

# Bolinas Hearsay News

Monday, March 21, 2016

50 Cents



The Interspecies Wedding Ceremony at Saturday's Free Box Follies. Photo by Curly Rigg

## WHAT'S HAPPENING??

Monday, March 21, 2016

### **WENDI KALLINS**

Round table discussion w/ candidate for Steve Kinsey's Supervisor's seat @ Firehouse, 7pm

Tuesday, March 22

### **BCPUD**

Meeting of the Finance Committee, 270 Elm Rd, 10am

Wednesday, March 23

### **FULL MOON**

5:01am

Thursday March 24

### **"BEING MORTAL"**

Screening & post film discussion, 1:30 pm @ Bolinas Community Center. Free

Friday, March 25

### **MUNCI**

Live rock, swing & slide @ Smiley's, 9pm, cover.

### **NO PLACE LIKE HOME**

Monthly free brunch @ Community Center, 11am. Everybody welcome.

Saturday, March 26

### **TACOS OSCAR POP-UP**

At Bolinas Commons (22 Brighton Rd), 10am-2pm

### **EL METATE**

Psychedelic space-funk @ Smiley's, 9pm, cover.

Sunday, March 27

### **EASTER SUNDAY**

paste-up  
ads/books  
press

Ned Riley  
June McAdams  
Jennie Pfeiffer

## **HAPPY HAPPY BIRTHDAY!!!**

March 21: Patrick McClintock  
Julia Zweifach  
Lena Geupel

March 22: Rovo  
Brigetta Braun  
Miles Feld

March 23: James D Fox  
Carl Sandroch  
Orie Ward Johnson-Young  
Lisa Kleinberg  
Louisa Tacherra  
Breeze Nako'oka  
Ernesto Rodriguez Sanchez  
Claire Blotter  
Lewie Likover

March 24: Neshama Franklin  
Paul McCandless  
Jackie Auer  
Lawrence Ferlinghetti  
Sara Trivelpiece

March 25: Petrona Matzal  
Alexander Brebner  
Laura Lee Miller  
Lauren Pollak

March 26: Io McNaughton  
Annika Hogan  
Robbie Rushke

March 27: Tobias Rosen-Schuster



Dear Artists;

We are looking forward to you contributing your artistry to the 2016 Bolinas Community Center's Art and Garden fundraiser April 29<sup>th</sup> – May 1<sup>st</sup>. We are deeply grateful for your participation.

This year we're creating a multi-faceted event, rich with opportunities for the community to learn about the Flora and Fauna of our bioregion, and we're calling it:

### WILD AT HOME: California Natives in the Garden and Beyond

Lea Earnheart, who is the main coordinator for the weekend's activities, has created a list – which you'll receive with your canvas – of common plants and animals with whom we share this Earth Place.

We ask that your work for this exhibit animate these beings, and thereby help all of us to become more aware of the Life in this place, beyond the human community.

Call us 868.2128, stop by the office or email [randi@bucenter.org](mailto:randi@bucenter.org) if you are interested in participating in this special artistic adventure..!

Thank you  
Randi Arnold  
Lia Sabbatini

### BOLINAS FIRE DEPARTMENT EMERGENCY RESPONSES

February 2016

Last month we had 26 calls for help.  
Thank you to all of our firefighters.

Medical Aid	15
Public Assist	3
Mutual Aid	0
Vehicle Accident	0
Flooding	0
Smoke Check	2
Water Rescue	0
Structure Fire	1
Wires Down	1
False Alarm	1
Animal Rescue	0
Tree Down	3
Vegetation Fire	0
Electrical Check	0
Chimney Fire	0
Odor Invest	0
Illegal Fire	0

Please print for public information



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

## Bluegrass Memories: Stories from the Bus with Blaine Sprouse

Saturday, March 26, 5:00 PM

\$20 Advance, General

\$25 Day of Show

\$30 Reserved Seats

Take a trip down bluegrass memory lane with veteran bluegrass fiddler Blaine Sprouse as he shares memories from his archival photo and video collection and plays songs from his long esteemed career playing alongside many of the greatest bluegrass legends: Jimmy Martin, Bill Monroe, James Monroe, Kenny Baker, Jim & Jesse, the Osborne Brothers, Béla Fleck, Jerry Douglas, Sam Bush, Peter Rowan and more. Tim Weed will facilitate the evening as Blaine shares this musical reminiscence of his career through stories, images and live music. Presented by Sound Orchard, a Northern California nonprofit dedicated to building community through music. Tickets and more info at [www.soundorchard.org](http://www.soundorchard.org).

Send News to the Hearsay at  
[868hearsay@gmail.com](mailto:868hearsay@gmail.com)

APRIL AT THE GOSPEL FLAT  
FARM STAND GALLERY

## GOATEAM GATHERING

— 2016 —

in celebration of goats, grass, & all things good upon the land

A collective art show supporting education and awareness of modern day pursuits of pastoralism creating solutions to the bigger issues of carbon, climate, soil, water, wildlife, good food, fiber & the pursuit of happiness.

Come celebrate and see the fantastic work of local folks and faraway friends in support of Bay Area shepherders, Brittany Cele Bush.



Opening Party, April 2nd, 6-9pm





## Hey you guys! Go see "Being Mortal"

My name is Salamah Locks, RN and I am San Rafael's appointed Commissioner to our Marin County Commission on Aging. The Commission Board's work is educating and advocating for our maturing adults. One of our annual objectives is to provide end-of-life education and resources to our community at-large. To this end, the Board has partnered with Teresa Tooker from Hospice by the Bay, to present the film, "Being Mortal", to our diverse communities and locations.

The film is based upon Atul Gawande, MD best-selling book of the same title, which addresses physicians' difficulty communicating death and dying issues with their ill patients.

On Thursday,

March 24, 2016 at 2:00 pm, West Marin Senior Services and Bolinas Community Center are jointly hosting the film's showing. For more information, please contact Mark Solomons at West Marin Senior Services [mark@winss.org](mailto:mark@winss.org) 415.663.8148 x 103.

## ONCE IN A LIFETIME

Maybe every moment. . .we have a choice  
To walk the heart's way. . .to the spirit of our dreams

Yet here we are. . .the essence of that dream  
If you really enjoy who you are. . .it's time to share

The dream is you. . .be that spirit which is  
Home to your heart

J.Bojeste



## THREE GREAT THINGS ABOUT THIS PLACE..

- The Bolinas Soccer Club's annual homecoming game and meeting and big-time party. Intensely nostalgic. Thanks Dieter and Lauren for hosting.
- Free Box Follies, with a new generation stepping forward to help out. A fun time.
- A rainbow over brilliantly green Black (Elephant) Mountain. What a place to live.

--Ned Riley

## Noosa, Australia

**Surfing dogs:** More than 500 surfers from 16 nations, many of them accompanied on their boards by their dogs, competed this week in the 25th annual Noosa Festival of Surfing. Thrill-seeking pooches wearing life vests competed in paddleboarding and long-board events with their owners; the wave-riding hounds were judged on their commitment, length of ride, and style. One brave dog even surfed a wave all by itself. "We are the only festival or surfing event in the world that has this kind of dog surfing," said festival co-founder Paul Jaratt. "It's a wonderful experience, for dogs and for humans."

*Pat Dickens*



Chasing waves, not cats

THE WEEK March 18, 2016



## CPR CLASS



The Bolinas Fire Department is teaching a basic CPR class Wednesday, March 23rd, 6:30pm at the Fire Station. It will cover adult, child, and infant emergencies. In just three hours, you will learn how to save a life. Class size is limited, so call 868-1566 to reserve your space.





A Non-Profit, Tax Exempt [501(c)(3)] &  
509(a)(2) Corporation, No. 23-7117192

**PO Box 122, Bolinas, CA 94924**

**Phone/Fax: 415.868.2128**

**Email: Bolinascc@bocenter.org**

**Web: www.BoCenter.org**

**3/15/16 5 PM @ Bolinas Library**

**Directors and Staff Present:** President-StuArt Chapman, Vice-President-Eleanor Lyman, Managers Lia Sabbatini & Katie Weber, Director-Randi Arnold, Jan Broek, June McAdams, Steve Wrenn, Chris Besenty, Sooze Mills, Maitreya Silver, Susie Stewart, Susan Tacherra, Magi Barror

**Guests:** Mollie Maguire

**President's Report:** Singing of the mission statement. Minutes and agenda approved.

**Treasurer's Report:** Budget meeting next Tues 3/1 in the BCC office @ 5:30. Reports completed requested board members review and submit question, concerns or ideas to Randi or Susan prior to the budget meeting.

**Manager's Report:** Randi, Lia and Lea Earnheart are meeting weekly planning the next Art & Garden Festival. Katie working on the fan for hall. Lia working on replacing the electric oven in kitchen. The Mardi Gras event is music from 7-10, food by the Truck, \$10 at the door w/ cash bar. Community get together.

**Director's Report:** The Dyson hand dryer is installed in the women's restroom. Discussion of next grant cycles. Need for panic hardware replacement on doors. In communication with the county to reestablish monies donated for bathroom maintenance and village and beach cleanup projects. Grant monies received for installation and improvement of existing gutter and downspouts, received and work is complete. Lea Earnheart planted native plants around the grassy area of the plaza. StuArt provide nice signage. Will also add a no smoking sign.

**Other business:** Rental policy concerns. Discussion of pros and cons about out of town productions renting the BCC. Motion to table discussion made and passed.

Meeting Adjourned 6  
:15

Submitted by Randi Arnold, Secretary

#### WHAT HAPPENED THIS WEEK

3/21/16 Monday Morning Recap from Jenie Pfeiffer

The Freebox Follies "fashion" show Saturday night at the Bolinas Community Center reminded me of a saying I have been known to apply from time to time, which is, "never know shame". It's one of the things I love most about Bolinas, the unabashedness and the goofiness of how we can let our silly side shine. The outrageously creative refashioned freebox attire, modeled so delightfully by the men, women, and children of our town, made me happy to be back from the suburbs of Chicago, where there is a lot of art and tons of music, but nothing to compare with the heart and soul on display at our Community Center events, particularly the Freebox Follies. It was an evening where participants showed no shame or timidity in flying their freak flags with style and grace. Amelia is a wizard with the scissors and sewing machine, cutting and recombining a variety of yesterday's clothing into tomorrow's alt couture. StuArt's silk screening can turn a conservative suit into a flamboyant personal statement. I particularly love how the kids are carrying on the outstanding tradition of scene stealing and song sharing. The Mann sisters are magnificent and Miksu and Arlo showed Jerry Bo Jeste how to turn a mermaid meet and greet mishap into a happy ending. Thanks to all for the good work.

Sunday was a soggy St. Patrick's Day Soccer annual reunion game and "meeting" with "honors and awards" all around. The winners were victorious, Megan is now "president" and the big wheel keeps on turning.

Gotta love this rain. jp



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**Garlic: the hype and the studies**

Garlic is known to have been used for 7,000 years in cooking and as a medicine. It is one of the first plants cultivated by humans. Garlic has a long history of medicinal uses – including its use by grave diggers during the terrible episodes of bubonic plague in the 14<sup>th</sup> and 15<sup>th</sup> centuries that killed half of human populations in areas where it struck. Grave diggers drank wine with crushed garlic to prevent catching the plague – perhaps their skin odor repelled the fleas that transmitted plague from infected rats. Perhaps this was hype, and hope. However, there are numerous current studies on the medicinal properties of garlic that are promising,

**Garlic as an antioxidant:** Studies from the National Research Council of Canada have shown that allicin, which gives garlic its aroma and flavor, acts as an extremely powerful antioxidant. Garlic does not have a substantial amount of the compounds responsible for antioxidant activity in green tea or grapes. The researchers found that a decomposition product of allicin, called sulfenic acid, acts rapidly when in contact with free radicals. The author wrote ‘The reaction between the sulfenic acid and radicals is as fast as it can get, limited only by the time it takes for the two molecules to come in contact. No one has ever seen compounds, natural or synthetic, react this quickly as antioxidants.’ While onions, leeks and shallots have a compound similar to allicin, they do not have the same medicinal properties, due to a slower rate of decomposition of allicin.

**Cystic Fibrosis:** this is an inherited lung disease that causes lung infections and limits the ability to breathe. It is usually diagnosed in childhood and may be fatal. A group of infectious bacteria in cystic fibrosis are resistant to most antibiotics. The chemical known as allicin produced by garlic bulbs may be helpful in the future to kill resistant bacteria. Research is being done at the University of Edinburgh’s School of Chemistry. Research on garlic’s antibiotic actions is also going on at the University of Copenhagen and many other centers. More effective antibiotics are desperately needed.

**Brain protection:** Researchers at the University of Missouri have found a nutrient in garlic that protects brain cells

against the kind of cell damage that promotes cognitive problems, Parkinson’s disease and stroke. This garlic nutrient, which they call FruArg., promotes the production of antioxidants which offer protective and healing benefits to brain cells, Research is ongoing.

**Reduction of “soft plaque” in arteries:**

Research at UCLA Medical Center has shown that patients at risk of heart attack benefited from using aged garlic extract. ‘Soft plaque’ in the linings of arteries is composed mainly of white blood cells, which when released promote blood clotting. Researchers studied 55 patients who had been diagnosed with ‘metabolic syndrome’ (obesity, high blood pressure, and other cardiac risk factors). After a workup that measured the plaque in their coronary arteries, they were given either a placebo or a dose of 2,400 mg of Aged Garlic Extract daily. A year later those who had taken the garlic extract showed slowed total plaque accumulation by 80%.

**Cancer protection:** Several population studies show an association between increased intake of garlic and reduced risk of certain cancers, including cancers of the stomach, colon, esophagus, pancreas, and breast. An analysis of data from seven population studies showed that the higher the amount of raw and cooked garlic consumed, the lower the risk of stomach and colorectal cancer. These studies are from Europe, the U.S. and China. Chinese studies also show a decreased risk of prostate cancer with greater intake of garlic and scallions.

**Garlic as a ‘blood thinner’:** Garlic has an anticoagulant effect. Many doctors advise stopping high doses of garlic 10 days before surgery. If you are on an anticoagulant medicine, discuss this with your doctor. Usual doses of garlic in cooking should not be a problem.

There is a restaurant in San Francisco called The Stinking Rose, which features garlic in every course. If any reader wants to organize a trip there, count me in!

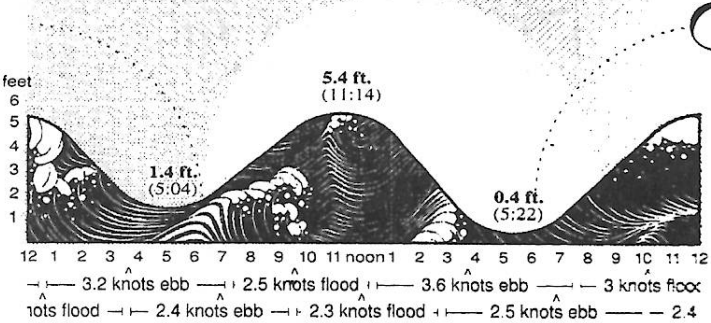
*Sadja Greenwood, past issues at [sadjascolumns.blogspot.com](http://sadjascolumns.blogspot.com)*



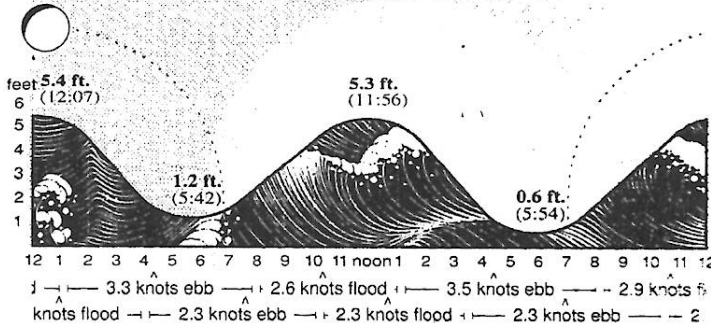
# ⚡ KWMR RADIO SCHEDULE - MAR ⚡

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	KWMR Music
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Sunday Baroque
8:00	With Eyes Open! A Cuppa Jo	Rise and Shine	Swimming Upstream	Top of the Morning Pieces of Peace	new Mornings with Solange new Specials		
9:00	Park Wave-lengths The Valley Sound Science	Airwaves	Trash to Treasure Fish Tales				
10:00	TURNING PAGES					Day 6 (CBC)	Sunday Celebration
	At Nature's Pace	Reading / Vinyl Cafe to John (repeat)	Waves of Joy / Radio Bookmobile	For Children of All Ages / Casual Footsteps	new Specials / new Libro Abierto		
11:00	TALK & CURRENT AFFAIRS					Vida with Saga Tailgating w/ Steve & Jaime	
	Trailer Talk	Spirit & Mind Questing	Cuerpo Corazón Comunidad	Let's Talk	Alternative Radio		
12 pm	The Bioneers		Planetary Radio	Attune-ment Common-weal Conversations	Reveal		
	Farm & Foodshed Report	New Dimensions	Making Contact				
1:00	Ocean Currents Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire Hot Tech/Cool Science	Peace Paradigm Radio The Local Organon		
2:00	AFTERNOON MUSIC						
3:00	Cruisin'	Aztec Pride Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday		
4:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch		
5:00	NEWS & CURRENT AFFAIRS				Happy Hour	Circulo Musical	new Elbow Room Between Rock & A Jazz Place
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		EVENING MUSIC & DRAMA	
	EVENING MUSIC						
7:00	Release Me	Musical Varieté	new Faultline Radio	Bakersfield & Beyond Shorty's Bunkhouse	No Bad Vibes Boy Voyage	Celtic Universe	new Classic Radio Theater
8:00	new Sessions from Chicken Point Silver Dollar Jukebox	new DJ Your Life new West County Prowl	Coast Highway Blues	Off The Cuff Running With Scissors			
9:00				Forms and Feelings (repeat)	Professor Kosmo	Sonic Sunspots	new Sit Down! new Get Down!
10:00				Under the Needle	The Latin Alternative	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
11:00	LATE NIGHT					LATE NIGHT	
12 am	DeepWaking 12-1	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British	Radio Goethe 12-1 KWMR Music	KWMR Music	Grateful Dead Hour

MON MAR 21 dawn 6:14 sunrise 7:11 sunset 7:23 dark 8:20 moonset 6:17 a.m. moonrise 6:02 p.m.



TUE MAR 22 dawn 6:13 sunrise 7:09 sunset 7:24 dark 8:21 moonset 6:49 a.m. moonrise 6:57 p.m.





• P.O.Box 327 Bolinas 94924

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# HEARSAY NEWS CLASSIFIEDS

## FOR SALE

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box spring and metal frame—twin bed size-brand new. \$450  
OBO -0493

SG 3/7

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Isolate.

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Michael Rafferty, Publisher and Online Editor,  
868hearsay@gmail.com

**LOOKING FOR AN ART EASEL STAND. DO YOU**  
KNOW of one collecting dust? Perhaps to sell or what have  
you? Thanks, Vanessa-9078

VW 2/17

### BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

270 ELM RD, P.O. BOX 390 BOLINAS, CA 94924

415 868 1224 BCPUD@BCPUD.ORG

WWW.BCPUD.ORG



The approved minutes for the Bolinas Community  
Public Utility District Board of Directors meetings  
can be accessed on the BCPUD website at  
[www.bcpud.org/mins.html](http://www.bcpud.org/mins.html).

## LOST AND FOUND

**LOST: LARGE MAN'S NAVAJO SILVER BRACELET** on  
the beach or street in Bolinas or Stinson- sentimental value  
wedding gift. If found please call 868-1321-Thank you.

3/16

**LOST; PRESCRIPTION SUGGLASSES DOWNTOWN**  
MONDAY MORNING. IF YOU FOUND THEM PLEASE  
CALL 868-0882-Thanks!

IE 2/17

**LOST: BLACK PADDED JACKET WITH SLEEVES.**  
Diana-868-9249

DL 2/10

**FOUND: "BLACK KIRKLAND JACKET" IN THE MUD.**  
IT IS MEDIUM. It had a note in the pocket with the phone  
number-707-303-5875 Rob Borello. I left several messages on  
his voice mail, but have had no answer. It is a fairly new jacket.  
Please call Joan at 1-415-868-2943.

JL 2/1

**LOST: MONDAY JANUARY 25-MORNING-A SET OF**  
KEYS between BCPUD parking lot, Hearsay office, and Maple  
Rd. (as far as Alethea Patton's) When found, please call 868-  
2102 and I will identify, Thanx

C 1/27

**LOST: A COLLAPSIBLE FIDDLE STAND.**  
On Wednesday 12/30 at the Midnight on the Water gig at  
Smiley's, If located, please call Ned @ -0144.

NR 1/11

## CLASSES



### Weekly Classes and Events Schedule

#### MONDAY

Somatic Exercise w/Cenize Rodriguez	9:00-10:00am
Bo Babies & Toddlers Open Play Group (free)	10:00 - Noon
Modern Dance for Youth w/ Lisa Townsend	3:30-5:20 pm
Pilates w/Lisa Townsend (pre-register 868-0473)	5:30-6:30 pm
Yoga w/ Angela Sterpka	7:00-8:15 pm

#### TUESDAY

Senior Stretch W/Anna Gottreich	11:00 - 12:00 pm
Aerial Arts for Youth	3:30 - 6:00 pm
Swing dance class w/ Cenize & Don (4weeks)	6:30 - 7:45 pm

#### WEDNESDAY

Pilates w/Lisa Townsend	8:30 - 9:45 am
After-School Theater w/Lisa	3:30 - 6:00 pm
Diaspora w/Amber Hines (gone to Cuba 3/1-9)	6:30 - 8:00 pm

#### THURSDAY

USDA food bank	12 noon
Congolese Dance w/ Sandor returns 3/10/16	6:00 - 7:30 pm

#### FRIDAY

Pilates Mat Class w/Lisa Townsend	9:00 - 10:00 am
Ballet w/Erika Townsend (no class 4 <sup>th</sup> Fridays)	10:30-12:00pm
No Place Like Home (Free Brunch 4 <sup>th</sup> Fri of Month)	10:30 - 11:30 pm

#### SATURDAY

Diaspora Dance w/ Amber Hines	9:00 - 10:30 am
LTDCo w/Lisa	10:45 - 12:30pm

#### SUNDAY

Brazilian Dance with Anna Gottreich	11:00 - 12:15 pm
CommUnity Night (see website for details)	Noon - 6:00 pm

Call 868-2128, check the Library Marquee, Calendar in BCC  
Foyer or visit [www.bocenter.org](http://www.bocenter.org) for more info & special events!



## Free Ads

As a public service the Hearsay News we will print  
ads (20 word maximum) for things you are giving  
away for **FREE**, for **LOST AND FOUND** ads, and  
for **RIDESHARE** ads. Call for price of other ads.  
Drop your ad through the slot in the door at the left  
side of the PBUD building at 370 Elm Street. Or  
email to 868hearsay@gmail.com

## FREE

**TWIN BED: MATTRESS, BOX SPRING AND FRAME**  
Great condition. Call -0205

SD 2/5

**BCC HAS A PING PONG TABLE AVAILABLE FOR**  
**FREE. PLEASE CALL 868-2128 IF INTERESTED.**

8 EC 2/24



# HEARSAY NEWS CLASSIFIEDS

Office Hours M.W. F. 9ish to 11ish. Call 868-0138  
270 Elm at Maple, Left side of BPUD Building  
Ad forms in smaller mail box, slot in door

## SERVICES

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Free metal recycling (except refridgerators)  
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CG 5/11

**BRUSH TO MEADOW TRANSFORMATION**  
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DMX

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HD x

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SH 4/1

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MATRIX,, Airport or Over the hill. Dale-0782

DP 3/25

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DP 3/21

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Call Dale 0782

DP 3/25

## HELP WANTED

**DRIVING TO LA IN SOMETHING BIGGER THAN A**  
CAR? I have a 31" tall x 23" piece of furniture and a painting I  
would like to pay you to take there. You can be met wherever.  
Call Vickisa 415-868-0931

-VF 3/21

**EMPLOYMENT OPPORTUNITY AT STAR ROUTE**  
Farms. Need driver's License, good people skills. Physical job.  
Part time possibly leading to full time salary and benefits.  
Call Warren or Annabelle at 415.868.1658.

WW3/23

### POSITION ANNOUNCEMENT

The Bolinas-Stinson School seeks a Maintenance II worker/ Bus  
Driver II. Deadline for applications is 3/23/2016. See the website  
for information (bolinas-stinson.org) or call 415.868.1603.

BSS 3/23

## FOR RENT

**ROOM FOR RENT**  
One person please.  
868-1782

CH X

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CH x

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Sunday, Tuesday or Thursday for publication  
the next day.

And how to subscribe to the password-protected  
web site and read the hearsay online.

**SATURDAY MARCH 26TH 10AM-2PM**

