

Bolinas Hearsay News

Monday, January 28, 2013 46 ¢ + tax

WHAT'S HAPPENING

Friday, January 25

NO PLACE LIKE HOME BRUNCH
@ Community Center. 11am, Free

THE GRAVEL SPREADERS
Live band @ Smiley's, 9pm

Saturday, January 26

BESO NEGRO
Live gypsy jazz @ Smiley's, 9:30pm

FIRST FULL MOON OF 2013
Full at 10:38pm, moonrise 5:27pm

Monday Jan. 28th

OMGs @ The New Sweetwater
In Mill Valley Family Night 6-7:30pm

GARDEN WORK DAY
At Bolinas-Stinson School 10am-1pm

Tuesday Jan. 29

SINGER-SONGWRITER SHOWCASE
Featuring Van Waring, Jan Broek, Kacey Johansing, Jeff Manson & more, Bolinas Library 7-9pm FREE tea and snacks provided

COMMUNITY YOUTH NIGHT

@ 6:30pm-DJ Omatic, Ping Pong & Games

Saturday, February 2

GROUNDHOG DAY/IMBOLC/ST BRIDGET'S DAY
We're already halfway to the equinox.

OPENING RECEPTION

"Loco6": Tripp Carpenter, Kimberly McNeelan and others
Working in wood, prints, paper, glue, metal, plastic, lightbulbs Bolinas Gallery, 2-6pm

CRAB FEAST

Kitchen remodel benefit @ Community Center, 6:30pm doors, 7pm dinner, \$45. Live music from Pink Villain.
Info/tickets: lja@bocenter.org

Saturday February 9

MARY SIEDMAN ART OPENING

At Gospel Flat Farm Stand reception 2-5pm

SWEETHEARTS OF THE RADIO

KWMR fundraiser concert featuring Tim Weed & Debbie Daly, Susie & Eric Thompson & more 7 PM Dance Palace

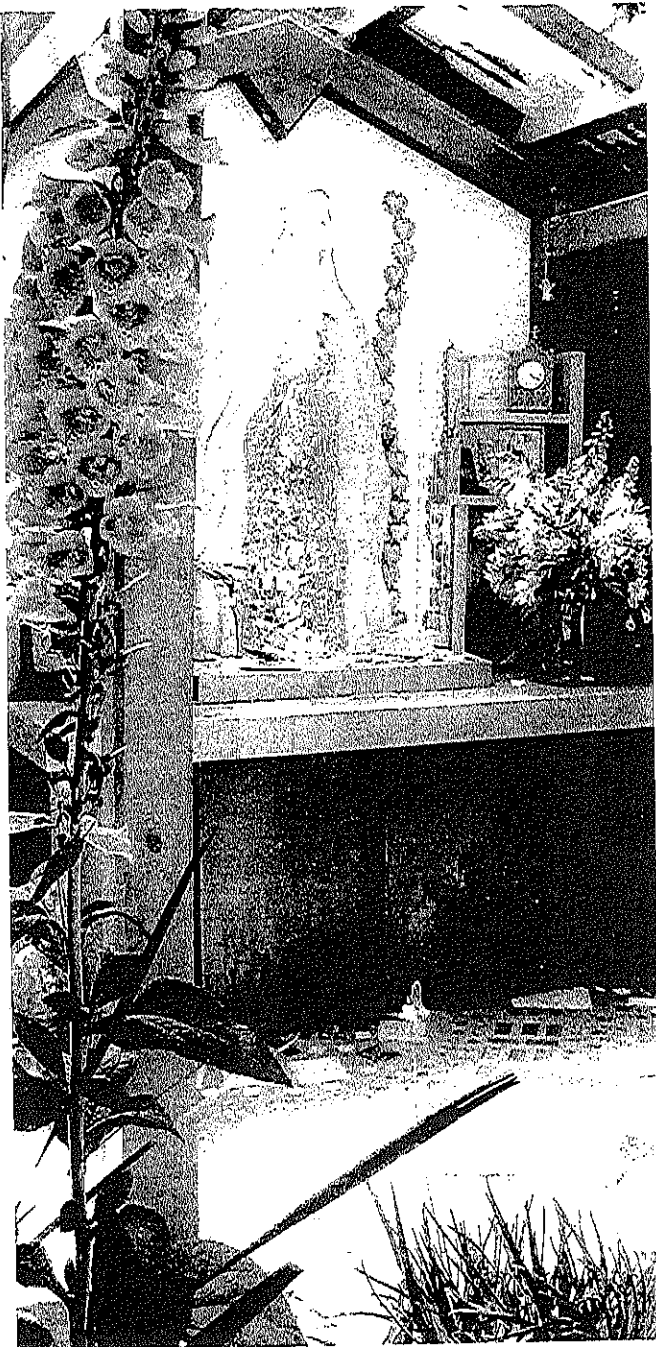
Uniquities 3rd year anniversary and Buy, Sell Swap
Second Saturday on the Brighton Square-10am-2pm

Three Things I Love about Bolinas

1. Waking up to the sound of the ocean, not the freeway!
2. Our sweet Post Office where you can get your business done without waiting an hour- thanks to Sharon's hard work.
3. The way any trip to the store takes forever after I've gabbed my way back and forth.

By June McAdams, subbing for Ned

Today's paper brought to you by:
June McAdams-Editor/ads
Jennie Pfeiffer-Assistant
David Cattell-Printer



THE SPIRIT HOUSE on Wharf Road
Photo by Ela Haworth

HAPPY HAPPY BIRTHDAY!!!!

January 28: Annie Coughlin
Rio Ariel Forest
James Robertson
John Sabbatini
January 29 Abel Pacific
Violet Tipaldi
Jim Bohman
Judy Olsen
Rick Gordon
Matt Lundy
January 30 Sandra della Valle
January 31 Kate Sanders
Chou-Chou O'Hare
Lynn Murray (remembered)
Charlie Winstead
February 1 Don Smith
February 2 Lauren Henderson
Kara Blake
February 3 "Elfriede" Paolett
Al Molina

You are cordially invited
to the launch of the
Bolinas-Stinson Union School District
Pre-School-For-All Task Force

When: Monday, February 4, 2013
From 7:00 p.m. to 8:30 p.m.
At the Bolinas Campus, Quesada Building

*Please join us for a discussion and conversation regarding
Pre-School for All in our communities.*

*This event marks the beginning of a process to study the
feasibility of providing high-quality preschool for all
children in our communities.*

*Facilitated by noted preschool educator and advocate,
Ethel Seiderman, join in this effort to
form a working task force and inspire our communities
to reach the goal of preschool for all children.*

*This is a joint effort of the
Bolinas-Stinson Union School District,
Bolinas Children's Center and the
Stinson Beach Preschool
made possible through generous funding from
First Five Marin.*

Childcare will be provided with advance sign-up
by noon on 2/4 (call the District office at 868-1603)
Light refreshments will be served

**The BOLINAS-STINSON SCHOOL BOOK FAIR
will be held on Thursday and Friday, February 7th & 8th.**

We will have another excellent selection of brand new books. Book prices generally range between \$1.50 and \$20.00 with an 8.25 % discount for our customers (No tax!). Children with no money on Thursday will be given an envelope with slips listing the books wanted and the cost. Money and slips must be returned by 2:30 Friday or else we can't order books for your child. For younger children, please send money and order slips in a sealed envelope with the child's name and the amount written on the outside. Checks should be made out to Bolinas-Stinson School. Customers pay now and receive most books by February 13th. We have student helpers for young children, but parents are welcome. This is a great chance to help the library and stock up on gifts at a very reasonable cost. The Book Fair will be open Thursday until 3:45. The library thanks everyone!
Grace Godino and Steve Aikenhead

Go to Health: Tomatoes

You might not expect that the latest on the benefits of tomatoes would come from the Lapland Central Hospital in Finland. Despite their short growing season, Finns are said to love tomatoes when they can get them. Researchers studied what blood factors (from diet) were associated with a lowered risk of stroke in men, expecting to find correlations with levels of vitamins E and A. Instead, they found that men in the highest quartile of serum lycopene had a 55- 59% lower risk of stroke than those in the lowest quartile. Alpha and beta carotene, vitamin E and A were not associated with stroke risk.

Researchers at the College of Nursing, University of Kentucky, found that patients with heart failure who had the highest intake of tomatoes in their diet had longer times between adverse cardiac events.

Studies from Chungbuk National University in Korea found that tomato extract added to the diets of mice caused weight loss, despite a high-fat diet. Total cholesterol and LDL cholesterol were also reduced.

Studies from the University of Talca in Argentina found that rats supplemented with tomato extract had a reduction of platelet clumping, which would reduce blood clotting and improve blood flow.

Recent Canadian studies have looked at post menopausal women between 50 and 60 who were given lycopene-rich tomato juice, lycopene supplements or a placebo for 4 months. They were tested for blood markers of osteoporosis. Those taking tomato juice or lycopene were found to have reduced levels of bone

breakdown compared to those given placebo. Subsequently, these researchers studied women who were told to restrict their intake of tomatoes or lycopene; in this study bone markers for osteoporosis were significantly increased.

U.S. studies from the 1990's looking at male health professionals showed that frequent intake of tomato products was associated with a reduced risk of prostate cancer. Because further studies could not confirm this finding, Harvard researchers did a careful re-analysis in 2002 and again found a moderately reduced risk.

Clearly, tomatoes, which originated in South America, are loved all around the world. Enjoy them! Do not start taking a lycopene supplement after reading this story. Excess intake of single carotenes may be counterproductive. There are many factors in tomatoes besides lycopene that can be healthy. Do start eating more tomato products while waiting for the ripe ones to come back into season. Tomato paste and low sodium organic Very Veggie are great choices – you can find them in the people's store in glass containers – free of BPA and other chemicals. Beneficial compounds in tomatoes are best absorbed when eaten with fat, so include a healthy oil, such as olive, in your cooking or on your salad. Be careful of the high sodium content in many tomato soups and sauces. You probably know that watermelon is also a good source of lycopene.

Next week I'm going to write about the amazing abilities of silkworm cocoons to keep vaccines and antibiotics cool, even in areas of extreme summer heat. This could be a great boon to immunization programs in Africa and Southeast Asia. Stay tuned!

Sadja Greenwood MD back issues
sadjascolumns.blogspot.com

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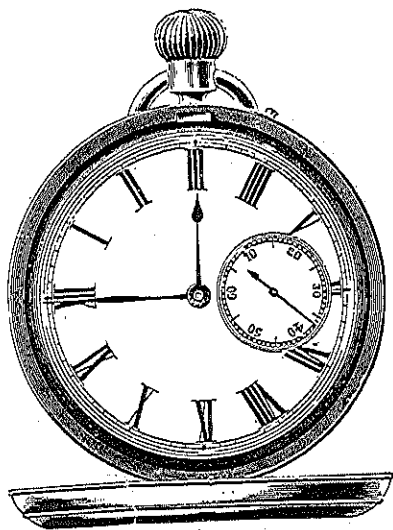
**Childcare will be provided with advance sign-up
by noon on 2/4 (call the District office at 868-1603)**

Light refreshments will be served

Applications to serve on the Task Force can be found on the
school website: bolinas-stinson.org
under the District Info tab/committees

MEETING AGENDA
BOLINAS FIRE PROTECTION DISTRICT
BOARD OF DIRECTORS
MONDAY January 28, 2013 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. Fire Calls & Emergencies for December 2012
4. General Business
 - a. Action Item #1:
Consideration of renewal of KWMR contract for 2013
 - b. Discussion: Emergency only access and egress alternatives to closure of Terrace Avenue and Overlook Road
5. Consent Calendar
 - a. Approval of regular Minutes from December 17, 2012
 - b. Approval of warrant lists from December 12 – January 22, 2013
 - c. Approval of financial reports for November and December 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 Re: Closed Session (if any)
11. Good of the Order
12. Adjournment



BOLINAS
COMMUNITY CENTER

GET OUT
OF
YOUR
SHELL!

START
CRACKING!



CRAB FEAST

SATURDAY FEBRUARY 2ND 2013
featuring music by "PINK VILLAIN"

MENU

Fresh Local Cracked Crab
Food for Families Green Salad
Humble Kitchen Slaw
Wild Onion Potatoes
Artisan Bread & Butter
Local Dessert Station
Beer and Wine for Purchase

INFO

Doors Open at 6:30 pm
Tickets \$45

To purchase TICKETS or to VOLUNTEER:
Call (415) 868 2128, stop by BCC office at
14 Wharf Rd. Mon-Fri 10 am - 2 pm
Or email: crabfeasttickets@bccenter.org

PROCEEDS TO BENEFIT BOLINAS COMMUNITY CENTER KITCHEN PROJECT

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some Ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'

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."

WEEKLY WRAP RECAP REVIEW REDUX

1/28/13 from jenniepfeiffer

The "Grownups" are away today. With Monday Hearsay ed, Ned, in the city, June McAdams, the stalwart ads coordinator, is in charge of the paper, and I have stepped in to help and assist. That means today's WEEKLY WRAP RECAP REVIEW REDUX won't be able to go on and on today. Maybe that's a good thing. I will just say that we had our first full moon of the new year, and a mighty one it was. Along with the resulting high and low tides, there were night critters out and about in force taking advantage of the bright night for hunting. Miss Kitty, our short, white (well she started out white) fluff ball of a curly haired poodle-ish dog was on high night alert, ready to respond to the call of the wild, feeling her kinship with her ancestors, ready to run with the wolves and bark with the coyotes. She gets into her mighty hunter stance, then races around the yard, barking at anything that moves, but alas, with the horrifying news of Mary Edna's cat being dragged off her porch in mid afternoon broad daylight by a coyote, we are keeping Miss Kitty confined to quarters during her full moon werewolf transitions.

The rest of the week for me was a lot of hand wringing about this month moving too quickly, what with our coming up on the last week of January, and I have not done any of my 2013 Startup list of things to do for the New Year.

This was interrupted by a mid week trip to Sacramento for a day of listening and lobbying on behalf of our school district. It was JLAC day, (Joint Legislative, Action Committee), which happens every January, when the association of Marin school Superintendents and Boards of Trustees, spends a day hearing updates on the year's budget and school related upcoming bills. There will be an in-depth report on this at next Tuesday's monthly school board meeting.

NED'S THREE THINGS. Since Ned isn't here today, he asked that I mention his **THREE THINGS** for the week, which are: Plum blossoms; Imbolg/Candlemas/St. Bridget's Day, taking us halfway to the equinox; and the Saturday Besso Negro night at the bar, with high intensity shake your body music.

So it looks like this column did in fact go on and on, as we press on regardless. jp



COMMUNITY & CULTURAL CENTER

dance palace

For more information, to volunteer, or to join call 415-663-1075
Save \$ by buying in advance
Tickets at www.dancepalace.org

SHIFT CHANGE: PUTTING DEMOCRACY TO WORK

Shift Change: Putting Democracy to Work is a documentary film by veteran award-winning filmmakers Melissa Young and Mark Dworkin. It tells the little known stories of employee-owned businesses that compete successfully in today's economy while providing secure, dignified jobs in democratic workplaces.

At a time when many are disillusioned with big banks and big business, and growing inequity in our country, employee ownership offers a real solution for workers and communities. Shift Change highlights worker-owned enterprises in North America and in Mondragon, Spain. The film couldn't be more timely, as 2012 was declared by the U.N. as the "International Year of the Cooperative." Sponsored by: Transition West Marin and Point Reyes Books

Tuesday, January 29 / 7 PM

Tickets: Sliding scale donation \$5-10

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

Looking for pregnant ladies in the area who are keen to meet locally for a birthing class.

I am 6 months pregnant and have lined up a wonderful teacher who is game to lead a class at my house on Horse Shoe Hill.

Just need a one or two other women to join.

Call Melinda if you are interested: -0533



Balancing Act
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Christine Cunha, Owner
415.868.2700

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- Payroll
- Year-End Prep
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48 WHARF ROAD, 2ND FLOOR, BOLINAS

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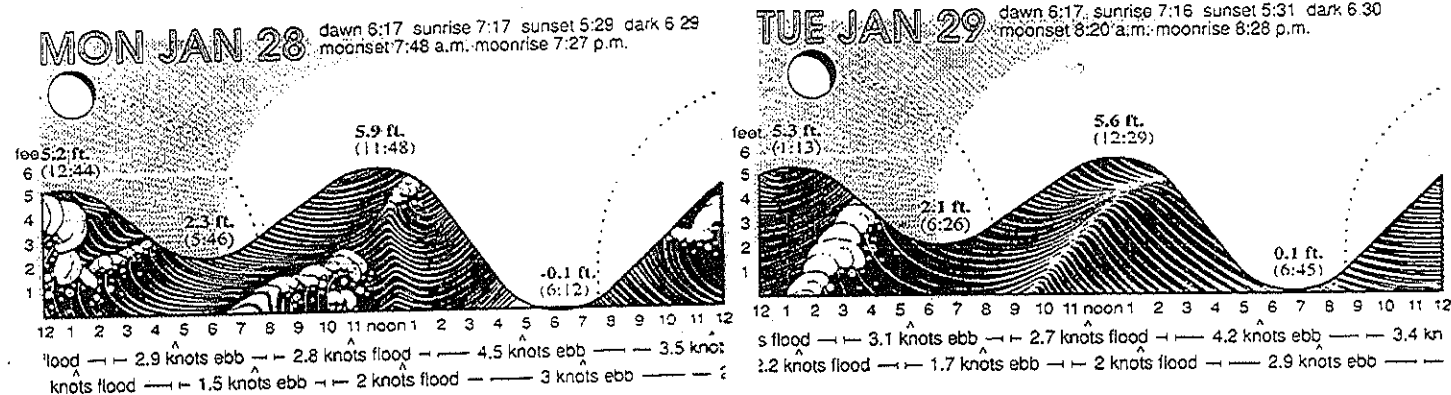


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music	S Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am KWMR Night Music	KWMR Night Music
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	Morning Glory # Gregory DeMascio # Anneke van der Veen	Daybreak # Gregory DeMascio # Anneke van der Veen
8	With Eyes Open! Peter Asmus	Guest Hosts	Rise and Shine Mary Siedman	Specials	Swimming Upstream Morning Blunder	Barrio Vibes	
9	KT's Kitchen	8:30 am Park Wave-lengths Loretta Farley	Airwaves Raul Galiyot	Fish Tales Dave Cook	Amanda Eichstaedt Howard Dillon Charlie Doucherty	Solange Echeverria	Vicarious Traveler Vicki Leeds
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 Galiyot (repeat)	Forms and Feelings Jim Bennett
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 Judelson Jazz Rhythm LAST SUNDAYS
2		What's New?	Classical Wednesday	Classical Thursday	Classical Friday	World Playground #1/3 Hawa'i Calling Susanna Henderson	Riverwalk Jazz
3	Cruisin'..... Rick Clark	#1 Jimo & Tammy #2-5 Specials	#1/5 Specials #2/4 Chris Breyer #3 Susan Deider	# 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 Vicki Leas	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 Inmigración/ 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 Variet�	Ridin' the Rails..... on The Americana Express with the Roots Gang Mike V, Amanda, Will, Sally Phillips	Bakersfield & Beyond Amanda & Mike V	Shorty's Bunkhouse	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Paul Flowerman Grey Shepard
7	Release Me..... New Music with Amanda E	Charlie Morgan			Friday Funk Fest		
8					Fairfax Funkateer		
9	El Barrio Gas Conde	Silver Dollar Jukebox Peter Martinelli	Faultline Radio Jaime Crespo	Coast Highway Blues Larry Rippee	8:30 pm NEW TIME L.A. THEATRE WORKS	Magic Radio Chris Breyer	Rick's Jazz Caf� Greg's Groove Gregory DeMascio Choose Your Own Adventure Fred Smith The Kitchen Sink Patrick Kleeman
10	Monday Night Mixtape	Amateur's Guide to Life Christian Anthony	The Latin Alternative	Sonic Sunspots Tony Palmer	Professor Kosmo plays.....	Saturday Night Function # Mark Potts # Marc Matheson	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charles	Professor Kosmo plays.....	Ernesto Lochner and Josh Norek Professor Kosmo plays.....				

Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317



FOR SALE

DRY DRY DRY SEASONED FIREWOOD

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

DMx

FREE

TOP-LOADING WASHER AND DRYER

yours for the asking, good shape. You pick up
Call 868-2945

SO'D 1/28

FREE

24" wide Apartment size Roper Refrigerator-like new-
FREE. Call 868-0553

TA 2/1

LOST & FOUND

A CORDLESS PHONE WAS FOUND

outside the Bollinas Library last Saturday. It is not a cell phone.
It was found on a bike outside the library.

1/25

FOUND: @ BCC – WOMAN'S JACKET

reversible green and black with gold pin. Claim at Bollinas
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 25th. 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: 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 EARRING

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

SL11/30

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

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.

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.

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

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

SRX

HANDYMAN: HOME REPAIR, CARPENTRY,
painting,. Hauling too! 27 years experience. Local refs.
Steve Hill -2310

SHX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING

Dump Runs, Cow Manure, Recycling, Humane animal removal
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

AIRPORT? Howard Dillon's fast, comfortable, car for all
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HDX

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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

FORMER DIRECTOR OF APPLE TREE INTERNATIONAL

in Bolinas until March. Available to prune your fruit trees with
expert care. Free Estimates Sasha (415) 887-8150

SE-G/3/1

David Cattell, a member of the Uniquities collective,
is available at the store, behind the Book Exchange
and next to Seashore Realty, most Thursday's from
Noon to 5pm for computer tech support. You can
call the store during those hours to schedule time,
868-8886 Jennie Pfeiffer

HEALTH AND HEALING

CAREGIVER AVAILABLE

Excellent homecare, cleaner.
Call 868-1782 Anita & William

CH x

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

LIVE MUSIC AT THE BEACH

Fri., Sat. & Sun Nites DEC.-JAN>

Open Mic Sun. 8-12

DJ Spin Mon. 9-12:30

Pool Tourney Tue. 8-12

Karaoke Wed. 8-12:30

New Bands Thur. 8-12



**HOTEL
ROOMS
off the
beach**
\$89-\$104

Mon. Jan. 28, 8-12, reggae, spin,

Monday Night Live

Tues, Jan. 29, 7-11 GRAND POOL Tourney

Wed. Jan. 30, 8-12, MIDNIGHT ON THE

WATER & Irish folk birthday PLUS 9:30-12:30

LARRY'S KARAOKE

Thurs. Jan. 31, 8-12, melodic orig. cd party,

DAVIS JONES

Fri. Feb. 1, 9-1 AFRO FUNK EXPERIENCE

Sat. Feb. 2, 9-1 alternative rock, SWOON

Sun. Feb. 3, 8-12, OPEN MIC with Diana

SMILEY'S SCHOONER SALOON & HOTEL
41 Wharf Road, Bolinas 415-868-1311

27 January

28 January

Runic half-month of Elhaz commences



This half-month is a period of
optimistic power, protection, and
sanctuary.

