

# Bolinas Hearsay News

Monday, March 28, 2016

50 Cents



Hottest gambolling spot in town: Woodville Ranch.  
Photo by Curly Rigg.

## WHAT'S HAPPENING??

Monday, March 28

### **FIRE DISTRICT**

Regular monthly meeting of the Board @ Firehouse, 7pm

Tuesday, March 29

### **QUESTING, WHERE IS THE PATH?**

Singer-songwriter Molly Maguire interviewed by Jane Mickelson and Jan Broek 11am -noon on KWMR

### **TSUNAMI-READY COMMUNITY WORKSHOP**

Hazards/alerts & warnings/evacuation presentation by disaster council @ Stinson Beach Community Center, 10am-12:30

Wednesday, March 30

### **BCPUD (UTILITY DISTRICT)**

Special meeting of the Board, regarding Wharf Road Lift Station Pump Replacement Project., 270 Elm Rd, 11am.

### **MIDNIGHT ON THE WATER**

Plays traditional contradance music for Smiley's celebration of all March birthdays, 7:30-9:30pm. Free.

Thursday, March 31

### **EMILY ZISMAN**

Live folk & Americana music @ Smiley's, 8pm.

Friday, April 1

### **APRIL FOOLS' DAY**

Don't believe anything you're told.

### **B-CAST**

Bolinas/Stinson Beach Children's After School Theater performance, Bolinas Community Center, 7 pm \$10 adult, \$5 youth

### **SOMETHING LIKE SEDUCTION**

Live reggae-rock @ Smiley's, 9pm, cover.

Saturday, April 2

### **OPENING RECEPTION: GOATEAM GATHERING**

For collective art show @ Gospel Flat Farm Stand gallery, 4-9pm

### **OPENING RECEPTION**

For three new exhibits @ Bolinas Museum, preview w/ artists 2-3pm, reception 3-5pm,

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

**March 28:**

Jericho Broek  
Mark Ambagis  
Beth Okamura  
June McAdams

**March 29:**

Dave Murray  
Elina Patler  
Don Carson  
Matt Driscoll  
Halley Sanders

**March 30:**

George Ross  
Elaine Westlake  
Ramona Zeno  
Dr John Doss  
Ella Rey Miller-Hodge

**March 31**

John Ridella  
Bob Demmerle

**April 2:**

Ed Dorn  
Odessa Rhine

**April 3:**

Michael Wolfe  
Ru Axel Bradford-Ebey  
Don Boekelheide  
David Ainley

pasteup:

Ned Riley

ads/books:

June McAdams

press:

Perry Shimon

continued on page two



Made possible in part by The Stinson-Beach Bolinas Community Fund & The Bolinas-Stinson Beach School Foundation

Free admission! Donations accepted. Paul Smith received his undergraduate education at the Royal College of Music in London, studied piano with John Lill and Bernard Roberts, and spent an additional year at the Vienna Academy. He graduated with a master's degree from Dominican College, studying piano with Julian White. Paul is the artistic director of Contemporary Opera Marin, which specializes in the production, performance, and commissioning of contemporary operas. He is also the founder and artistic director of the Music From Marin summer festival.



### **Benefits of Steaming Vegetables, and News about "Roundup"**

The April issue of the Tufts University Health and Nutrition Letter has an article on the benefits of steaming vegetables. They cite research from the University of Illinois on different ways of cooking broccoli. Broccoli (like other cruciferous vegetables) contains a plant compound called sulforaphane, which has shown ant-cancer action in laboratory tests. But for sulforaphane to form, another broccoli compound must be present—an enzyme called myrosinase.

The University of Illinois scientists found that only when broccoli is steamed, for as long as five minutes, did it retain the myrosinase necessary to form the cancer-fighting sulforaphane. Boiling and microwaving broccoli, even for just one minute, destroyed the enzyme.

Those findings follow a 2008 study published in the Journal of Agricultural and Food Chemistry, which reported that steaming was the only cooking method to preserve glucosinolates—a group of cancer-fighting compounds in broccoli and other cruciferous vegetables. In fact, steaming actually increased total glucosinolates by 30% compared to raw broccoli. Boiling and frying both led to substantial degradation of glucosinolates, with frying causing an 84% loss of these healthy compounds. To clarify – glucosinolate is a precursor to sulforaphane – they are basically the same compound.

Sulforaphane is being studied in the Brassica Chemoprotection Laboratory at Johns Hopkins. This unique laboratory is water. You can add herbs, spices or aromatic ingredients like garlic or onions to the steaming water, or replace the water entirely with broth.

**Testing for Glyphosate (Roundup) in Food:** The U.S. Food and Drug Administration confirmed on Thursday that it would begin testing for residues of the controversial herbicide glyphosate on foods sold in the U.S. for the first time this year. Glyphosate, the active ingredient in Roundup, is widely sprayed on American farms, and is the most-used agricultural chemical in the world. It has been labeled "probably carcinogenic to humans" by the United Nations' International Agency for Research on

exclusively dedicated to identifying edible plants that are particularly rich in protective enzyme-inducer activity. This lab has an amazing story, to be revealed in a future column.

Another study found that steaming spinach and broccoli better preserved levels of folate, an important B vitamin. Even after nearly five minutes of steaming spinach and 15 minutes steaming broccoli, folate loss was negligible. Boiling the same vegetables, however, lost more than half the folate in each.

A 2009 Chinese study found that only steaming preserved the chlorophyll, vitamin C, soluble proteins and soluble sugars in broccoli that were lost in microwaving, boiling, and stir-frying. Some nutrients, such as water-soluble vitamin C and most B vitamins, are rapidly lost to boiling; steaming retains more of these vitamins because the food comes into less contact with the water.

Heat destroys vitamin C by speeding the rate at which the vitamin reacts with oxygen in the air, so raw vegetables typically have more vitamin C than steamed ones. But since vitamin C is so prevalent in fruits and vegetables, cooking is often worth the trade-off.

Many nutrients are fat-soluble, including vitamin A, vitamin D, vitamin E, vitamin K and carotenoids like beta-carotene and lycopene. So even if you steam your food to minimize the loss of these nutrients, tossing steamed vegetables in a little oil will help your body absorb these fat-soluble nutrients.

For easy and effective steaming, use a steamer that keeps the food out of the water, though a European food safety agency has disputed those claims. The FDA says it didn't test food for glyphosate in the past because the "available methods" would have been "very cost- and labor-intensive to implement." The FDA has recently developed streamlined methods to test for the chemical. "The agency is now preparing plans for Fiscal Year 2016 to measure glyphosate in soybeans, corn, milk, and eggs, among other potential foods. Stay tuned for more on this topic, including what is going on in the Senate - attempts to block the Vermont law to mandate GMO labeling on all foods, due to go into effect July first. GMO foods are sprayed with glyphosate. Sadjia Greenwood, MD back columns at [sadjiascolumns.blogspot.com](http://sadjiascolumns.blogspot.com)



## EARTH STAR LOVE

THE UNIVERSE AWAITS THIS MOMENT  
WHEN MIND BODY AND SOUL  
WILL DANCE IN YOUR BREATH

THE OCEAN OF MUSIC  
SURROUNDS YOU  
ITS TIME TO SING AND DANCE

FOR THIS WORLD IS YOUR SONG



**Cashier/Receptionist:** for  
successful West Marin  
environmental non-profit.  
Cashier for the Bookstore and  
primary office contact person for  
Audubon Canyon Ranch (ACR)  
Headquarters on weekends and  
holidays April through July  
(approx. 15 hrs. per week).  
Retail experience and knowledge  
of MSWord and Excel a plus.  
Up to \$18.00 hr. Email resume  
and cover letter to: [acr@egret.org](mailto:acr@egret.org)  
or mail to: ACR, 4900 Hwy. 1,  
Stinson Beach, CA 94970. EOE  
No phone calls please. Deadline:  
3/25/16 *yvonne pierce*

## BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT



BCPUD BOX 390 270 ELM ROAD  
BOLINAS CALIFORNIA 94924 415 868 1224

A Special Meeting of the Board of Directors  
March 30, 2016 11:00 a.m.

1. Call to Order.
2. Roll.
3. BCPUD Resolution 641: Approving Form of  
Contract Documents for the Wharf Road Lift  
Station Pump Replacement Project and Awarding  
a Contract for the Project to the Lowest Responsible  
Qualified Bidder, Subject to Certain Conditions.
4. Community Expression.
5. Adjournment.

MEETING AGENDA  
BOLINAS FIRE PROTECTION DISTRICT  
BOARD OF DIRECTORS  
MONDAY March 28, 2016 at 7:00PM  
Location:  
Bolinas Fire Department Community  
Meeting Room 100 Mesa Road  
The site is open to the public and is  
wheelchair accessible.  
(This agenda is posted in accordance with  
the Ralph M. Brown Act, California  
Government Code Section 54950, et seq.)

1. Call to Order and Roll Call
2. Approval of Agenda
3. Fire Chief's Report
  - a. Update on Terrace Avenue  
Surfer's Overlook
  - b. Update on Roads
  - c. Update on Resource Recovery
  - d. Fire Calls & Emergencies for  
February 2016
4. General Business
5. **Action Item #1:** Consider Establishing  
a Fire Cadet Program
6. **Action Item #2:** Consider Resolution #  
176 - 2016: Extending Workers'  
Compensation Benefits to Fire Cadets
7. **Action Item #3:** Response to Grand  
Jury Report: *2015-2016 Web  
Transparency Report Card: Bringing  
Marin County's Local Governments to  
Light*
8. Consent Calendar
  - a. Approval of regular Minutes  
from the February 22, 2016  
regular Board meeting
  - b. Approval of warrant lists from  
February 17 - March 22, 2016
  - c. Approval of financial reports  
for January 2016 including  
account balances
9. Public Expression (The public may  
address the Board regarding matters not  
on the agenda.)
10. Board Member Report
11. Committee Reports
12. Personnel Matters (Board may go into a  
Closed Session.)
13. Announcement Re: Closed Session (if  
any)
14. Good of the Order
15. Adjournment



**Balancing Act**  
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- Payroll
- Year-End Prep
- Mail Service
- Plus More...

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

**bringing order to your financial world**



**BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT**  
**BCPUD BOX 390 270 ELM ROAD BOLINAS**  
**CALIFORNIA 94924 415 868 1224**

## WATER SUPPLY UPDATE

**March 28, 2016**

To the Bolinas Community:

We've been hearing the questions around town: how are we doing this year with regard to rainfall? How does this year compare to last year? Are we still under a state mandate to reduce water usage by 25%?

Here are the answers to your questions:

So far this rain year (July 1, 2015 – March 28, 2016), Bolinas has received the following amounts of rain (as measured at the Woodrat Water Treatment Plant):

July 2015: 0 inches  
 August 2015: 0 inches  
 September 2015: 0.7 inches  
 October 2015: 0 inches  
 November 2015: 2 inches  
 December 2015: 7.85 inches  
 January 2016: 10.4 inches  
 February 2016: 1.3 inches  
 March 2016: 7.5 inches

**Total: 29.75 inches**

Last rain year (July 1, 2015 – June 30, 2015), we received the following amounts of rain (again, as measured at the Woodrat Water Treatment Plant):

July 2014 - .1 inches  
 August 2014 - 0 inches  
 September 2014 - .6 inches  
 October 2014 - .7 inches  
 November 2014 - 5.1 inches  
 December 2014 - 22.2 inches  
 January 2015 - 0 inches  
 February 2015 - 3.4 inches  
 March 2015 - 0.1 inches  
 April 2015 - 1.85 inches  
 May 2015 - 0.00 inches  
 June 2015 - 1.0 inches

**Total: 35.05 inches**

As for the state mandate to reduce water usage by 25% (as compared to water usage during 2013), **yes, the state mandatory water conservation regulations are still in effect!** On February 2, 2016, the State Water Resources Control Board extended the emergency mandatory conservation requirements through October 2016.

Bolinas has achieved the 25% target thus far -- as such, if we all use our best efforts to continue our current water-saving practices, the community will be in compliance with the state requirements. Most importantly, **please keep your automatic irrigation systems turned OFF!!!**

Thank you for all of your conservation efforts, and keep up the good work!

Jennifer Blackman  
 General Manager

## WHAT HAPPENED THIS WEEK

3/21/16 Monday Morning Recap from Jeniepfieffer

Congratulations are in order for three events that happened this weekend. Our outstanding middle school students showed their exceptional video presentations at a film night Saturday, at the school Quesada Room in Bolinas. We have a very impressive middle school program, so capably led by veteran teachers Don Jolly and Willow Horn. Their students divided into four groups, examining four issues of significance in the larger world and the affect they have on our local communities. The students looked at Habitat Restoration, Migration, Globalization, and Climate Change. They interviewed members of the Bolinas and Stinson Beach communities, asking excellent questions related to their chosen topic, edited the recorded responses, and put them together in an excellent, informative and beautifully enhanced format that showcased our local environment and gave a lot to think about. This is important work. It's impressive to see these students starting to engage in global issues that will affect them throughout their lives. Congratulations on a job well done.

Another Saturday event that was all about "Community", was the open house at the Bolinas Commons. This is a collaborative effort by a group of participants interested in promoting beneficial programs for our Bolinas Community. It is in the storefront behind the Book Exchange, where Uniquities was. The 10:00 to 2:00 open house had seeds, tacos, plants, ideas, a cameo appearance by Millie the goat, and lots of interesting conversation. Congratulations to them. I hope this new effort flourishes.

Later in the day, up front in the Book Exchange, was an art opening of work by long time local artist Diane Fingland (DiFi) who is also known for collecting interesting bits of conversation that floats by her as she works the check-out counter at the Peoples' Store. I love Diane's quirky humor and her quick sketches of life. Congratulations to Diane on her exhibit. jp



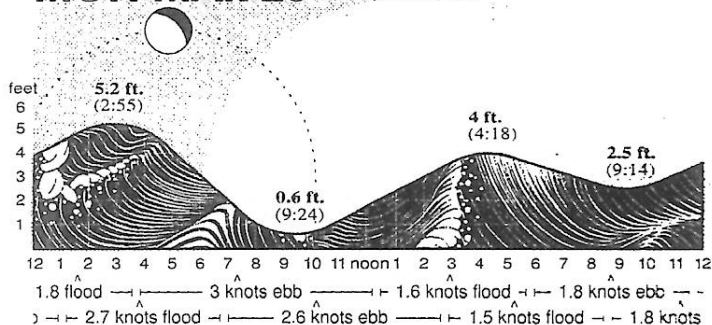
**Send News to the Hearsay at**  
**868hearsay@gmail.com**



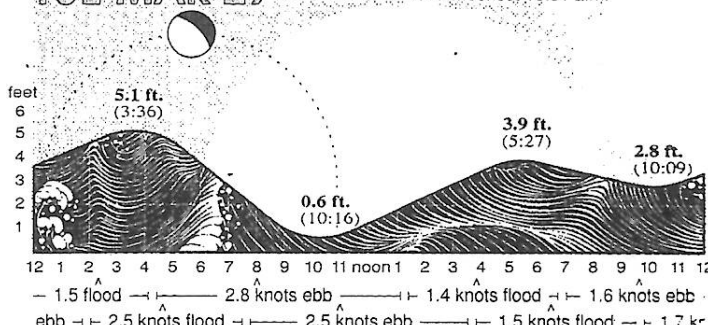
# ⚡ KWMR RADIO SCHEDULE - MAR ⚡

	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!	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							
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	Alternative Radio	Vida with Saga / Tailgating w/ Steve & Jaime		
12 pm	The Bloneers							
	Farm & Foodshed Report	New Dimensions	Planetary Radio	Attune-ment / Common-weal Convers-ations	Reveal			
1:00	Ocean Currents / Post-Carbon		Making Contact					
		On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm Radio / The Local Organon			
2:00	AFTERNOON MUSIC					AFTERNOON MUSIC		
3:00	Cruisin'	Aztec Pride / Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling / The Scoring Stage	new The Vinyl Café	
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 Learning Curve / new To Hell & Bach	
	Epicenter	Epicenter	Epicenter	Epicenter				
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)				
	EVENING MUSIC					EVENING MUSIC & DRAMA		
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								
9:00	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	Night Flight / Bring It On Home	The Jazz Groove	L.A. Theatre Works	
10:00				new Sit Down! / new Get Down!				
11:00	Forms and Feelings (repeat)	Professor Kosmo	Sonic Sunspots	Under the Needle	The Latin Alternative	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit	
12 am	LATE NIGHT					LATE NIGHT		
	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 28 dawn 6:03 sunrise 7:00 sunset 7:30 dark 8:27 moonset 10:08 a.m.



TUE MAR 29 dawn 6:01 sunrise 6:59 sunset 7:31 dark 8:28 moonrise 12:24 a.m. moonset 10:51 a.m.





# 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

**ECONOMICAL DUMP RUNS, WEEDEATING,**  
mowing, yard cleanup, resource recovery brush loads, scrap  
metal recycling and small moving jobs...  
Call Chris -1993

CG 4/11

**BRUSH TO MEADOW TRANSFORMATION**  
Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /  
plowing / post-hole drilling. Don Murch -0921

DMX

**FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING**  
Dump Runs, Cow Manure, Recycling, Humane animal removal  
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

### TREE SERVICE

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

SRX

**AIRPORT? HOWARD DILLON HAS**  
a Subaru SW for all Bay Area (& beyond?) destinations.  
Many local refs 868-2144

HD x

### TAX PREPARATION

Another year!  
Susan Hewlett Johnson • 868-1134 or (415) 497-0877

SH 4/1

### DRIVER

GOOD DRIVER, COMFORTABLE TOYOTA MATRIX,  
AIRPORT OR OVER THE HILL DALE-0782

DP 3/21

**"I can see again!"**  
**CLEAR LIGHT WINDOW WASHING**  
Call Dale 0782

DP 3/25

## FOR RENT

### ROOM FOR RENT

One person please.  
868-1782

CH X

## BCPUD MINUTES AVAILABLE ON LINE

If you want to find out what goes on at the BCPUD  
monthly meetings – you can go online to check out  
the minutes.

www.bcpud.org/mins.html  
or: BCPUD.org

## HEALTH & HEALING

### CAREGIVERS AVAILABLE

Excellent homecare  
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CH x

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Submit articles, ads and drawings by midnight  
Sunday, Tuesday or Thursday for publication the  
next day. And how to subscribe to the password-  
protected web site and read the hearsay online.

## 28 March

*St. Mark's Eve/Sacrifice at the Tombs/Pallas*

The treatise *De Pascha Comutus*, written in 243 c.E.,  
states that the sun and moon were created on 28  
March. Before the adoption of 25 December as  
the "correct" date (in 336 c.E. at Rome), this date  
was given as the date of the nativity of Jesus.  
Today is also the old Roman festival of Sacrifice  
at the Tombs, acknowledging the ancestors, as  
well as St. Mark's Eve. St. Mark is pictured at right.



## 29 March

*St. Mark*

The traditional feast day of St. Mark in East Anglia.

**THE PAGAN BOOK OF DAYS**  
BY NIGEL PENNICK  
SUBMITTED BY JUNE MCADAMS

## Regular meetings in West Marin

Lagunitas School Board	3rd Thursday	6:00 p.m.	Campus
SGV Healthy Comm. Collab.	2nd Wednesday	3:30 p.m.	Comm Center
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Center
Laf. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Center
Dance Palace Board	1st Tuesday	7-9:00 p.m.	Dance Palace
Point Reyes-Olema 4-H	3rd Monday	6:30 p.m.	Dance Palace
Bolinas Community Center	3rd Tuesday	5-7 p.m.	Bolinas Library
Point Reyes Village Assoc.	2nd Thursday	7-8:00 p.m.	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	SB Comm. Ctr.
W.M. Lions Club	1st Tuesday	7-9:00 p.m.	Sta. House Café
Briones Lions Club	4th Thursday	7 p.m.	Rod & Boat Club
W.M. Rotary Club	Each Wednesday	8:30 a.m.	Toby's Feed Barn
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House Café
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	4th Thursday	3:15 p.m.	W.M.S. staff room
W.M./INV SNAC Comm.	4th Monday	3:15 p.m.	W.M. School
KWMR Board	3rd Wednesday	6-7:30 p.m.	Fire Station
Inverness Public Utility District	4th Wednesday	9:00 a.m.	Fire Station
Inverness Association	4th Wednesday	7:00 p.m.	Library
Inverness Park Association	Date, time and location posted at Perry's Deli		BCPUD office
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	MMWD office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	Bolinas campus
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	SBCWD office
Stinson Beach Water District	3rd Saturday	9:30 a.m.	BBPUD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	Town Hall
Tomasles Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomasles Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomasles Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomasles 4-H Club	3rd Monday	7 p.m.	NMWD office
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	





• P.O.Box 327 Bolinas 94924  
Sold at: The Bolinas Market, People's Store, Don's  
Liquors & Bobolicious. Published for over 30 years!

# HEARSAY NEWS CLASSIFIEDS

## FOR SALE

2 NEW SOLAR SHADES PLUS HARDWARE FROM The  
SHADE STORE - 86" high X 28" wide, white-semi transparent  
\$25 each-868-9581 .

MS 3/28

## Read the Hearsay Online

For 33¢ per day, more or less. Give  
yourself, a friend, or an expatriate  
member of your extended family  
the gift of local news three times per week,  
delivered electronically. Stay home. Save trees.  
Isolate.

Subscribe anonymously by contacting  
Michael Rafferty, Publisher and Online Editor,  
868hearsay@gmail.com



## 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

## 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	8:45-10:00am
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

#### WEDNESDAY

Pilates w/Lisa Townsend	8:30 - 9:45 am
After-School Theater w/Lisa	3:30 - 6:00 pm
Diaspora w/Amber Hines	6:30 - 8:00

pm

#### THURSDAY

USDA food bank	12 noon
Congolese Dance w/ Sandor	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!

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