pilates Mat Class w/ Lisa	9:00 - 10:00 a.m.
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#### Saturday

Yoga w/ Lisa Brendel	9:00 - 10:30 a.m.
Creative Movement w/ Lisa	11:00 - 11:45 a.m.
Ballet w/ Erika Townsend	12:00 - 1:30 a.m.

Check the Library marquee or Calendar in BCC Foyer for special  
events at the Community Center. For More Info call 868-2128 or  
visit [Bocenter.org](http://Bocenter.org)

## How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD  
office on Mondays, Wednesdays and Fridays 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 mailbox  
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 in as they  
might become separated) & drop into door slot.

### LOST: RAY BAN DRIVING GLASSES

Green with blue on backside of glasses. Prescription with  
transitional lenses. 415 259-8739 thank you

MW 12/7

### MISSING BLACK MALE CAT

He has scabby ears and His territory is between  
Maple/Oak and Elm. -0419

IH 12/7

### LOST: ORNATE GOLDEN EARING

At Community Center Thanksgiving Dinner or nearby.  
If found please call – 1018 – Thank you

SL11/30