

# Bolinas Hearsay News

Monday, October 1, 2012

46 ¢ + tax



## WHAT'S HAPPENING

Tuesday, October 2

**LEARN TO USE JUNG'S CREATIVE METHODS:**  
a talk and workshop for all by Frank Echenhofer, Professor of clinical psychology at the California Institute of Integral Studies, Stinson Beach Library, 7-9pm

**LOVE IN THE RUINS – FREE JAZZ CONCERT**  
At the Community Center, 6:00 pm

Wednesday, October 3

**BCPUD (UTILITY DISTRICT)**  
Special meeting of the Board of Directors about Terrace Ave Water Main Relocation, 270 Elm Rd, 10am

Thursday, October 4

**CHARLIE DOCHERTY**  
with Molly Maguire & Jerome Bohlman, Smiley's, 8:30pm

**DALE POLISSAR & BART HOPKIN**  
@ The Coast Café 7 – 9 pm.

Friday, October 5

**ARTHUR OKAMURA FILM BY JOHN KORTY**  
Film launch at Community Center, 7pm

**JAZZ JAM SESSION**  
@ Smiley's with Piro Patton, Michael Pinkham & Taylor Cutcomb, 9pm.

Saturday, October 6

**MT EERIE & JEFF MANSON**  
Live acoustic music at Gospel Flats Farm Stand, plus harvest potluck dinner, 6:30pm, \$5-10 sliding scale

**FOG DUB**

Live rock 'n' roll @ Smiley's, 9:30pm. Cover.

Sunday, October 7

**BLESSING OF THE ANIMALS**  
In St Aiden's garden, 11am (after morning service)

**JERRY MANDER**

In conversation with Michael Lerner discussing his new book *The Capitalism Papers*, at Commonweal, 2-4 pm

**ARTISTS' RECEPTION**

For Tim Graveson & Zea Morvitz; artists of the W Marin Review 4; and Will Thoms. At Galery Rte One, Pt Reyes, 3-5pm

Saturday, October 13

**BOLINAS FOOD FESTIVAL**  
@ Community Center & Downtown Park. Celebrate local chefs, farmers & organic food; benefit for Community Center Kitchen, 10am-5pm

## HAPPY HAPPY BIRTHDAY!!!

October 1:

Huston Brown  
Gillian Ranger  
Don Stewart  
Jmu Stewart

October 2:

Pearl (remembered)  
Jonathan Siedman  
Patrice Daley  
Jill Field  
Sarah Bruce  
Aria Grace Sternik  
Willard MacDonald

October 3:

Zoë Gardner  
Susie Stewart  
Teresa Peacock  
Samira (Maple) Nasra  
Lorelei Morris

October 4:

Stella Fiorella Resta  
Kai Bowen  
Dante Bowen  
Karmen Kimball-Heaslip

October 5:

Jim Tacherra  
Wylie Atticus Pepper-Conner

October 6:

Mika Taylor  
Richard Erikson

October 7:

William Ross  
Johana Patler

Pasteup  
Ads/books  
Press

Ned Riley  
June McAdams  
Jeff Manson



COMMUNITY &  
CULTURAL CENTER

## dance palace

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

Tickets at [www.dancepalace.org](http://www.dancepalace.org)

### SARAH CAHILL, DANCE PALACE PIANO CONCERT SERIES

Called "fiercely gifted" by the New York Times and "as tenacious and committed an advocate as any composer could dream of" by the San Francisco Chronicle, Sarah Cahill has premiered, and recorded numerous compositions for solo piano. Composers who have dedicated works to her include John Adams, Terry Riley, Frederic Rzewski, Pauline Oliveros, Annea Lockwood, and Evan Ziporyn. She also has premiered pieces by Lou Harrison, Julia Wolfe, Ingram Marshall, Toshi Ichihyanagi, George Lewis, Leo Ornstein, and many others.

**Sunday, October 7, 4 PM**  
\$20 general / \$18 seniors

## Smiley's

# POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

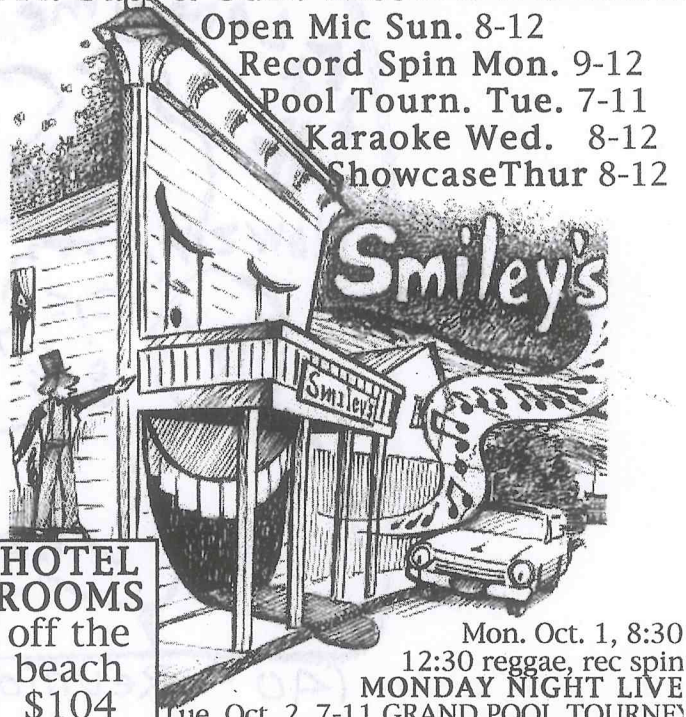
2nd Prize \$25

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

## LIVE MUSIC AT THE BEACH Fri. Sat. & Sun. Nite



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

- Open Mic Sun. 8-12
- Record Spin Mon. 9-12
- Pool Tourn. Tue. 7-11
- Karaoke Wed. 8-12
- Showcase Thur 8-12
- Mon. Oct. 1, 8:30  
12:30 reggae, rec spin  
**MONDAY NIGHT LIVE**
- Tue. Oct. 2, 7-11 **GRAND POOL TOURNEY**
- Wed. Oct. 3, 9:30-12:30 **LARRY'S KARAOKI**
- Thur. Oct. 4, 8:30-12, **CHARLIE DOCHERTY**
- Fri. Oct. 5, 9-1, Michael Pinkim's **JAZZ JAM**
- Sat. Oct. 6, rockn' roll, 9-1 **FOGDUI**
- Sun. Oct. 7, 8-12 fantastic **OPEN MIC w/EL**
- Mon. Oct. 8, 9-1, reggae, rec spin, **MON. NITE LIVE**
- Tue. Oct. 9, 7-11 **GRAND POOL TOURNEY w/ Jess**
- Wed. Oct. 10, 8:30-12:30, **LARRY'S KARAOKI**
- Thur. Oct 11, 8:30-12, sing-songwriter **MATT BOLTON**
- Fri. Oct. 12, 9-1, **EMMALEE PROJECT**
- Sat. Oct. 13, 9-1, Afro-beat, **BLACK WATER GOLI**
- Sun. Oct 14, 8-12, **OPEN MIC w/Emma Le**
- Mon. Oct. 15, 9-1, reggae, rec spin, **MON. NITE LIVI**
- Tue. Oct. 16, 7-11 **GRAND POOL TOURNEY with Jess**
- Wednesday, Oct. 17, 8:30-12:30, **LARRY'S KARAOKI**
- Thur. Oct. 18, 8:30-12, **JEFF MANSON & friends livi**
- Fri. Oct 19, 9-1, big rock, **ELDON BROWN BANI**
- Sat. Oct. 20, 9-1, alternative rock **SWOON**
- Sun. Oct. 21, 8-12 **OPEN MIC w/EL**
- Mon. Oct. 22, 8-1, reggae, rec spin, **MON. NITE LIVI**
- Tue. Oct. 23, 7-11 **GRAND POOL TOURNEY with Jess**
- Wed. Oct. 24, 8-12 **LARRY'S KARAOKI**
- Thur. Oct. 25, 8:30-12 **SOFI ROX PRESENT:**
- Fri. Oct. 26, 9-1, reggae **EPICENTER SOUND SYSTEM**
- Sat. Oct. 27, 9-1, sweet rock **THIS OLD EARTHQUAKI**
- Sun. Oct. 28, 8-12 **OPEN MIC/w JEFF MANSON**
- Mon. Oct. 29, 8-1, reggae, rec spin, **MON. NITE LIVI**
- Tue. Oct. 30, 7-11 **GRAND POOL TOURNEY with Jess**
- Wed. Oct. 31, 9-12:30 **HALLOWEEN MIDNIGHT ON THE WATER Irish Birthday Party & LARRY'S COSTUMED KARAOKI**

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

Hey everyone,

The Bolinas Food Fest needs **volunteers!!** In a nutshell we need, throughout the day, Saturday October 13th:

- 2x grillers in park
- 2x Servers in park
- 2x Food cashiers in park
- 3x BBC alcohol bar in BCC parking lot
- 2x BCC juice bar in park
- 2x BCC membership table in park
- 2x Mesa Park traffic coordinators

- 1x Wharf & Brighton traffic coordinator
- 1x BCC fire lane traffic coordinator
- 1x Downtown Park traffic coordinator/ security in kid zone
- 1x Chef's Corner traffic coordinator
- 1x Chef's corner security
- 1x kids game coordinator
- Green Team Help
- Pie Bakers

Lia Kourula Sabbatini  
General Manager  
Bolinas Community Center  
14 Wharf Road  
Bolinas, 94924, CA  
Phone / Fax (415)  
868-2128  
[liabocenter@yahoo.com](mailto:liabocenter@yahoo.com)

Contact me to confirm a volunteer slot. This is going to be off the hook, hope to see you all there!

## Go to Health: What are the Benefits of Organic Food??

A recent study from Stanford University looked at 17 studies comparing people who ate organic or conventional diets, and 223 studies comparing the bacterial, fungal or pesticide contamination of such foods. There were no long-term studies of health outcomes between the two diets in their analysis. The studies showed no consistent differences in the vitamin content of organic products, although there were higher levels of omega-3 fatty acids in organic milk. The study did find that organic produce had a 30% lower risk of pesticide contamination, but the pesticide levels in all food generally fell within the allowable safety limits. They found that children on organic diets had lower levels of pesticide residues in their urine, and organic chicken and pork reduced exposure to antibiotic resistant bacteria, but the clinical significance of all these findings were found to be unclear.

Many people have been confused by these findings from Stanford. Is organic food worth the extra money? Charles Benbrook, a professor at Washington State University's Center for Sustaining Agriculture and Natural Resources, wrote a compelling answer in the October issue of *Nutrition Action Healthletter*. Benbrook has worked for the National Academy of Sciences, and consults for The Organic Center. He says that 60% of studies do show a higher nutrient content in organic foods, especially when the comparison is between fruits and vegetable grown in similar locations. The Stanford study did not consistently make such comparisons. A recent study of tomatoes in Spain showed that organic tomatoes had twice the antioxidant levels as conventional tomatoes. There are two reasons for this. Organic plants have to fend off a range of insects, so they develop more defensive compounds that also keep us healthy. Conventional crops are produced with large amounts of nitrogen fertilizer, which drives up yields and fruit or leaf size, but dilutes the levels of vitamins, minerals and antioxidants.

Contaminants that cause food poisoning can grow more readily in conventional fields, because of extra nitrogen, and the lesser microbial diversity due to pesticide use. In organic fields there is

more microbial biodiversity, so pathogens may not last as long or become as numerous.

Organic foods may not be pesticide free, because of traces blown in from conventional fields. However, pesticide levels are markedly lower. Benbrook has devised a scoring system, the Dietary Risk Index (DRI) that measures the number of different pesticide residues and their levels. Looking at organic versus conventional strawberries, blueberries, apples, grapes, nectarines, peaches and pears grown in the US, the DRI was 3 for organics, versus 24 for conventional fruits. Imported conventional fruits from Chile and Argentina have much higher DRIs than those grown in the US, because of more stringent regulations of pesticide use in the US.

According to Professor Benbrook, there is compelling evidence that low level exposure to organophosphate insecticides in food are contributing to neurologic and developmental problems in children, such as lowered IQ. Lead exposure was found to be most harmful in a Harvard study, followed by organophosphate pesticides and methylmercury. The most compelling evidence of harm comes from the insecticide chlorpyrifos, which has been banned by the EPA for home use, but is still permitted in agriculture. Its level in pregnant farmworkers correlated with lower IQs in their children. When researchers at Emory University in Atlanta gave children organic fruits and vegetables, chlorpyrifos levels fell to almost undetectable levels in their urine in 5 days. Chlorpyrifos is made by Dow Chemical. A coalition of farmworker and advocacy groups filed a lawsuit against the EPA in 2007 seeking to ban the use of chlorpyrifos; the suit is still pending.

*cont. next page*



## K-9 Sports Center & Training Field Ocean Song Retreat

NEW CLASS SESSIONS BEGINNING WEEK OF OCT. 8<sup>TH</sup>  
NOW OFFERING K-9 SCENTING  
Check our Website for Information  
[www.oceansongretreat.com/k-9](http://www.oceansongretreat.com/k-9)  
Bolinas, CA *above the Ocean* 415-868-2064



Sunday, Oct 7  
2-4pm

**Jerry Mander**  
*The Capitalism Papers:  
Fatal Flaws of an Obsolete  
System*



Please register for this free event using the online registration system on our website.

Called the the patriarch of the anti-Globalization movement by *The New York Times*, Jerry Mander was founder and is a distinguished fellow of the International Forum on Globalization. He also spent 15 years in the advertising business as president of Freeman, Mander & Cossage, including producing the famous Sierra Club campaigns of the 1960s that saved the Grand Canyon.

In his new book, *The Capitalism Papers: Fatal Flaws of an Obsolete System*, Jerry researches, discusses, and exposes the momentous and unsolvable environmental and social problem of capitalism—in the vein of his bestseller, *Four Arguments for the Elimination of Television*. Mander argues that capitalism is no longer a viable system and that capitalism, utterly dependent on never-ending economic growth, is an impossible absurdity on a finite planet with limited resources.

*No charge for the event; donations accepted*

**The New School at Commonweal**  
451 Mesa Road • Bolinas  
868.0960 [www.The-New-School.org](http://www.The-New-School.org)

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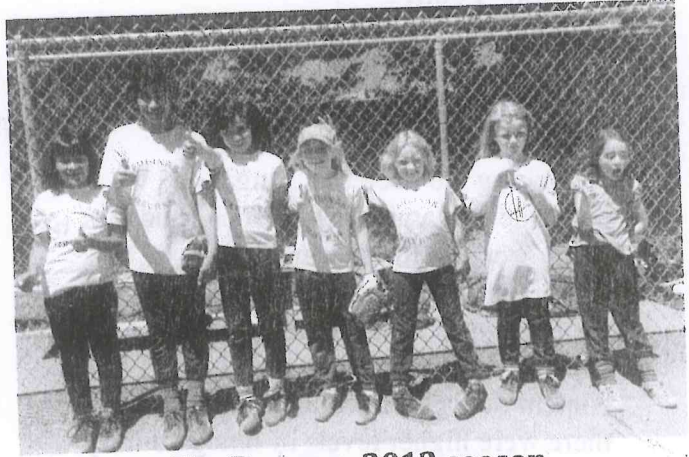
Professor Benbrook thinks that the most important dietary change we can make is to eat more fruits and vegetables, and less bad fat, added sugar and processed food. I'm going to add – eat with the seasons, so that you avoid imported produce with its higher levels of pesticides. The second most important is – of course - to eat organic produce and organic grains. If you can afford it, this is your most important step.

Subscribe to the Nutrition Action Healthletter if you want to keep up with the science of nutrition in an easy, readable format. It's easy to find the address on-line, and 10 issues cost only \$10!

Finally – let always give thanks to our local organic farmers, and to the Bolinas People's store with its daily array of luscious, healthy food!

*Sadja Greenwood MD back issues at  
[sadjasolumns.blogspot.com](http://sadjasolumns.blogspot.com)*

## It's Girls' Softball . . . and more!



**The Ravens - 2012 season**

Mesa Park provides a softball diamond for our girls to hone their athletic skills, develop self-esteem, team spirit, and just plain have fun. Keep our playing fields playable: **Vote YES on Measure E.** For less than \$1 a week per improved lot in Bolinas (\$49/year), Measure E will support the soccer field, skate park, softball diamond, basketball court, little kids' playground, and a site for birthday parties, the food give-away, and other activities. Funding from Measure E is only for the maintenance of the property at 110 Mesa Road, by the Firehouse. The downtown park is privately funded, and any future swimming pool will be maintained by user fees.

Submitted by Jane Mickelson

### ANNOUNCEMENT:

Two of my closest friends have shows at the Bolinas Museum. Andrea Camuto is exhibiting a series of black and white portraits, mostly women and children, taken in war-torn Afghanistan. Rick Springer also has a show of his stone sculpture opening in the Local Artists Gallery. Both shows are well worth a visit to the Museum. A huge thank you to our local museum for giving both of these excellent artists venue to show their work.

--Alethea Patton



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Hello Friends & Neighbors,

It is almost October, where did this year go?! Here in the heart of our village The Community Center is vibrating with excitement getting ready for the October 13th first annual Bolinas Food Festival, mark your calendars; it will be one you will not want to miss. Profits from the festival go to remodeling the BCC kitchen! We are looking for volunteers to help do 2-hour shifts throughout the day, please call or email me if you are interested in helping out.

The Point Reyes Dance Palace has graciously donated all their old lighting equipment to the BCC, so after a few glitches, we now have lights, **thank you Burton and the Dance Palace!** We still need to get some more small upgrades done to the lighting, but we just got a huge jumpstart, yay! Next in line is our sound improvement project, which we will get working on within this next month. We sure are busy fixing up the place! :)

And now to October happenings at the BCC, remember Tuesday Community Nights are always free:

**Tuesday October 2nd "Love in the Ruins"** jazz jam session with Michael Pinkham, Jerry Bojeste, Shawkie Roth, Rodger Crissinger and more  
6:30PM

**Friday October 5th "Arthur Okamura Film Fundraiser"** by John Korty & Kitty Okamura, doors open 6:30 pm, beginning time 7pm

**Tuesday October 9th "Riding Giants"** surf movie (2004) PG-13, 7pm

**Tuesday October 16th "Shaun the Sheep"** Kids animation 6pm

**Tuesday October 23rd "Children of the Revolution"** Australian Comedy, Rated R (1996) 7pm

**Friday October 26th "Halloween Party"** by the Stinson Beach Pre-school, more info coming soon!

**Monday October 29th "Daniel Higgs"** music concert & dinner at the BCC, \$10 at the door, more info coming soon!

**Tuesday October 30th "Halloween Open Mic with Sofi Rox"** Bring your guitars, fiddles, witches' hats and broomsticks, BCC bar serving beer & wine, 6pm

**Wednesday October 31st "Halloween Open House"** 5pm-9pm at the BCC, stop in on your trick-or-treat rounds!!

Just so you all are prepared, an epic "Day of the Dead" will be happening November 1st & 2nd, but more on that later...

Hope to see you all at the Food Festival, Cheers & Bon Appetit!

Lia Sabbatini

Bolinas Community Center  
General Manager  
P.O. Box 122  
Bolinas, CA, 94924

O: (415) 868-1861  
C: (415) 686-6439  
liabocenter@yahoo.com


**MOSTLY MEETINGS & MISCELLANY**  
Monday Morning Recap & Week in Review for 10/1/12  
From Jenniepeiffer.

It appears the fates are conspiring against me. Last week, no electricity at our end of the Mesa, so no Column. This week, water coming down from upstairs apartment, splashing all around in the Uniquities studio space, meant an emergency mop up took priority over doing a column. Maybe it's time to take a break.

Today, we start our FIRE WATCH month, our hot month of October, and this 1st day is one of the hottest of the year so far, which put the lie to the "old spouses' tale" that seeing wooly caterpillars coming out in September means an early winter. I saw two last week, but if this is our winter, I'm ready.

In brief, there has been a lot going on - singing in the cemetery, KWMR Ramblin' Jack concert, art openings, a farewell and thank you to Vandy Seeburg for her excellent work as director of the Bolinas Museum, and a beautiful memorial for Greg Peacock. There was the untimely death of Luther Hill, a friend and long time community member, leaving us way too soon. Condolences to the family.

Next week I will give an additional update on roof top solar installations, but for now - to the beach. JP



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**48 WHARF ROAD, 2ND FLOOR, BOLINAS**

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## Blessing of the Animals

in commemoration of St. Francis Day  
at  
St. Aidan's Episcopal Church  
30 Brighton Street

**Sunday**  
**October 7, 2012**

At approximately 11:00 am  
(right after the 10:00 am service)  
Gather in St. Aidan's Garden

All animals and their human friends are welcome.  
Shy or shy animals might be more comfortable in their carriers



**90.5 FM + 89.9 FM**  
**WWW.KW/MR.ORG**



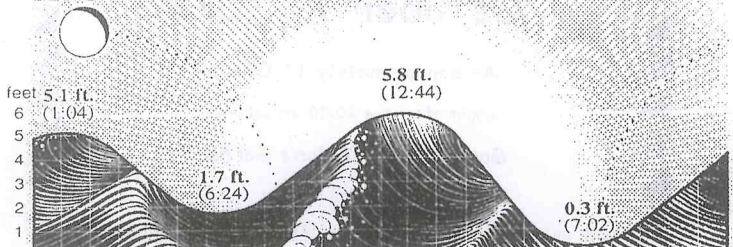
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>6</b>	DeepWaking 12-1 am KW/MR Night Music	Weekly Feed 12-1 am KW/MR Night Music	KW/MR Night Music	S Sunspots to 1:30 am KW/MR Night Music	KW/MR Night Music	Grateful Dead 12-1 am KW/MR Night Music 6:00 am As It Happens Morning Glory	KW/MR Night Music
<b>7</b>	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	# Gregory DeMascio # Anneke van der Veen	Daybreak # Gregory DeMascio # Anneke van der Veen
<b>8</b>	With Eyes Open! Peter Asmus	Good Morn. West Marin with Guest Hosts Rise and Shine Mary Sledman	Hump Day Jimmy G Dave Cook	Morning Blunder Howard Dillon Charlie Doucherty	Swimming Upstream Amanda Eichstaedt	Barrio Vibes Augusto Conde through Aug 17	Original Minds Elia Haworth
<b>9</b>	KT's Kitchen	Park Wave-lengths Loretta Farley	Fish Tales Dave Cook		coming: Solange Echeverria	Vicarious Traveler Vicki Leeds	Sunday Celebration of Sacred Music Rick Clark
<b>10</b>	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Joy Maulitz	Turning Pages The Vinyl Café (repeat from Sunday)	Turning Pages Readings by Erik Bauersfeld	Turning Pages # Bilingual Storytime # Specials	Krista Tippet On Being	10 am BirdNote
<b>11</b>	Open House The Bioneers	#1/3 Onesided Radio Alden Bevington #2/4 Questing Calpestri & Mickelson	Making Contact The Bioneers (repeat from Monday)	An Organic Conversation	Nuestros Niños	Viewpoint Ellen Shehadeh	The Place We Live Marc Matheson
<b>12</b>	The Farm and Foodshed Report Robin Carpenter	New Dimensions	Alternative Radio	Attunement Anthony Wright	Commonweal Conversations	Voces de Nuestro Mundo Interviews by Raul Gallyot	Happy Days Marcie Judelson Jazz Rhythm
<b>1</b>	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	Your Own Health and Fitness	Philosophy Talk	Speciale TBA	Forms and Feelings Jim Bennett	Jazz with Kendrick Rand LAST SUNDAYS
<b>2</b>		What's New?	Classical Wednesday	Classical Thursday	Classical Friday	World Playground	Riverwalk Jazz
<b>3</b>	Cruisin'..... Rick Clark	#1 Jimo & Tammy # John Larch / Specials	#1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	# Susan Santiago # Jeffrey Wilkinson	#1 Susanna Henderson #2/4 Norman Masonson	#1/3 Hawai'i Calling Susanna Henderson #2/4 Africa & Diaspora Mark Potts	The Vinyl Café (CBC)
<b>4</b>	# Aztec Pride Jorge Ramirez # The Latin Alternative	Art of the Song	Krista Tippet On Being #5 Coastal Airwaves Vickiea	TeaTime Books Mimi Calpestri Howard Dillon	#3/5 Specials	Circulo musical Jesus Martinez	Learnin' Kirven Brian Kirven Beth Underwood
<b>5</b>	Moyers & Company	Sabrina Artel's Trailer Talk # The Feminine Mystic Wendy McLaughlin	Open House Epicenter: #1 Pt Reyes Dialogues, Needleman	Open House: Témás de inmigración; Story Shed # Art's Desire # Hot Tech/Cool Science Julie Motz	Happy Hour Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Paul Flowerman Grey Shepard
<b>6</b>	Trash to Treasure Madeline Hope	# ViewPoint (repeat) Ellen Shehadeh	Ridin' the Rails..... on The Americana Express with the Roots Gang Mike V, Amanda, Will, Ken, Liberacha	Bakersfield & Beyond Amanda & Mike V	Shorty's Bunkhouse Shorty	Friday Funk Fest Fairfax Funkateer	Professor Kosmo Plays..... The Kitchen Sink
<b>7</b>	Release Me— New Music with Amanda & The Roots Gang	Musical Varieté Charlie Norgan	Coast Highway Blues Larry Rippee	Story Hour Hearing Voices	Magic Radio	Rick's Jazz Café Greg's Groove Gregory DeMascio	Patrick Kleeman
<b>8</b>	El Barrio	Faultline Radio		NEW SERIES	Chris Breyer		
<b>9</b>	Gus Conde	Jaimo Crespo		L.A. THEATRE WORKS		Saturday Night Function # Mark Potts # Marc Matheson	Stuck in the Psychedelic Era with the Hermit
<b>10</b>	Monday Night Mixtape	Amateur's Guide to Life Christian Anthony	Sonic Sunspots Tony Palmer	Professor Kosmo plays.....			
<b>11</b>	Jacoba Charles	Ernesto Lechner and Josh Norek Professor Kosmo plays.....					

Office 415/663-8068

**STREAMING on KW/MR.ORG**

Studio 415/663-8492/8317

**MON OCT 1** dawn 6:09 sunrise 7:06 sunset 6:52 dark 7:49  
moonset 8:39 a.m. moonrise 7:35 p.m.



**TUE OCT 2** dawn 6:10 sunrise 7:07 sunset 6:50 dark 7:47  
moonset 9:36 a.m. moonrise 8:11 p.m.



12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11 12  
s flood → 3.2 knots ebb → 3 knots flood → 4.3 knots ebb → 3.5 knots  
1.9 knots flood → 1.9 knots ebb → 2.3 knots flood → 2.6 knots ebb →

12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11 12  
s flood → 2.9 knots ebb → 2.7 knots flood → 4.2 knots ebb → 3.3  
1.8 knots flood → 1.7 knots ebb → 2.3 knots flood → 2.6 knots ebb →



# 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.

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DMX

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Steve Hill -2310

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COLOR COPIER (B&W too)

41 Wharf Rd., Bolinas 415-868-1311

Community Mediation Board

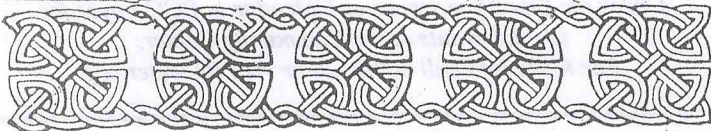
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### Involved in a conflict?

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AR 10/1

### MINDFUL HOUSESITTING

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AI 10/12

## HELP WANTED

### PRODUCE TRUCK DRIVER.

Tuesdays in Marin. Clean driver's license required. Inquire -  
Star Route Farms, 415-868-1658

WW 10/1

**Project coordinator for Bolinas-Stinson Youth Group.**  
Should have experience working with youth, fund-raising,  
computer and people skills, to design program and lay  
groundwork for reopening of the Youth Group. \$25/hour,  
10-12 hours a week, 2-3 months. Send resume, cover letter  
and 2 references to [Sadja37@gmail.com](mailto:Sadja37@gmail.com)

SG 10/1

## HEALTH AND HEALING

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## WANTED

### MARIN HOMEOWNERS SEEK HOUSESIT

Late September availability to stay 3-6 mos. Happy to contribute to home expenses. We are professionals seeking a break after having launched a company & published a book.

Contact Maureen 415 381-5115

MS 10/3



## FOR RENT

**NEWLY REFURBISHED CABIN WITH DETACHED**  
bath and minimal kitchen. \$500/mo., includes utilities. First and last. Email: [Nancy\\_j@baymoon.com](mailto:Nancy_j@baymoon.com)

NJ10/19

## FOR SALE

**36" CONSOLE TV (10-15 YEARS OLD)**  
Works perfectly, built-in side speakers. \$100.  
868-9548 Jan or Mesa

MB 10/10

## 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 9-11 am. 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!**

## ANNOUNCEMENTS

### BOLINAS PIE MAKERS

Saturday, October 13<sup>th</sup> will bring a great food festival to Bolinas. We will offer a table filled with delicious pies for sale to support the renovation of BCC's kitchen. Anyone willing to bake a pie or help run the table for an hour or two, please call June McAdams @9052. Thanks a lot in advance.

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

- A couple of wonderful Indian Summer days, finally, after almost none in September.
- Warren Hellman's Hardly Strictly Bluegrass, coming up this weekend. Google the lineup; there's something for everyone. Free.
- Doing a major bedroom cleanup and reorganization: intoxicating, thrilling, disorienting. Also therapeutic.

--Ned Riley



## LOST & FOUND

On Labor Day-a pair of prescription glasses-Furlas brand, grey in color with grey striped bows. Also lost- green silk shirt. Please call 808-457-9054 if found.

SC 9/10

### FRONT WHEEL FOR MOUNTAIN BIKE

& a pair of sunglasses-off road across from Randell trail between Olema and Bolinas-last Tuesday-8/14. 868-8969

WB 8/20

Missing: black, brown, white short hair tabby cat named "Boots" call Albert 2409 we miss him AH 9/5

## CLASSES

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



### Class Schedule

<b>Sunday</b>	
Yoga w/Trishna	9:00 - 11:00 a.m.
Brazilian Dance w/Anna	11:00 a.m. - noon
Ninjutsu Martial Arts w/ Martin	Kids Class 5:30 - 6:30 p.m. Adult Class 6:30 - 8:00 p.m.
(Info 868-9236) Drop-ins welcome)	
<b>Monday</b>	
Pilates w/Lisa (pre-register 868-0473)	5:30 - 6:30 p.m.
<b>Tuesday</b>	
Yoga w/Trishna	9:30 - 11:00 a.m.
Arial Arts for Youth w/ Joanna	3:30 - 5:30 p.m.
(New class starts in September, for registration call 868-8821)	
CommUnity Nights	7:00 p.m.
W/ free movies, games or music. Call -2128 for details	
<b>Wednesday</b>	
Pilates w/Lisa	8:30 - 10:00 a.m.
Yoga Basics w/Trishna	6:15 - 7:30 p.m.
Biblia en Español	8:00 - 9:30 p.m.
<b>Thursday</b>	
USDA food bank	12 noon
Yoga w/Lisa Brendel	4:00 - 5:30 p.m.
Congolese Dance & song w/Sandor	6:00 - 8:30 p.m.
<b>Friday</b>	
Pilates Mat Class w/Lisa	9:00 - 10:00 a.m.
<b>Saturday</b>	
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.
(5 week series June 30 - July 28 info 868-0473)	
Ballet w/Erika	Teens and Adults 12:00 - 1:30 a.m.
(6/30-7/28/12) Ballet/Soft shoes required. Call (209) 523-4305)	

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)

## CLASSES

Please come join me in a Vinyasa Flow Yoga class at 9:00am, Sat. am at the Com Center here in Bo as well as a gentle flow class on Thursday afternoons at 4:00 pm at the Bo Center. Give it a try! On going. Take time to practise here in Bo. Would love to see you, Lisa B...

LB10/1

## FREE

Fir flooring & other wood-free. You pick up. 0245.

MB 10/12.

## FOUND

Esex-kodak crystal black frames-brown lenses-dark glasses-Main Street. Call 1326 to claim.

AC 9/24

2 keys on ring. Red plastic-house and green decorators. Now at Hearsay Office. Call 0138, M-W-F-9-12N to claim.

JMc 9/24