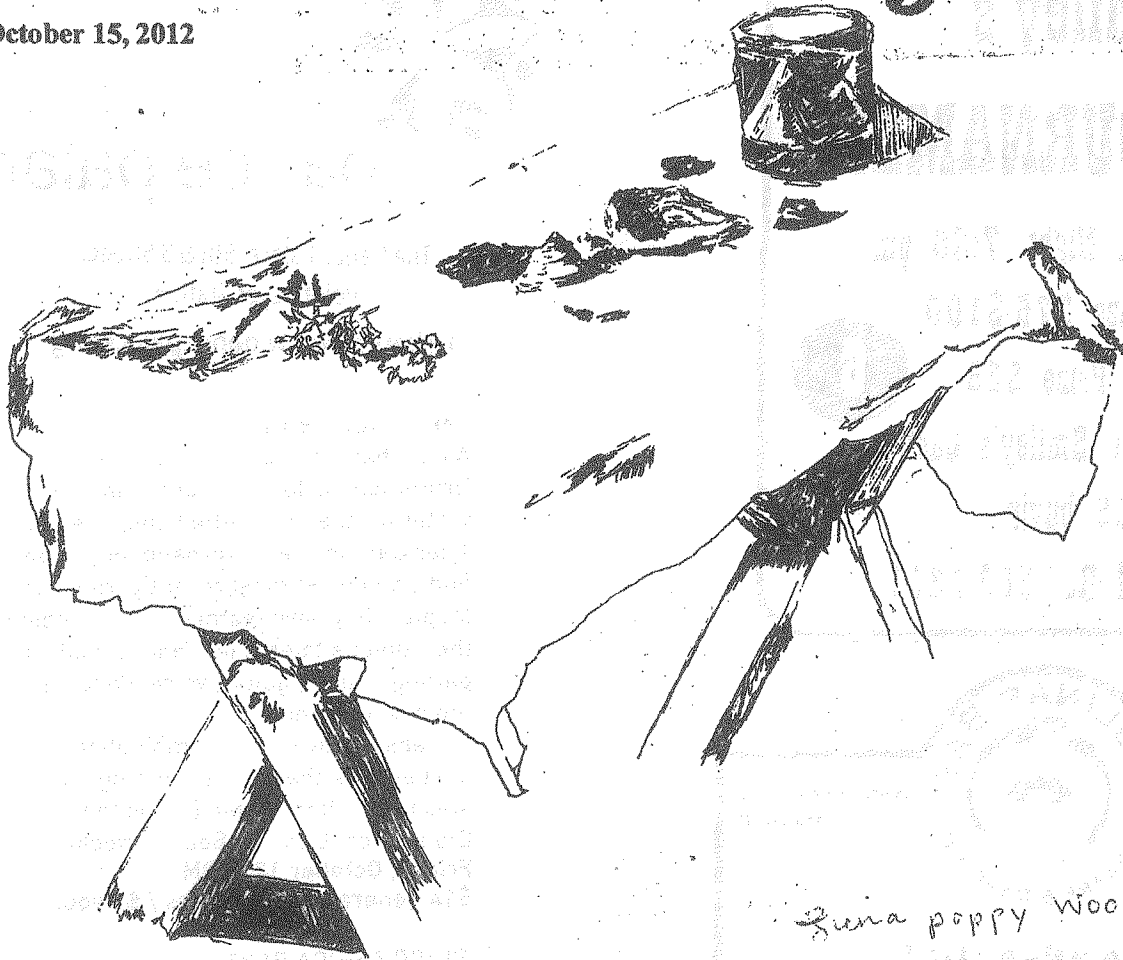


Bolinas Hearsay News

Monday, October 15, 2012

46¢ + tax



Luna poppy woods

WHAT'S HAPPENING

Tuesday, October 16

INSIGHT: SEEING THE INNER SELF

Portraits by Tu-2 (Tu Ying Ming), conversation w/ Tu-2 & Angela Oh @ Commonweal, 2-4pm

Wednesday, October 17

DALE POLISSAR TRIO

With Si Perkoff and Piro Patton Panama Hotel, San Rafael 7-10pm

Thursday, October 18

JONNY KEIGWIN

Live music, food & drink specials @ Coast Café, 7-9pm

JEFF MANSON & FRIENDS

Live local music @ Smiley's, 8:30pm

Friday, October 19

ELDON BROWN BAND

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

Saturday, October 20

BCLT MEMBERSHIP DRIVE

at Bolinas Gas Station, 11:00am-3:00pm. Free cookies for new members, Stu Art's famous wheel, side walk art, face painting for kids and more community fun.

SWOON

With Bolinas cellist Kater Murch @ Smiley's, 9:30pm. Cover.

ORIONID METEORS

Best seen around 11pm in the east

Wednesday, October 24

BCLT ANNUAL MEETING

at Bolinas Firehouse Conference Space, 6:00pm-7:30pm. Includes special presentation by Marin Housing on their Residential Rehab Loan Program (6:00-6:30).

HAPPY HAPPY BIRTHDAY...

October 15: Jerry Bohlman
Jason Rodgers
Angela Rollins
Ruby Lee
Howard Meyer (remembered)

October 16: Kiowa Broek

October 17: Heather Peacock
Kathy Sayers

October 18: Jane Okamura Sanders
Pete Gubbins

October 19: Magda
Micah
Ashley Ratcliffe
Chandra Docherty
Stephen Haney
Perry Hooper
Richard Schoenherz

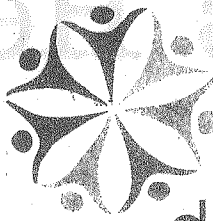
October 20: Anthony DiStasi
Leighton Norton
Kathy Sparling
Leo Kostelnik
Eddy Taylor

October 21: Connie Angland
Marsha Lenz

Pasteup
Ads/books
Press

Ned Riley
June McAdams
Jeff Manson

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



COMMUNITY & CULTURAL CENTER

dance palace

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

Tickets at www.dancepalace.org

IMPOSSIBLE BIRD

A duo that will shake your bones. Nick Drummond is former front man and songwriter for the hit Seattle band, The Senate. Tyler Carson is an internationally known fiddler/violinist most recently from Jack Maple. They have teamed up to combine their unique talents into one formidable pairing. Fiddle, guitar, voice. Welcome to the new beginning.

"An absolutely stellar combination of upbeat alt-folk that's mesmerizing and radiates talent. Impossible Bird is the Next Big Musical Duo." —Seattle Weekly

Friday, October 12, 8 PM
\$14 general / \$12 seniors / \$8 youth

PINCC AFRICA PARTY

Join PINCC (Prevention International: No Cervical Cancer) for an afternoon of creativity: music and dance, art and crafts. We're raising funds to start new training programs in Ethiopia and Cameroon, to create sustainable cervical cancer prevention programs that save women's lives from this silent killer. Mark Potts of KWMR's Africa program is planning great African music and entertainment; local artists are donating their work, and there will be exotic crafts from Africa for sale, as well as great food and drink.

Saturday, October 20, 2:00 PM
\$35, contact for more information, reservations and tickets: Tenay at 510-452-2542, or go to our website at www.pincc.org.

A DISCUSSION WITH ROBERT REICH

Robert Reich discusses his new book, "Beyond Outrage: What Has Gone Wrong with Our Economy and Our Democracy, and How to Fix Them." Sponsored by Point Reyes Books, a benefit for West Marin Community Services.

Sunday, October 21, 3:00 PM
\$15 general / Post-event reception \$35, (includes event) advance reservations required. For tickets or more information go to www.ptreyesbooks.com or call 415-663-1542.

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KATHLEEN PENDER

Net Worth

As The Howard Jarvis Taxpayers Association plans to file a lawsuit within a month challenging the state law that imposes a new fee on owners of habitable structures in areas where the state is responsible for fire prevention. However, to avoid late penalties and be eligible for a potential refund, you should pay the fee by the due date.

However, to be eligible for a refund of past fees, property owners need to pay the fee and file a protest form with three state agencies within 30 days of the fee-billing date, he says.

But to become eligible for a refund if the association prevails, they should download the form from the Jarvis website (go to firetaxprotest.org and click on "refund") and mail it to the three agencies. This version has box number four, "other reason," checked and includes the necessary legal verbiage.

Lu Comnora

KWMR. 89.9 in Bolinas
Tuesday morning 8-9 a.m.

Rise and Shine Show on Tuesday, Oct. 16, 8 am. Wrap up re: Bolinas Food Fest; and in-studio interview with Anna Mohn Gade regarding the Bolinas swimming pool SURVEY and PLANS.

Thank you listeners for your strong support during the recent KWMR pledge drive.

CREATIVE SELF-HEALING COLLAGE ART WORKSHOP AT STINSON BEACH LIBRARY

Creativity is an incredible tool for healing. In this group we will use our personal inner journey to create a colorful, visual communication using collage.

We will invite the images to speak to us. Then we'll incorporate any written words or poetry that may arise as part of the process.

At the end of the workshop we'll share these discoveries in a small group-healing circle.

We'll meet at the Stinson Beach Library, 6:30-9pm, on the second Tuesday of the month, October 9, November 13, and December 11.

No fee

Bring a glue stick, magazines or other images and any other materials you may want to use. You could start with a blank watercolor journal or a mixed media journal by Strathmore or bring a used book, which can be altered, in appearance through added collage.

Call Barbara Lee with any questions you might have about the workshop, materials and to sign up: 415 868 9607

The Orionid meteor shower peaks this Saturday with very fast, sometimes bright meteors, many leaving persistent trains across the sky, radiating from the area of Orion. The actual peak will occur around 6 p.m. on the West Coast, before sunset, and around 9 p.m. on the East Coast, before Orion has yet risen in the evening sky. However, submaxima around the peak can extend the peak over a period of a few days. Best chance to see these meteors will come after Orion clears the eastern horizon around 11pm local time on Friday, Saturday, and Sunday evenings, with the waxing crescent moon setting in the west.

BOLINAS PIE BAKERS

Thank you for the delicious pies you provided for the table. They were beautiful to look at and oh so many! They were quite tasty as well as all were sold to people who could not resist them. As you know all the proceeds from the first Bolinas Food Festival will be used to fund the BCC kitchen remodel. Thanks again for your hard work and creativity.

June McAdams

DROP! COVER! HOLD ON!

The Great California ShakeOut is a day of special events featuring the largest earthquake drill ever, organized to inspire Californians to get ready for big earthquakes, and to prevent disasters from becoming catastrophes.

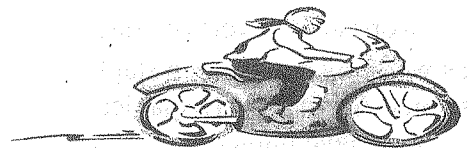
The ShakeOut drill will occur in houses, businesses, and public spaces alike throughout California at 10:18 a.m. on October 18, 2012.

Free registration at www.ShakeOut.org/california/register will pledge an individual's or group's participation in this important preparedness event. Participants will receive information on how to prepare for the inevitable major earthquake in the region and what actions to take during and after the shaking.

The Bolinas Fire Protection District would like to invite you to participate along with us as we exercise our emergency communications. Contact us at 868-1566 to find out more about the drill and how you can become better prepared for a disaster. Are you really prepared? What we do now, before a big earthquake, will determine what our lives will be like afterwards.

Anita Tyrrell-Brown
Fire Chief

FREE AS THE BREEZE!



Ever wish you could set yourself
free from tobacco?
You can!

Tobacco Cessation Class
Tuesdays, 5:00pm - 6:00pm
October 9 - November 13, 2012
West Marin Human Service Center
100 6th Street, Pt. Reyes Station
FREE of charge.

We'll help you learn how to put together a realistic quit plan, gather the support you need, and ride out the tough times. Low-cost nicotine patches available to qualified participants.

To register, contact Kathleen Roach at 415.663.8231, or Beth Lillard at 415.755.2334. NO drop-ins, please.



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Go to Health: Arsenic in Rice?

Arsenic is a chemical element found in water, soil and air. For this reason, it is inevitably found in some foods. Human activities have added arsenic to the environment, through burning coal, oil, gasoline and wood, and through the use of arsenic compounds in pesticides, herbicides and wood preservatives. The Food and Drug Administration (FDA) monitors foods in our diet; it has analyzed arsenic levels in rice for 20 years, and has not found evidence of change in arsenic levels. However, researchers are now better able to measure whether existing levels represent more or less toxic forms of the element. It plans to complete its analysis of about 1,200 rice products (rice milk, rice cakes, infant cereal, etc) by the end of the year, and to issue guidelines.

Meanwhile, *Consumer Reports*, published by Consumers Union, has stated that its tests of more than 60 samples of rice and rice products found inorganic arsenic, a probable human carcinogen, in most samples. Earlier this year, they had found worrisome levels of arsenic in apple and grape juices, and called on the FDA to set limits for arsenic in these juices. They are now asking the FDA to set limits for arsenic in rice.

Consumer Reports' study found:

- *White rice grown in Arkansas, Missouri, Louisiana and Texas had higher arsenic levels than samples from California, India, and Thailand.
- *Brown rice had higher levels than white rice, comparing rice from within a tested brand.
- *Infant rice cereals and drink products contained worrisome levels of arsenic.
- *Groups who rely on rice as a staple, such as some Asians and Hispanics, were found to have higher arsenic levels.

Rice grown in Texas, Louisiana and other gulf coast states have high levels of arsenic because of cotton growing in times past. Arsenic pesticides were used to control the boll weevil. California rice, and Asian rice have considerably lower levels.

Consumer Reports advises that children under 5 not be given rice drinks daily. Similar advice has been given in the United Kingdom.

Consumer Reports has asked the FDA to ban the feeding of arsenic containing drugs to animals (used for growth promotion and disease prevention). The manure of these animals contains arsenic, which can be used to fertilize food crops. It also asked for a phase out of arsenic containing pesticides.

Philip Landrigan, an epidemiologist, author and pediatrician at New York's Mt. Sinai School of Medicine, suggests that pregnant women and babies avoid rice, or use only small amounts of California rice, or switch to other grains, such as oats or barley.

Arsenic has been implicated as a cause of skin cancer (non-melanoma), and is also related to cancers of the liver, lung, kidney and bladder. The evidence for this comes from studies in Taiwan, where well water contains high amounts of arsenic. The same is true in Bangladesh – tube wells drilled to protect the population from bacterial diarrheal disease have been found to have high levels of arsenic. This is a very serious situation in parts of India as well. Current remedial efforts include digging very deep wells, where water may have lower arsenic levels.

What can you do about arsenic in food and water? Bolinas water does not contain arsenic. Avoid apple and grape juice unless it is organic – even then, it's better to eat the whole fruit. Avoid chicken, unless it is organic. Eat California rice, but don't make it your everyday staple. Try almond milk if you usually drink rice milk. If you are avoiding gluten, try millet as a rice substitute. Millet should be rinsed first, and cooks in 20 minutes. You can make it very tasty by cooking it with onions, garlic, chopped nuts, and spices. When cooking, I always think of chef Rebecca Katz' suggestion: FASS. F stands for a bit of fat, such as olive oil. A stands for acid – meaning a little something sour, like a squeeze of lemon. S stands for sweet – a drop of maple syrup, or pomegranate juice, or some frozen corn. S stands for salty – a pinch of salt. Put this in every dish, and you'll love the result!

Sadja Greenwood, MD see more at sadjascolumns.blogspot.com

MOSTLY MEETINGS & MISCELLANY

Monday Morning Recap & Week in Review 10/15/12
From Jenniepeiffer

Such a spectacular Saturday Food Festival! The weather went from rainy and drippy Thursday and Friday, to an outrageously beautiful sunny Saturday morning. By 10 in the a.m. the Bolinas Community Center was transformed into an indoor market with an abundance of locally grown organic produce donated by our local growers, artfully displayed in baskets on bales of hay. The smell of Heidi's Norwegian waffles was in the air, along with fresh coffee and pastries offered by Becka at the Cafe up on the stage, Baraka's chocolates were so deliciously tempting, and Amanda's jams and lotions and potions were available for sampling. By 11:00, Eatdog had set up his plants and botanical arrangements from Gillyflower nursery, joining Tacherra's with their eggs and beef, Schehera with gluten free goods and pottery, Gaia Tea, Buckenmeyers and a variety of other wares for sale. Later in the morning began an instructive line up of demonstrations to be offered throughout the afternoon.

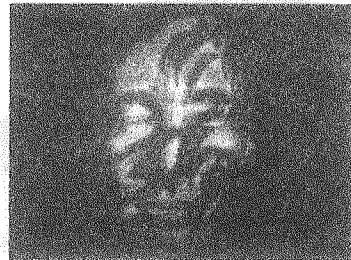
Outside in the plaza there was the SPROUT Seed Library, next to John Glavis and his magical beans and tubers, Quinoa salad makings, and healthy sustainable plants, and by noon the Plaza music started with This Old Earthquake. There was a refreshment and food alley set up on the driveway alongside the Community Center, offering fresh squeezed local juices, as well as beer and wine. Foods included Tai plates, Barbary Coast Cheesesteak sandwiches, Carmen's tamales, Tanya's soups, & apples fresh pressed into juice by Mark Butler. A short walk to the Hard Rock Cafe park brought one to a magical gathering place where pony rides were happening, pies and desserts were available next to barbecued sausages and hot dogs, and children and their adults played with hula hoops, rode trikes (not the adults), had sack races, made art, played croquet and had non stop fun at the kid zone, set up along the park's back area. Acoustic music in the park by the delightful La di da di da, picked up when there was a lull in the Plaza music, and we got to sit around on the grass, eating lunch, while we listened to the humorous, home grown songs of Anny, Amanda, and Sarah, backed up by Bob on bass, and percussive beat by Tony Onorato, one busy guy playing with three bands during the event and then with Black Water Gold (a pretty outrageously danceable band) again that night at Smiley's. Bo-Stin Dub Squad also played, Molly Maguire and kids, and some inside the hall music by Carl Nagen, Jan Brock.

Thanks to the Bolinas Community Center Staff, Randi Arnold and Lia Sabbatini for the vision, and all the wonderful women who organized and worked so hard to make it happen: Serita Basilio-Lewis with Food for Families, Becka Trivelpiece with Wild Onion Catering, Tania Kleider with A Humble Kitchen, & Baraka Brock with Baraka's Chocolates. What a team! It is so inspiring to see this amazing whirlwind of energy stepping up to keep it happening in our town. An additional thanks to Roger Peacock and Aletha Patton for shepherding the park to fruition, and to the anonymous donor who gave this wonderful gathering place to the community. Now we need a pathway from the park through the Land Trust garden to the Plaza.
In gratitude, jenniepeiffer.

Tuesday, Oct 16
2-4pm

Insight: Seeing the Inner Self

Portraits of Light
by Tu Ying-ming
and conversation
with Tu-2, Angela Oh, and Michael Lerner



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

Join us for a preview of the show *108 Bodhisattvas*, as well as a conversation with artist Tu-2 (Tu Ying-ming) and meditation teacher and lawyer Angela E. Oh. The full body of work, *108 Bodhisattvas*, will be premiered in 2013 at a workshop and show in Commonweal Gallery.

Tu-2 is a visual fine artist who focuses on painting, photography, and documentary films. Around six years ago, he started a series of spiritual portraits in chiaroscuro (a light-dark technique with ancient roots)—but using a silver pencil to draw only the light.

Angela E. Oh has worked as an attorney, public lecturer, and teacher of Zen meditation. Oh's public lectures and writings reflect the opportunities and challenges that diversity presents. Oh is also an ordained Priest, Zen Buddhist—Rinzai Sect.

No charge for the event; donations accepted
The New School at Commonweal
451 Mesa Road • Bolinas

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Saturday's Food Festival. What a great day: wonderful weather, wonderful food & drink, wonderful friends & neighbors having a party just for ourselves.
- (2) These last few Wednesday soccer sessions as the light begins to fade.
- (3) Getting to visit friends who had rented one of those quintessential weekend getaway cottages on the water up in Marshall.

--Ned Riley

If you have ever been to a giants game and seen someone in a funny hat sing the star spangled banner, it may well have been Stephanie Harwood, who after spending many years at Beach Blanket Babylon started the band Swoon which will be performing at Smiley's on Saturday October 20th. The band will play original songs with influences of folk, soul, funk and rock. The band is Todd Snyderman (drums), Julian Fill & Joey Nunez (guitars), Scott Dunbar (Bass), and Kater Murch (from Bolinas on cello)



90.5 FM + 89.9 FM
WWW.KWMR.ORG



| | 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 | Good Morn. West Marin with Guest Hosts Loretta Farley | Rise and Shine Mary Siedman | Hump Day Jimmy G Dave Cook | Morning Blunder Howard Dillon Charlie Doucherty | Barrio Vibes Augusto Conde through Aug 17 | # Gregory DeMascio # Anneke van der Veen |
| 9 | KT's Kitchen | Park Wave-lengths Loretta Farley | Airwaves Raul Gallyot | Fish Tales Dave Cook | Swimming Upstream Amanda Eichstaedt | Original Minds Elia Haworth | 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 Readings by Erik Bauersfeld | Turning Pages # Bilingual Storytime # Specials | Krista Tippett On Being | 10 am BirdNote |
| 11 | Open House The Bioneers | #1/3 Onesided Radio Alden Bevington #2/4 Questing Calpaestri & Mickelson | Making Contact The Bioneers (repeat from Monday) | An Organic Conversation | Nuestros Niños | Viewpoint Ellen Shahadeh | The Place We Live Marc Matheson |
| 12 | The Farm and Foodshed Report Robin Carpenter | New Dimensions | Alternative Radio | Attunement Anthony Wright | Commonweal Conversations | Voces de Nuestro Mundo Interviews by Raul Gallyot | Forms and Feelings Happy Days Marcie Judelson |
| 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 | Specials TBA | Jim Bennett | Jazz with Kendrick Rand Jazz Rhythm LAST SUNDAYS |
| 2 | Cruisin'..... Rick Clark | What's New? | Classical Wednesday | Classical Thursday | Classical Friday | World Playground | Riverwalk Jazz |
| 3 | | #1 Jimo & Tommy # John Lorch / Specials | #1/5 Specials #2/4 Chris Breyer #3 Susan Debler | # 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) |
| 4 | # Aztec Pride Jorge Ramirez # The Latin Alternativa | Art of the Song | Krista Tippett On Being #5 Coastal Airwaves Vickisa | TeaTime Books Mimi Calpaestri Howard Dillon | #3/5 Specials | Circulo musical | Learnin' Kirven Brian Kirven To Hoff & Bach |
| 5 | Moyers & Company | Sabrina Arzel's Trailer Talk # The Feminine Mystic Wendy McLaughlin | Open House | Open House: Yámas de Inmigración; Story Shed | Happy Hour | Jesus Martinez | Beth Underwood |
| 6 | Trash to Treasure Madeline Hope | # ViewPoint (repeat) Ellen Shahadeh | | Julie Motz | Liberacha | The Celtic Universe | Ears Akimbo's Elbow Room Between Rock and A Jazz Place |
| 7 | Release Me— New Music with Amanda & The Roots Gang | Musical Varieté Charlie Morgan | Ridin' the Rails..... on The Americana Express with the Roots Gang | Bakersfield & Beyond Amanda & Mike V | Shorty's Bunkhouse Shorty | # Loretta Farley # Lyons Filmer | Paul Flowerman Grey Shepard |
| 8 | El Barrio | Faultline Radio | Coast Highway Blues | Story Hour Hearing Voices | Friday Funk Fest Fairfax Funkateer | Rick's Jazz Café Greg's Groove | Professor Kosmo Plays..... The Kitchen Sink |
| 9 | Gus Conde | Jaimo Crespo | Larry Rippen | NEW SERIES | Magic Radio | Rick Clark Gregory DeMascio | Patrick Kleeman |
| 10 | Monday Night Mixtape | Amateur's Guide to Life Christian Anthony | Sonic Sunspots Tony Palmer | L.A. THEATRE WORKS | Chris Breyer | Saturday Night Function | Stuck in the Psychedelic Era with the Hermit |
| 11 | Jacoba Charles | The Latin Alternativa Ernesto Lechner and Josh Norek Professor Kosmo plays..... | | Professor Kosmo plays..... | | # Mark Potts # Marc Matheson | |

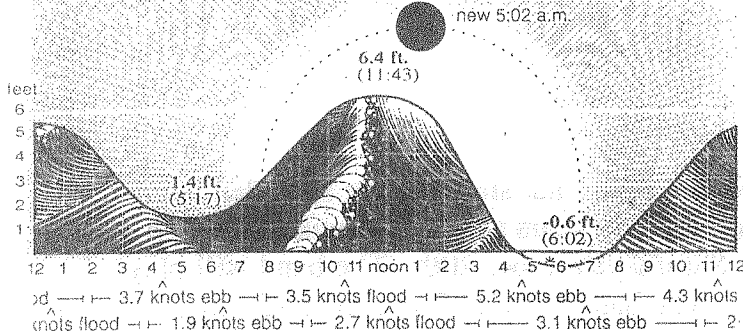
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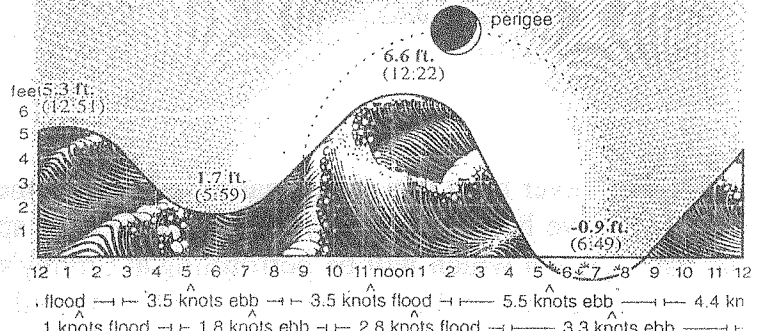
MON OCT 15

dawn 6:22 sunrise 7:19 sunset 6:32 dark 7:28
moonrise 7:36 a.m. moonset 6:37 p.m.



TUE OCT 16

dawn 6:23 sunrise 7:20 sunset 6:30 dark 7:27
moonrise 8:48 a.m. moonset 7:23 p.m.



FOR SALE

DRY, SEASONED FIREWOOD, CUT FROM LOCAL trees. Oak-Bay mix \$360/cord; Eucalyptus-cypress mix \$300.
Free local delivery. Cut by Don, Split by Mickey
Gospel Flat Farm X 0921/640-5425

MM 10/15

16 FT. BOAT TRAILER-SINGLE AXLE, good tires. \$300. Aluminum open boat. \$300.
Call 415-342-1167.

GS 10/17

SALE

Judith Elliott's Estate Sale-Sunday-October 21, 2012-10AM-5PM-18 Arenal Ave.-Apt.1, Stinson Beach. Questions? Call Sephira @ 415-868-0951

SS 10/19

FREE

EXERCISE BIKE
Excellent condition -1898

GE 10/15

LOST & FOUND

LOST: TWO KEYS ON LONG RED CORD
-call Steve @ 759-0846 Thanks

SH 10/3

FOUND: ESEX-KODAK CRYSTAL BLACK FRAMES-
brown lenses-dark glasses -Main Street. Call 1326 to claim.

AC 9/24

FOUND: 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

LOST

White Marin Mountain bike-purple hand bar grips-Reward
868-1568

HZ 10/15

LOST

Monday afternoon, 36" old-timey woven Balinese scarf in soft natural autumnal colors, possibly on Mesa, Terrace or Brighton. Please call 0116 if found.

SM 10/3

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

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

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 | 11:00 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)

Monday

| | |
|--|------------------|
| Pilates w/Lisa (pre-register 868-0473) | 5:30 - 6:30 p.m. |
| Figure Drawing (every other Mon. starts 10/16) | 6:45 - 9:45 p.m. |
| Dance w/Eleanor (every other Mon. starts 11/5) | 6:45 - 7:45 p.m. |

Tuesday

| | |
|---|-------------------|
| Bo Babies | 12:00 - 2:00 p.m. |
| Arial Arts for Youth w/ Joanna | 3:30 - 5:30 p.m. |
| (New class starts October 16, for registration call 868-8821) | |
| 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 | 5:15 - 7:45 p.m. |
| Biblia en Español | 8:00 - 9:30 p.m. |

Thursday

| | |
|---------------------------------|------------------|
| USDA food bank | 12:00 noon |
| Yoga w/Lisa Brendel | 4:00 - 5:30 p.m. |
| Congolese Dance & song w/Sandor | 6:00 - 8:30 p.m. |

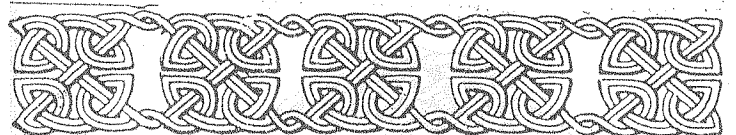
Friday

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

Saturday

| | |
|---|----------------------------------|
| Yoga w/ Lisa Brendel | 9:00 - 10:30 a.m. |
| Soul Soup with Amber Hines (till October 27) | 11:00 - 11:45 a.m. |
| Creative Movement w/ Lisa (starts Nov. 3) | 11:00 - 11:45 a.m. |
| Ballet w/Erika Townsend | Teens & Adults 12:00 - 1:30 a.m. |
| 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



MYSTERY SOLVED HERO REVEALED

Jeff Clapp is the name of the man who together with an unnamed surfer saved Billy from the pit bull by the surfer's hitting him with a big stick on the beach. Jeff later saw woman in a car searching for a run away pit bull and told her of the vicious attack. He believes that she was an out of townner.

This is the second time Billy was attacked; EJ's awful young pit bull was the first. So here is the solution. KEEP YOUR PIT BULLS ON A LEASH AT ALL TIMES. Or maybe just keep them at home where their owners will all testify that they are all sweet pussycats. Yeah, right.

Liz Grace



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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BRUSH TO MEADOW TRANSFORMATION

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DMX

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Community Mediation Board
868-0493

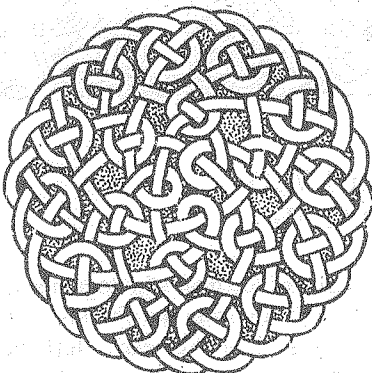
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-- Michael Rafferty, Online Editor

RIDE WANTED

STUDENT ATHLETE LOOKING FOR RIDE TO MILL
Valley or Greenbrae weekend mornings; need to being in MV by
8:30, earlier OK Contact: Colby- 300-7112 or Claire- 269-9013
OR colbydonofrio@gmail.com, csimeone@att.net. Thanks!

CD10/19

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residence! Open to room, structure, housesit or space to erect
structure. Honest, reliable and communicative. Please call
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KS 11/2

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NJ10/19

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