

Bolinas Hearsay News

46 ¢ + tax

Monday, November 19, 2012



Woodcut print "The City from Grizzly Peak"
by Tom Killion

WHAT'S HAPPENING

Wednesday, November 21

POET BOB HOLEMAN

in conversation w/ Michael Lerner, Commonweal, 10am-noon. www.The-New-School.org

JERRY HANNAN

Thanksgiving Eve celebration at Smiley's, 9pm

Thursday, November 22

THANKSGIVING HOLIDAY

COMMUNITY CENTER THANKSGIVING DINNER

Doors open at 4pm Dinner at 5pm Bring a dish to pass.
Everyone welcome- info @ -2128

Friday, November 23

JUST FRIENDS

Live local music @ Smiley's, 9:30pm, Charlie Docherty, Jim Vest, Jerome Bohman, Molly MaGuire, Michael Pinkham

OPEN STUDIOS

Visit local artists in their workplace. Runs all weekend. Info: www.coastalmarinartists.com

Saturday, November 24

SMALL BUSINESS SATURDAY

Free samples of Hot Smoothies, Bobolicious, 2-3pm

OPEN STUDIOS

continues

COLE TATE

Live rockin' blues at Smiley's, 9pm

Sunday, November 25

OPEN STUDIOS

continues

THE BIRD THAT SWALLOWED ITS CAGE

Walter and Aggie Murch, Commonweal, 2-4PM, register at www.KWMR.org

HAPPY HAPPY BIRTHDAY!!!

November 19: Joanne Kyger

Dan McNaughton

Nathan Siedman

November 20: Jim Alfsen

Danielle Vantress

Ron Wilhelm (remembered)

Erin Dell

November 21: Albert Hollander

Doris Ober

November 22: Betsyann Gallagher

Calvin Pfeiffer-Bryne

November 24: Georgia Mowry-Riley

Zetana Audrey Demmerle

Lone Fly

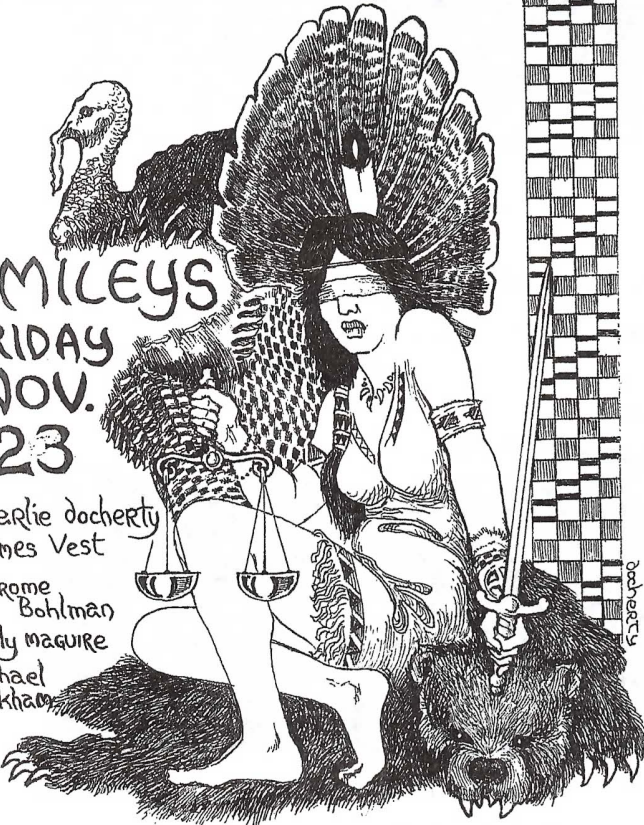
November 25: Jasmina Henley

Mikaela Sabbatini

JUST FRIENDS

SMILEYS
FRIDAY
NOV.
23

charlie docherty
James Vest
Jerome Bohlman
molly maguire
michael pinkham



Wed., November 21
10am-12pm

Poet Bob Holman
Performance and
Conversation with
Michael Lerner



Bob Holman is an American poet and poetry activist, most closely identified with the oral tradition, the spoken word, and slam poetry. As a promoter of poetry in many media, Holman has spent the last four decades working variously as an author, editor, publisher, performer, emcee of live events, director of theatrical productions, producer of films and television programs, record label executive, university professor, poet's house proprietor, and archivist.

Dubbed "Ringmaster of the Spoken Word" (*NY Daily News*), "Poetry Czar" (*Village Voice*), and "Dean of the Scene" (*Seventeen Magazine*), he studied poetry at Columbia where he now teaches: he finds it fulfilling, becoming the guy he used to laugh at (he also teaches at NYU).

The New School at Commonweal
451 Mesa Road • Bolinas
868.0960 www.The-New-School.org

Held at Commonweal. Free; donations accepted gratefully. Please register from our website.

Bolinas & Stinson Garbage Pick Up Holiday Schedule Changes

Thanksgiving Day - Service for Petaluma, Novato, and West Marin **only**. For all others, service delayed one (1) day.

Christmas Day - No Service for Commercial or Residential. Service delayed one (1) day.

New Years Day - No Service for Commercial or Residential. Service delayed one (1) day.

President's Day - Normal Service. No interruptions.

Memorial Day - Normal Service. No interruptions.

4th of July - Service for Petaluma, Novato, and West Marin **only**. For all others, service delayed one (1) day.

Labor Day - Service for Petaluma, Novato, and West Marin **only**. For all others, service delayed one (1) day.

MLK Day, Columbus Day, Veteran's Day, Easter, Christmas Eve, Halloween, and New Years Eve... normal service.

NOTICE:

The Bolinas School Music Department seeks a working guitar amp. Please leave message for Anny Owen @ 868-1603 or email: annyo@bolinas-stinson.org. Thank you!

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) First fire of the season in the woodstove, on a rainy, chilly Friday night. What a comfort.
- (2) Perfect fireside reading: the most recent volume of Robert Caro's fascinating biography of Lyndon Johnson.
- (3) First rainy season soccer game on the Mesa Park field—and too bad about those voters who may (votes are still being counted) have kept Measure E from passing. So the town is choosing not to maintain its park?

--Ned Riley

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

Go to Health – Reduce your blood pressure with what?

Chocolate: Recent studies have shown that compounds in cocoa, called flavanols, reduce blood pressure via the formation of nitric oxide (NO) in the body. NO is a signaling molecule in the body, which causes blood vessels to relax and open wider. The people living on San Blas Island off Central America drink cocoa every day, as their main beverage, and have normal blood pressure regardless of age. Cocoa or chocolate has more protective flavanols if it has not been ‘Dutch processed’, so read labels carefully, and buy unsweetened cocoa powder (not Dutch-processed) or a dark chocolate bar with 70% cacao content. You can sweeten the cocoa powder with xylitol, and do a favor to your teeth. (Xylitol is a sweetener derived from plants that prevents bacteria from sticking to the teeth.) A recent report from the University of L’Aquila in Italy showed that elderly people with mild cognitive impairment showed improvement with cocoa flavanols, as well as reductions in their blood pressure.

Beets and beet juice: numerous recent studies have shown that drinking beet juice lowers blood pressure and improves athletic performance. The nitrates in beets (also found in leafy green vegetables) are translated into nitric oxide in the body. Blood vessels widen, allowing for more blood flow. In addition, beet juice reduces the amount of oxygen needed by muscles during activity. For example, test subjects used less oxygen while walking, reducing the effort it took to walk by 12%. This could be helpful for the elderly, and those recovering from heart and lung problems.

When competitive male cyclists were given beet juice before a timed trial, they were able to improve their racing times by 3%. Since in the world of elite sports a 3% improvement is big, athletes are turning to beet juice, as well as tart cherry juice, with enthusiasm. Beet juice and freeze-dried beet juice powder are widely available on the Internet – although fairly costly.

Celery and celery seed: these foods have a long history in Indian Ayurvedic medicine to treat fluid retention, arthritis, gout and other problems. Chinese medicine also recommends celery to treat high blood pressure. A substance called phthalide in celery acts as a diuretic, and apparently causes an equal loss of both sodium and potassium, which is helpful in maintaining sodium-potassium balance in the blood. It also works by relaxing smooth muscles lining blood vessel walls. A study done at the University of Chicago in the 1990s showed that a celery extract given to laboratory rats lowered their blood pressure 12-14%. In humans, a comparable daily ‘dose’ of celery would be about 4 stalks. There are numerous individual reports of people using celery for blood pressure, but no further studies on this question. Perhaps this is because it is hard to get funding for natural substances. Celery seed, used as a spice, comes from a different plant related to edible celery. Like celery, it acts as a diuretic, promoting loss of excess fluid in the body. It is also used as an anti-inflammatory food. Chefs suggest that you add celery seeds to soups, tomato dishes, salads and eggs. Light toasting brings out a sweet flavor.

Sadja Greenwood, MD back issues
sadjascolumns.blogspot.com

MOSTLY MEETINGS & MISCELLANY

Monday Morning Recap & Week in Review 11/19/12
From Jenniepeiffer

IT'S BEEN A MEETING AND MUSIC WEEK: Mesa Park Board, Green Team, School Board, Marin County School Board Association, White Caps, and Bolinas Community Center Board were the meetings; and an excellent music night Saturday with Maitreya's musical Reggae production, teamed up with BoBolicious Julie Augustyn for a delicious dinner choice of Salmon or Faux chicken with salad, roasted roots Reggae veggies, and/or sautéed local farm greens. So delicious! and loved seeing Anny's students do some early music for us.

The Mesa Park Board thanked outgoing president Geoff Geupel for 12 excellent years of service to the Community on the Park Board. Geoff is stepping down this month, and his evenhanded gavel and organized chairing of the meetings will be missed. Thanks Geoff. Dylan Squires will be joining the Board and was sworn in Monday night. There is still no final word on Measure E funding to keep the park facilities maintained, i.e. toilet facilities, field mowing, trash picked up, play ground and basketball court repaired, parking lot maintained, and years of shepherding along the irrigation project which is finally scheduled to be installed this spring so fields will be playable year round. Measure E is only for the grounds at Mesa Park. If a pool gets enough support to install, it will have separate funding, and the downtown park has its own maintenance budget. We really need that measure to pass.

Tuesday morning was a school Green Team meeting in the library at school. Former member, Rachel Gertrude, was back as a guest speaker, talking about sustainability in the larger world, as she reported on the Women's Congress for the Future Generations, that she attended. We also had a presentation from Gwen Heistand, who has been at Volunteer Canyon for the past decade, and talked about "songlines", using the landscape for learning, which she wrote about in a recent issue of "The Heron," an Audabon Canyon Ranch publication. There is new energy this year for plans to expand the school garden this spring. This is a Board sponsored committee on sustainability and is open to the community.

Tuesday night was the monthly meeting of the School Board of Trustees, moved from the regular first Tuesday of the month, which was election night. Whenever a regular meeting time is changed, the new meeting is called a special meeting, so that's why this was publicized in that way. I am submitting separately - at the bottom of this column - the meeting highlights that were published in last week's school Backpack Mail, a weekly publication for the school community, which is available on the school's website - Google Bolinas-Stinson School. Marin County School Board Association (MSCSB) is an organization that allows cross communication between school districts, to help advance education in the County. That meeting was Wed

Thursday White Caps monthly luncheon at the Rod and Boat Club featured spiral ham, potluck offerings, and free flu shots. Nice to get a shot for free without having to drive anywhere, as I sat watching the lagoon and the seagulls (which have gotten quite aggressive - one dove into StuArt's plate, grabbed a carrot, which he dropped into Stu's coffee as the gull beat a speedy retreat) while getting shot with some sort of flu prevention antibodies. I don't usually get one, but with a new grandbaby coming into the household, thought it might be prudent.

Saturday morning was the regular monthly meeting of the Community Center Board. The Food Fest report showed a very successful start of the kitchen remodel project fund raising. More is needed, so think of the Center if you are so fortunate as to be able to do year end giving. The Winter Faire is coming up, so get your application at the Peoples' Store if you are thinking to vend. New Directories should be out by then.

Happy news is that Ilka is home from surgery and is recovering well, and may be able to make it to the Center's Thanksgiving feast, organized in her absence this year by Lia and Randi, our Center dream team. Many thanks to them, thanks to all the community members who work everyday to make this such a wonderful place to live & good Thanksgiving greetings to all. jp

- The Board approved Resolution # 5 2012-2013 in appreciation of Sandy Thomas- Superintendent Enos read the resolution and presented a plaque to Sandy.
- Current enrollment stands at 108 students
- Report on First 5 Marin Grant award in the amount of \$ 25,000. for early childhood education
- Lunch Program update- computerized accounting of snack and lunch sales
- Assessment report- Principal Doss shared information on the district wide scores on the 2012 STAR tests- results were available
- Don Jolley reported on the Middle school math program- information was distributed
- Anny Owen reported on the Middle School Advisory program- information was distributed
- School Property dissolution- The Board approved surplus material dissolution - (library books, textbooks). Materials were offered first to students with the balance donated to the Global Book Exchange in Novato
- The Board approved: Classified work hours increase of one hour per week each for Carol Gilman and 4 hours per week for Suki Ferrari (school cooks)
- The Board Approved Resolution 6 2012-2013 Authorization to sign on behalf of the Board, Paula Rigney
- The Board Approved Interdistrict Transfers (2)
- The Board approved a differential salary adjustment for the Maintenance II classification effective 7/1/2012.
- The Board approved the purchase of a school truck as a replacement to the existing
- The Board approved a new policy # 5131 regarding a mandated anti-bullying Policy. This policy may be viewed on the website under District/reports and plans. In December the Board will review and take action on other related anti-bullying policies and procedures. These draft policies and amended existing policies may be viewed on the website under District/reports and plans.
- Technology Committee: Principal Doss reported a main goal is to have more classroom computers, install an overhead projector in the 3rd grade classroom and writing grant proposals (i.e. iPad for Special Ed). The next meeting will likely be after the winter break but will be announced at the 12/4/2012 meeting -Green Team. Trustee Pledler reported that the committee met this morning (11/13/12) at 8 am in the Library. She was delighted to report that many new parents are involving themselves in the program.

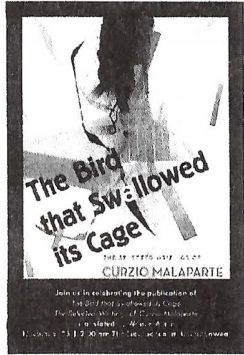
Inspired by Xerxes Whitney: "what are you grateful for?" If you'd like to make a short comment, we will use as a feature in the Thanksgiving issue of the Citizen this week, where WE will be thanking all of you, our readers, advertisers, contributors, for all your support this past year. The Citizen is truly YOUR paper. Check out the improved website at westmarincitizen.com. Happy Thanksgiving.

Sunday, Nov. 25
2-4pm

The Bird that Swallowed Its Cage

Reading & Conversation
Walter and Aggie Murch

Held at the Commonweal



Co-presented by KWMR, Point Reyes Books, and The New School at Commonweal. Event is free, but RSVPs required; please register on KWMR's website at www.KWMR.org.

Join us for a reading and conversation between Walter and Aggie Murch about Walter's recently published book, *The Bird that Swallowed its Cage: The Selected Writings of Curzio Malaparte*.

Please note that the Commonweal Gallery is on the second floor, and there is no elevator available. And please carpool if you can; parking is limited!

The New School at Commonweal
451 Mesa Road • Bolinas
868.0960 www.The-New-School.org



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West Marin **Citizen**

Online events calendar updated daily at
www.westmarincitizen.com/calendar

To submit entries send to
calendar@westmarincitizen.com

Special subscription offer to new and lapsed subscribers: \$25 for 6 months. Call #663-8232.



COMMUNITY & CULTURAL CENTER

dance palace

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

Tickets at www.dancepalace.org

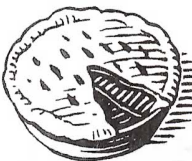
BOBOLICIOUS BAKERY

Stop in to place order or call/text 868-9978



Organic Holiday Dessert Orders

- ♥ **Apple Pie:** best pie ever, local apples, covered pie \$25.00
- ♥ **Pumpkin Pie:** beyond traditional \$22.00
- ♥ **Sweet Potato Pie:** an old favorite topped with pecans \$22.00
- ♥ **Pecan Pie:** southern style \$25.00
- ♥ **Bobolicious Apple Cake:** with local apples \$25.00
- ♥ **Cheesecake:** NY style lightly brushed with Brandy, or Lemon, or Pumpkin, or Chocolate, or Mint \$30.00
- ♥ **Holiday Wreath Fruit Cake:** a festive tradition \$25.00
- ♥ **Gluten Free Chocolate Bundt Cake:** From the heart \$20.00
- ♥ **Cookies:** Gingerbread or Sugar \$8/dozen
- ♥ **Almond Buds:** Miniature almond pound cake rosettes \$12/dozen
- ♥ **Biscotti:** \$2.75 each sale: 3/\$7; 6/\$13; \$26/baker's dozen



\$1.00 off when you return pie tin

Now Available: Herbal Tinctures, Supplements & Judith's Herbals, Holiday & All Occasion Candles, Local Artisan Handmade Scarves & Bags, Organic (non-GMO) Chocolates, Chile Hot Cocoa, Asian Tea Cups, Travel Mugs, ornaments, gift certificates, and more!!!

Love, love..

Upcoming Events:
November 17th @ 6:30 - Bobolicious is cooking dinner at the Hale Conscious Harvest Celebration at the Bolinas Community Center

November 30, December 1 & 2 - Bobolicious joins in the winter fun at the 41st Annual Dance Palace Holiday Crafts Fair

COMMUNITY THANKSGIVING DINNER
Join the annual celebration of Thanksgiving in West Marin, co-sponsored by the Dance Palace and the West Marin Community Resource Center. More than 100 volunteers help with cooking, serving, and decorating for this wonderful community celebration. This is a great way to get involved in our community and celebrate what you are thankful for this year. Call 415-663-8361 to volunteer. Free to the community, donations accepted.
Thursday, November 22, 1-5 PM

DANCE PALACE HOLIDAY CRAFTS FAIR
More than 40 craftspeople from all over the Bay Area will display their wares including jewelry, pottery, clothing, toys, weaving, Christmas ornaments, and more. Visitors to the fair can buy all their holiday gifts, and enjoy delicious seasonal food and drink. Contact the Dance Palace at 415-663-1075 for more information or e-mail Kelly@dancepalace.org
Friday, November 30, 4-9 PM
Saturday, December 1, 10 AM-6 PM



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	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)	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 Mary Siedman	Morning Blunder	Barrio Vibes	# 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
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	Attunement Anthony Wright	Commonweal Conversations	Voces de Nuestro Mundo Interviews by Raul Gallyot (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	Classical Friday	World Playground #1/3 Hawai'i Calling Susanna Henderson	Happy Days Marcle Judelson Jazz Rhythm LAST SUNDAYS
2	Cruisin'..... Rick Clark	What's New? #1 Jimo & Tammy #2-5 Specials	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	Classical Thursday # Susan Santiago # Jeffrey Wilkinson	#1 S. Henderson #2/4 N. Masonson	Riverwalk Jazz	The Vinyl Café (CBC)
3	# 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
4	Moyers & Company	Sabrina Artel's Trailer Talk NEW SERIES Live Wire! Radio	Open House Epicenter: West Marin Issues	Open House: Temas de inmigración; Story Shed # Art's Desire # Hot Tech/Cool Science	Happy Hour	Jesus Martinez	Brian Kirven Beth Underwood
5	Trash to Treasure Madeline Hope	Musical Varieté Charlie Morgan	#1 Pt Reyes Dialogues Jacob Needelman	Julie Motz	Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Between Rock and A Jazz Place
6	Release Me..... New Music with Amanda E	Ridin' the Rails..... on The Americana Express with the Roots Gang Mike V, Amanda, Will, Sally Phillips	Bakersfield & Beyond	Shorty's Bunkhouse	Friday Funk Fest	Rick's Jazz Café Greg's Groove	Choose Your Own Adventure Paul Flowerman Grey Shepard
7	El Barrio	Silver Dollar Jukebox	Faultline Radio	Coast Highway Blues	8:30 pm NEW TIME	Rick Clark	The Kitchen Sink Patrick Kieeman
8	Gus Conde	Peter Martinelli	Jaimo Crespo	Larry Rippee	L.A. THEATRE WORKS	Gregory DeMascio	Fred Smith
9	Monday Night Mixtape	Amateur's Guide to Life Christian Anthony	The Latin Alternative	Sonic Sunspots Tony Palmer	Professor Kosmo plays.....	Chris Breyer	Saturday Night Function
10	Jacoba Charles	Professor Kosmo plays...	Ernesto Lechner and Josh Norek Professor Kosmo plays.....			# Mark Potts # Marc Matheson	Stuck in the Psychedelic Era with the Hermit

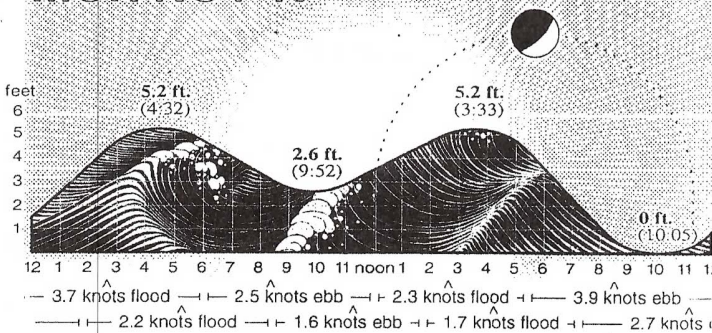
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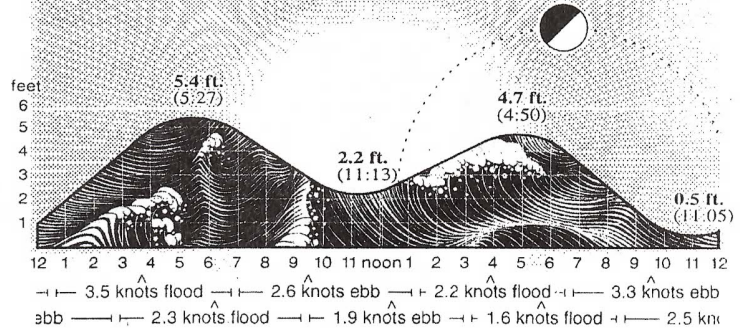
MON NOV 19

dawn 5:55 sunrise 6:55 sunset 4:56 dark 5:56
moonrise 12:02 p.m. moonset 11:25 p.m.



TUE NOV 20

dawn 5:56 sunrise 6:56 sunset 4:55 dark 5:55
moonrise 12:36 p.m.



Pasteup
Ads/books
Press

Ned Riley
June McAdams
Jeff Manson

FOR SALE

LIVE CRAB AT THE FARMSTAND

Fri, Sat, Sun eves and by appointment.
Reservations Recommended. Don Murch 640-5425 cell
DMI/3/13

ABOVE GROUND SWIMMING POOL

With propane heater and pump. 4' deep and 16' across. \$1000
Christine -0892
CS11/28

FOR RENT

SELF-CONTAINED STUDIO LIVING SPACE

available on Bolinas Big Mesa. Small private deck, shared
washer/dryer and utility room, overgrown garden!
\$1000 including utilities. 868-9236
MB 11/23

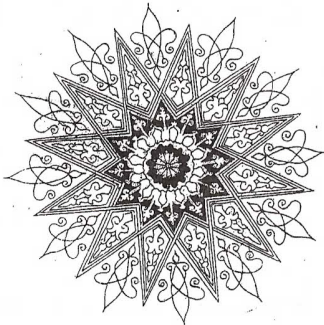
BEAUTIFUL RUSTIC ONE-BEDROOM

Mesa cabin, large sunny yard, for long- term rent to stable
trustworthy person. Special place for special person - we need to
feel very comfortable with each other. \$1000 includes utilities
except propane. Please email inquires: mlerner108@gmail.com
ML x

HOUSING WANTED

HOUSING NEEDED MONTH OF DECEMBER

Local couple looking for sublet in Bolinas from December
10-December 26. Please call Melinda or Jeff @ 868-0533
MS11/30



LOST & FOUND

FOUND: 2 KEYS ON RING.

Red plastic-house and green decorators. Now at Hearsay Office.
Call 0138, M-W-F-9-12N to claim.
JM c 9/24

LOST

White Marin Mountain bike-purple hand bar grips-Reward
868-1568
HZ 10/15

@missing @  *award*
black, brown, white short hair
tabby cat named "Boots" him  *we miss him*
call Albert 2409
AH 9/15

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

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/Brenda (till Trishna returns) 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.
Dance w/ Eleanor every other Mon. cont. 11/12 6:45 - 7:45 p.m.
Figure Drawing every other Mon. cont. 11/19 6:45 - 9:45 p.m.

Tuesday

Bo Babies 12:00 - 2:00 p.m.
Ariel 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 ~ starting soon! 5:15 - 7:45 p.m.
Biblia en Español 8:00 - 9:30 p.m.

Thursday

Yoga w/Kaitlyn Smith (till Trishna returns) 8:00 - 9:30 a.m.
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.

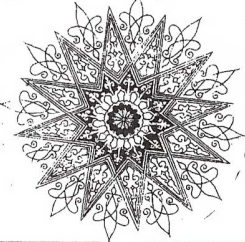
Friday

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

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 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



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.



HEARSAY NEWS CLASSIFIEDS

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUO 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

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call Angela for appointment. -1840

ARx

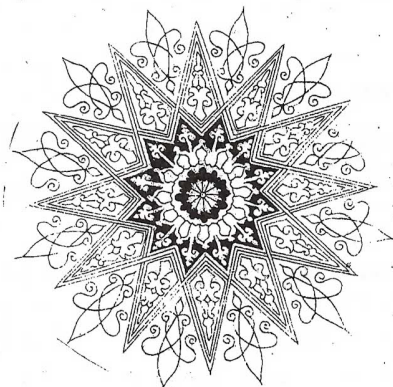
Just a quick note to say that Iika is doing really well.
Many thanks to everyone who has sent kind thoughts
her way! -Martha Wax

19 November

20 November

Praetextatus and Paulina

Praetextatus and Paulina, guardians of the Eleusinian mysteries, are commemorated today. In 364 C.E., they resisted the order of Christian emperor Valentinian to suppress these Greek Pagan mysteries. They continued to allow the entire rite to be performed in the traditional way. At right is Demeter, the presiding goddess of the mysteries.



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for 22nd Annual Bolinas Worlds Fair. December 15 & 16.
Info Flower Sierra, 831-747-4540 or riverflower@sbcglobal.net

FS12/10

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
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WANTED

WANTED: IRONING BOARD AND SEWING MACHINE
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HB 11/16

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MW 11/14