Monday, April 16, 2012





WHAT'S HAPPENING

Monday, April 16

BCPUD (UTILITY DISTRICT)

Finance committee meeting, 270 Elm Rd, 10am

BOLINAS COMMUNITY CENTER BOARD MEETING FOR ART AND GARDEN PLANNING

5pm @ Community Center. Planning "For the Birds" themed community center fundraiser.

Wednesday, April 18

BCPUD (UTILITY DISTRICT)

Regular monthly meeting of the Board of Directors, 270, Elm Rd. 7:30pm

Thursday, April 19

COAST CAFÉ CONCERT SERIES: BEAM

Live music & food & drink specials @ Coast Café, 6-8pm

SOFI ROX PRESENTS

Live music @ Smiley's, 8:30pm

Friday, April 20

BOLINAS LAGOON TECHNICAL ADVISORY COMMITTEE COMMUNITY MEETING

Bolinas Fire Station, 7:00-9:00pm. Open to all for ideas and observations regarding preservation of the Bolinas Lagoon.

JIMBO TROUT & THE FISH PEOPLE

Live jug band music at Smiley's, 9pm, cover.

Saturday, April 21

SOLARBRATION W/ PREZIDENT BROWN

& Rivah Jordan, Comanche High Power & special guests at Community Center. Organic dinner w/ Papa Joshua, 7pm. Under 14 free, teens & srs \$10, other \$17. Contributors to BCC Solar Power FREE

Live bluegrass & gypsy jazz @ Smiley's, 9pm, cover.

Sunday, April 22

EARTH DAY CELEBRATION

MEMORIAL TRIBUTE TO ADRIENNE RICH

Held at Commonweal, 451 Mesa Rd, Bolinas, 2-4pm. RSVP TheNewSchool@commonweal.org, info @

www.The-New-School.org

BLESSING OF THE ANIMALS

Community Church on Belvedere Ave, Stinson Beach 1pm

CLARINET/GUITAR JAZZ

Dale Polissar Trio w/ Bart Hopkin & Blake Richardson at Station House Café, Pt Reyes, 5-8pm

LYRID METEOR SHOWER Peaks around 11:30pm



HAPPY HAPPY BIRTHDAY!!!

April 16:

Hawk Weston Kevin Kellev Mary Goodenough Caitlin Patler

Manzano

Burro

April 17:

Sheila Lopez Peter Alford Tony Della Valle Else Johnson

April 18:

Kenny Feld Trishna Horvath Robert Mowry

April 19:

Geoff Geupel

April 20:

April Dolan

April 21:

Jon Bradley

April 22:

Amy Rosenman Paula Nedelcoff

Kate Lawrence

Sunday, April 22 2-4pm

A Memorial Tribute to Adrienne Rich





Cruz on March 27th, was a writer and thinker of enormous stature. Her first book of poetry was singled out by W. H. Auden for the Yale Younger Poets series in 1951 and Rich continued publishing books of poems in every subsequent decade. Unabashed in her critical thinking, she possessed a unique and oracular voice in American poetry.

Adrienne was hobbled by pain from rheumatoid arthritis for her entire adult life, dying aged 82. She persevered and remained true to vows of integrity and beauty despite her slowly disintegrating capabilities, living the end of her life as elegantly and meaningfully as if it were a poem she was crafting. Her last volume was entitled, Tonight No Poetry Will Serve. Please join us in an informal memorial to Rich's singular accomplishment and her implacable tenacity. Bring some poems along and share them with us.

RSVP to TheNewSchool@commonweal.org No charge for the event; donations accepted

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

Smiley's Every Tues. Night, 7:30 pm 1st Prize \$75-\$100 2nd Prize \$25 Ird Prize Smiley's Cash \$5 buyin 41 Wharf Rd. 868-1311

dance palace

The Dance Palace, 5th & B Streets Point Reyes Station Tickets at www.dancepalace.org

WEST MARIN DANCE PARTY Friday, April 20, 7:30 - 10 PM / \$6

West Marin teens in grades 6 - 8 from Muir Beach to Tomales, Inverness to San Geronimo are invited to get their groove on at the West Marin Dance Party. Featuring a professional disc jockey from Portable Party Crew-West.

RECYCLE CIRCUS 2012 Saturday, April 21, 10 AM

The Recycle Circus is coming! The following are accepted items: books, sports equipment, clothes, kitchen and garden items, toys, building supplies, and household items in useable condition. No toxins, car tires, large appliances, stuffed furniture, mattresses, or computers. Please bring your stuff between 10 AM-2

PM only. The Recycle Circus is brought to you free by the volunteer efforts of Waste Free Now. To volunteer, contact Madeline at 663-9087.

ALPHA YAYA DIALLO & THE BAFING RIDERS-AFRICAN GUITAR. PERCUSSION, AND DANCE Saturday, April 21, 8 PM Tickets: \$24, \$22 seniors, \$12 teens Sponsored by Lagunitas Brewery

Guitarist and singer Alpha Yaya Diallo, from Guinea in West Africa, is one of the hottest acts on the current world music scene. Now based in Vancouver, Canada, he's earned a matchless reputation internationally for the excellence of his musicianship and the excitement of his live shows—whether performing solo or with his band, The Bafing Riders. Diallo is a uniquely multitalented artist. His dexterous acoustic and electric guitarplaying, with its fluid melodic lines and compelling grooves, places him in the front ranks of African axemen. In addition. he is a skilled and experienced performer on a variety of percussion instruments, and on the balafon (traditional wooden xylophone). To complete the abundance of riches, Diallo writes his own compositions, and sings with a supple and beautifully modulated voice.

2012 PT. REYES BIRDING AND NATURE

Saturday, April 28, 6 PM

Please visit online at www. pointreyesbirdingfestival.org for more information on this event.

Pasteup Ads/books Ned Rilev June McAdams **Peter Axelson**

Go to Health: Sleeping pills

Last week I wrote about the benefits of our own body's melatonin in promoting good sleep. Shutting out the blue wavelengths of the light spectrum by the use of blue-blocking glasses is helpful; these special glasses should be worn for 1-2 hours before bedtime, and can be fitted over reading glasses. Blue-blocking glasses promote the secretion of your own melatonin – your sleep hormone – and they help you fall asleep and stay asleep. You can write the words sadjascolumns on google or bing and find my April 9th post for more details.

The most popular prescription drugs for insomnia these days are Ambien, Lunesta and Sonata. While effective for many users, they have side effects and can be habit forming if used continuously. Sleep apnea can become worse with these powerful sleeping pills. In some people, Ambien is associated with sleepwalking, and eating when asleep without conscious awareness. Driving under the influence is hazardous. Elderly users of these medications have an increased risk of falls and cognitive side effects.

The most problematic aspect of these prescription drugs is found in an article published in the British Medical Journal on February 27th, 2012. Entitled Hypnotics' association with mortality or cancer: a matched cohort study, this article concludes that people who received prescriptions for sleeping pills had an increased risk of death or a cancer diagnosis, when followed for 2.5 years between 2002 and 2007. The word 'hypnotic' refers to a medication causing sleep. The study was done at Scripps Health in San Diego. The authors searched the electronic medical records of a large health system in the US, and matched 10,529 patients who received sleeping pill prescriptions with 23,676 matched controls who did not. The average age was 54 years. Patients prescribed any sleeping pill (Ambien, Lunesta, Sonata, benzodiazepines, barbiturates and sedative antihistamines) had an elevated risk of death, with a dose-response association. Even people taking 18 pills a year or less, showed some increased risk. Sleeping pill use in the upper third of the cohort was associated with a small but significant elevation of a cancer diagnosis. The researchers did not think that the death

or cancer hazards were associated with pre-existing conditions. The authors stated that 24 previous studies have shown an association between use of prescription sleeping pills and mortality. No studies have shown that the use of such pills prolongs life or prevents cancer! The mechanisms involved in these associations have yet to be elucidated.

Here are some conclusions I draw from this disturbing study. If you have been give prescription sleeping pills in the hospital, or at a very difficult time in your life, don't worry. The use of benzodiazepines - such as Ativan - for people who are dying is absolutely justified. However, for most of us it is better not to rely on these pills for regular use. It is best to do everything possible to increase your natural melatonin secretion - exercise during the day, expose yourself to natural light or even a light box in the morning, wear blue-blocking glasses for 1-2 hours before bedtime. Talk to your doctor or nurse-practitioner about a safe and slow way to decrease prescription sleeping pills if you have taken them regularly for more than 2 weeks.

Daniel Kripke, the lead author on the Scripps paper, suggests the following for better sleep - keep the light out in your bedroom, try meditation or prayer, and learn progressive muscle relaxation or self-hypnosis. He also suggests taking melatonin tablets if you are a night owl, to reset your sleep-wake rhythms. He suggests talking to your doctor about an appropriate low dose of melatonin to try at bedtime. My advice is - start with 0.5 mg, and go up to 1-3 mg as needed. The kind that dissolves under the tongue goes most directly into your bloodstream. But – get those blue-blocking glasses, for the most natural sleep! Read about them at LowBlueLights.com. Sadja Greenwood, MD past issues at sadjascolumns.blogspot.com



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MONDAY MEETING REPORT 4/16/12 From Jenniepfeiffer

MONDAY'S MESA PARK MONTHLY MEETING included discussion of the downtown park, which should be ready for use by this summer. The Board is putting together a budget that will cover maintenance for both parks, up Mesa and down Town, including their toilet facilities. Evidently, naming rights for the former "Burnt Park" are still up in the air. I think Bolinas Stonehenge Park is good, because of all the beautiful stone work, which is really quite impressive and lovely to sit on in the sunshine. It does seem some smoothing of the sharper edges might be good to keep it from being Baby Bump and Boo Boo park. The Board is also working on a plot plan for placement of possible additions to Mesa Park, including the proposed pool. Should this include a gym also? That was a plan years ago, but without water the pool/rec. center was put on indefinite hold. With the acquisition of a water meter for restrooms, maybe a reexamination of the long range plan might be in order, especially now that the school is starting discussion of a gym at the Bolinas Campus. We certainly don't need overlapping planning and fund raising projects.

I've been noticing several ads on the radio and the internet lately about solar companies - Solar City, Sungevity, etc - that are offering major price reduction incentives and rebates for installing Solar. I looked into a deal from Sungevity which looked great, the only drawback was the required building inspections. I spoke with Steve Kinsey about this and he told me the County is very keen on having people move toward solar, so would be very willing to look into 3rd party inspections, so the building/planning dept. inspectors wouldn't have to be on site. We need to bring this up at the next BCPUD meeting. We also need to work to make sure Kinsey gets reelected this June. He has really served us well.

Yesterday's SECOND SUNDAY SALE had some fun activity and those who showed up for the Rummage reorganizational meeting decided to move the event back to Saturday, with Sunday as a back up in case of rain or holidays or for those who want to sell two days. I will be opening the work studio on Sunday's, for those who need help with the recovery of sick furniture. I will be posting a firmer schedule. Be looking for the May Royal Rummage Sale to be, Saturday, May 12th, with a clinic for furniture recovery on May 13th, Mother's Day. jp

THREE MORE GREAT THINGS ABOUT THIS PLACE...

- (1) Catching the last sunset at Poplar Rd bluff before the sun travels northward behind the Commonweal headland. The spring season is rushing forward.
- (2) Finally a forecast of some sunny days this week.
- (3) Julie Augustyn's refurbishing of the Dave Gleason hobbit cave—a total transformation that still remains true to his indomitable spirit.

--Ned Riley

Governor's proposal to eliminate the California Commission on the Status of Women

The Commission has advocated for California women and girls for 47 years. Women have made tremendous progress in the years since the Commission was created but full equality has not yet been achieved.

- Women make only 84 cents for every dollar earned by men; African-American women earn only 68 cents and Latinas only 59 cents:
- Women fill only 28% of the seats in the California State Legislature;
- 40% of women experience intimate partner violence in their lifetime;
- In California's 400 largest companies, women comprise only 3.3% of CEO's;
- The current budget crisis and economic recession are having a disproportionately negative impact on women and children and
- More than one third of households headed by women with children have income that fails below the poverty level. While organizations such as AAUW California

advocate for women and girls at the state level, this is very different from having a dedicated state agency - a voice WITHIN government. The Commission is the only independent voice within state government for women and girls. Don't let that voice be silenced!

To find out more about the Commission's work go to www.women.ca.gov

> The Bolinas Museum is seeking an inspiring, community-focused, creative individual to become its next Executive Director. Current ED, Vandy Seeburg, is retiring after many years of working in the arts and non-profit sector. So, a search is on for the right person with administrative, curatorial and development skills along with understanding of our local communities. The Mission of the Museum is to "Collect, preserve and exhibit the arts and history of Coastal Marin and to present exhibitions and events that provide inspiration and cultural enrichment to its residents and visitors."

The Bolinas Museum, with its five galleries of art, photography and history, has a reputation for excellence, and is supported by a strong membership. Though exhibitions lean toward showing work from accomplished Coastal Marin artists, the Museum has presented exhibitions as varied as Classic Miniatures of India from the 17th to 19th centuries to Contemporary Native American art. Some exhibitions have included works by art luminaries, among them Goldsworthy, Bernhard, Misrach, Diebenkorn and Fundraising events and a strong membership allow all exhibitions and most courtyard concerts and events to be free of charge to everyone.

This is a challenging but rewarding full time job requiring flexibility, imagination and attention to detail. The new Director will join a small, experienced staff, a supportive Board of Directors and volunteers who give their time and skills to the muse-

For the full job description, go to the museum's website, bolinasmuseum.org.

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

A Meeting Of The Finance Committee Of The Board Of Directors April 17, 2012 10:00 a.m. 270 Elm Road, Bolinas

Agenda

- 1. Call to Order.
- 2. Roll.
- 3. Draft Fiscal Year 2012-13 Budget.
- 4. Community Expression.
- 5. Adjournment.



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BALLET WORKSHOP

taught by Erika Townsend

5 Saturdays, May 12th - June 9th at the Bolinas Community Center

Children 7yrs to 12yrs 11:00am-Noon Teens & Adults Noon-1:00pm

This is a 5-week session - \$60

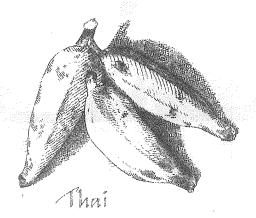
The whole series is recommended.

Drop in fee is \$15

All levels are welcome to join.

No previous ballet training is required.

For more information & registration please call 209-523-4305



BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

BCPUD BOX 390 270 ELM ROAD BOLINAS CALIFORNIA 94924

415 868 1224

A Regular Meeting of the Board of Directors April 18, 2012 7:30 p.m.

- 1. Call to Order.
- 2. Roll.
- 3. Manager's Report.
 - -- Update on the Terrace Avenue Bluff Stabilization Project
 - -- Update on Terrace Avenue Water Main Relocation Project
 - -- Update on the Wharf Road Service Saddle Replacement Project
 - -- Update on Video Inspection of Sewer Laterals on Wharf, Park and Portions of Terrace Avenues
 - -- Update on the Wastewater Treatment Plant Pump Station and Electrical Upgrade Project
 - -- Drainage Project Manager's Report.
- 4. Community Expression.
- 5. Request for Financial Relief from Quarterly Water Bill pursuant to BCPUD Resolution 553 49 Terrace Avenue (Flanagan).
- 6. Request that BCPUD Pay the Cost of Relocated Water Service to 126 Terrace Avenue (Lowe).
- 7. Request for Information Concerning the Sale of the BCPUD's Pine Gulch Creek Property, Budgets and Related Financial Information. (M. Lewis).
- 8. BCPUD Policy re: Public Requests to Amend the Minutes of a BCPUD Meeting.
- BCPUD Comments on State Water Resources Control Board's Policy for Siting, Design, Operation and Management of Onsite Wastewater Treatment Systems (OWTS) – Septic Systems.
- 10. Resolution 610: Consenting to Join the Health Benefits Program of the ACWA/JPIA, Ratifying the Action of the ACWA Health Benefits Authority Board of Directors to Terminate the Health Benefits Authority Joint Powers Agreement, and Authorizing and Directing the Bolinas Community Public Utility District to Execute all Necessary Documents.
- 11. Discuss Amendment of BCPUD Resolution 247 (Water Service Termination Procedures).
- 12. Update on Water Supply Augmentation Project.
- 13. Volunteer Committee Reports
 - -- Alternative Energy:
 - -- Bolinas Lagoon Technical Advisory Committee:
 - -- Community Path Update:
 - -- Downtown Parking & Traffic Committee:
 - -- Resource Recovery:
 - -- West Marin Mosquito Control Coordinating Council:
- 14. Other Business
 - a. Board Committee Reports
 - -- Finance: Update on Draft Fiscal Year 2012-2013
 Budget.
 - -- Legal:
 - -- Mesa Septic, Flood Control and Roads:
 - -- Operations:
 - -- Park and Recreation:
 - -- Personnel:
 - -- Sewer:
 - b. Minutes of March 7, 2012 Special Meeting; Minutes of March 21, 2012 Regular Meeting
 - c. Warrants
 - d. Scheduling of Next Meeting(s)







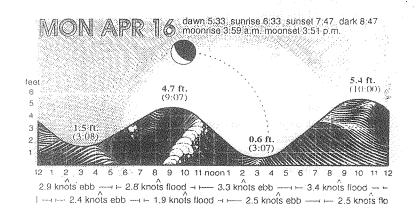
90.5 FM + 89.9 FM WWW.KWMR.ORG

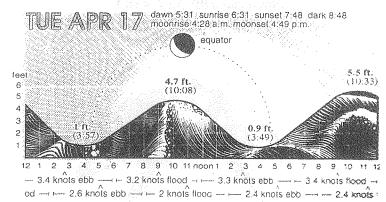


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6	KWMR Nig	MR Night Music Weekly Feed 12-1 a		KWMR Night Music S Sunspots to 1:30 am		Grateful Dead 12-1 am	5:30 am As It Happens (CBC)		KWMR Night Music		
		VM Report	6:30 am WM Report			6:30 am WM Report	6:30am WMReportWrap			ReportWra	
	Day 6 (CB	C)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		As It Happens (CBC)	Morning Glory		Daybreak	
	8 am WM Report		8 am WM Report	8 am WM Report	8 am WM Report		8 am WM Report	# Gregory	DeMascio	# Gregory D	eMascio
8	With Eyes Good Morn. Open! West Marin Peter Susan		Coming Feb 28	Hump Day	Morning Blunder	Swimming Upstream	Barrio Vibes	# Anneke	an der Veen	# Anneke va	in der Vee
			Rise and Shine								
	Asmus	Deixler	Mary Siedman	Jimmy G		Amanda	Augusto Conde	O-f-in-l	Vicarious	Sunday Cele	I
9		Park Wave- lengths	Coming Feb 28	Dave Cook	Howard Dillon	Eichstaedt	-	Original Minds	Traveler	Sacred Music	
	KT's Kitchen	Loretta Farley	Airwaves Raul Gallyot	Fish Tales Dave Cook	Charlie Docherty			Elia Haworth	Vicki Leeds	Rick Clark	
4 6%	L		Turning Pages	Turning Pages	Turning Pag	es NEW	furning Pages	maworth		10 am BirdNote	
10	# Janet Robbins # Lyons Filmer		# Neshama Franklin # Joy Maulitz	The Vinyl Café (repeat from Sunday)	Readings by Erik Bauersfeld		# Bilingual Storytime # Specials	Krista Tippett On Being (repeat from Wed)			
11	TEMN Environm	ent Specials	#1/3 Love is on the Air McGee & Taylor	Making Contact	An Organic (Conversation	Nuestros Niños	Viewpoint The Place We Live			
	The Bioneers		#2/4/5 Questing Calpestri & Mickelson	The Bioneers (repeat from Monday)	Heige Hellbo Mulcahey	erg & Mark	Marisol Muñoz-Kiehne	Ellen Shehadeh Marc Matheson			
12	The Farm				Attune-	Common-	NEW Voces de			Happy Days	lazz with
icho elhar	Foodshed	Report	New Dimensions Michael & Justine Toms	Alternative Radio	ment	weal Conversa-	Nuestro Mundo NEW SLOT Raul			Marcie	Kendrick
	Robin Carpenter		Thomas a pasame roma	David Barsamian	Anthony Wright	tions	Gallyot Interviews	NEW MUSIC Forms and Feelings			Rand
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac		Spirit & Mind Anthony Wright	NEW SLOT Your Own Health and	Philosophy Talk Ken Taylor John Perry		Parent Talk	Jim Bennett		Jazz Rhythm	LAST SUNDAY:
2002				Sitness			Susannah Baldwin PhD			Dave	
							Classical Friday			Radlauer Riverwalk Jazz	
2	Cruisin'		What's New?	Classical Wednesday Classical Thursday					David Holt and Jim		
				,			#1 Susanna Henderson			Callum Jr.	
3	Rick Clark		#1 Jimo & Tammy			rtiago		Susanna Henderson #2/4 Africa & Diaspora		The Vinyl Café (CBC)	
Street .	.4		# Specials #3 Susan Deixler		# Jeffry Wilkinson		#2/4 Norman			Stuart McLean	
	# Aztec Pride		Art of the Song	NEW SLOT # Krista	TeaTime Books		Masonson (New Day)			13.1 × 300	
4	Jorge Ramirez			Tippet On Being				Circula musical		Learnin'	To Hell 8
	# Latin Al Lechner,8		John Dillon and Vivian Nesbit	#5 Coastal Airwaves Vickisa	Howard Dillon Mimi Calpestri		#3/5 Specials	Circulo musical		Kirven	Bach
5	NEW Moyers & Company Bill Moyers		Sabrina Artel's Trailer Talk	Open House	Open House: Témas de inmigracion; Story Shed			Jesus Martinez		Brian Kirven	
			# The Feminine Mystic	Epicenter: #1 Pt Reyes			Happy Hour				Beth Underwo
			Wendy McLaughlin	Dialogues, Needleman # Art's D			Liberacha	The Celtic Universe			
6	Trash to Treasure Hope & Shulander		# ViewPoint (repeat)	Anna O'Malley MD	# Hot Tech/Cool Science Julie Motz		Liberacina	# Loretta Farley # Lyons Filmer		Akimbo's	Between Rock and Jazz Place
	6:30 pm WM Report			6:30 pm WM Report	6:30 pm 6:30 pm WM Report WM Report		1				
			6:30 pm WM Report							Room	June 1 Idi
7	The Hippie from Olema		Musical Varieté	Ridin' the Rail on The Americana Express with The Roots Gang			7 pm WM Report				
<i>151</i>					Bakersfield & Beyond	Shorty's Bunkhouse				Paul Flowerman	Grey Shepard
							Friday Funk Fest				
9	Jerry Lunsford		Charlie Morgan	Mike V, Amanda, Will, Кеп, Pat Соаst Highway Blues	Amanda & Shorty Mike V		Fairfax Funkateer	Rick's Jazz Café Rick Clark			The
										Professor	Kitchen Sink
	Reggae Dollar Radio Jukebox	Story Hour			rae				Kosmo	Patrick	
	Radio	77777			Hearing Voices		Magic Radio			Plays	Kleeman
	DJ Zoro Peter Martinelli		Jaimo Crespo	Larry Rippee	Professor K	osmo	no		2 JA# 1 JA		ĺ
10					Stuck in the Psychedelic		Chris Breyer	Saturday Night		The Weekly Feed	
e C	Monday Night	The Amateur's					15. 成實質的影響				
	Mixtape Guide to		The Leafer Bit of the Control	0	Era with the Hermit			Function		Kyle Meredith	
	Jacoba	Life	The Latin Alternative	Sonic Sunspots Tony Palmer				# Mark Potts		Professor Kosmo Play	
11	Charles Christian Anthony		Ernesto Lechner and					# Marc Ma	theson		
			Josh Norek								
			12 am WM Report 12 am WM Report		12 am WM Report			Coming: Radio Goethe			

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DP 4/23

D %

KUWMR

Underwriters are our middle name!

KWMR couldn't do it without our community supporters. We really appreciate your support, so we're throwing a party in your honor!

Please join us for...

KWMR's Underwriter Appreciation Event

Thursday April 19th, 5-7 pm Blackbird Café, Inverness 12781 Sir Francis Drake Boulevard Inverness, CA 94937

Drinks & Snacks catered by Carol Whitnah will be provided. Thanks to the Blackbird for their support of this event.

Please RSVP by Mon April 16th to (415) 663-8068 x106 or mia@kwmr.org.

Hope to see you there!

HEALTH AND HEALING



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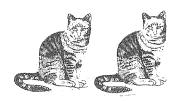
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WANTED

TWO KITTENS NEEDED for mouse patrol. Call Christine @ 0892

CS 4/20



HOUSING WANTED

THINKING OF SELLING YOUR BOLINAS HOUSE?

Responsible Bolinas residents seek 2-bedroom house on nice lot. Discretion, financing, creative thinking to meet your needs assured. homeinbolinas@yahoo.com

4/20

LOST & FOUND

FOUND: A silver and black camera Call 868-2128 to identify and claim. BCC Staff

BCC3/30

FOUND: SCARF ON YUCCA ROAD About a month ago. Please call Ananda -0285

AC4/4

Lost 4/9 downtown-Large carabiner with keys-reward-0412

AM 4/11

MISSING: 2 FOLDING TABLES WERE TAKEN from where they were stored at Mesa Park. The tables are used for the Sunday Food Program. Please be kind and return in kind.

SA 1/11/12



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.

FOR RENT

Private bedroom and bathroom. Shared kitchen, living and dining area. \$756 utilities included. Please contact the BCLT at 868.8880

BCLT/xxx

PARA RENTAR

Recámara y baño privados. La cocina compartida, sala y comedor. \$756 utilidades incluyedos. Contacte por favor la Confianza de Tierra de Comunidad de Bolinas en 868.8880

BCLT/xxx



READ THE HEARSAY ONLINE

Tell your friends and families that they can stay connected to Bolinas even if they have to live elsewhere.

IT'S EASY: email hearsaynews@yahoo.com and request the password and link to the site. Michael will put you on the list and will send you reminders as new issues come out.

Keep reading The Hearsay News!

Uniquities

UNIQUITIES Variety, Thrift and REALLY GOOD PET FOOD EMPORIUM has pet supplies, as well as quality yarn & knitting needs, uke/guitar/mandolin strings, toys puzzles, jewelry, assorted wonderful recycled loved and released objects including collectibles, art, artifacts, & antiques, PLUS a LOCAL ARTISTS' CONNECTION with CD's by local recording artists. We now have in stock the NEW SAGE ALBUM, SWEET MELODY,

Charlie Docherty's latest release, and other local favorites. Call 868-8886, or come by noon to 5:00 daily behind the Book Exchange. Appointments with MARC IN THE HAIR SALON are made by calling 464-7136.

FOR SALE

SOFTUB-plug in- 2 person hot tub, well insulated, inexpensive to operate, easy to move, sits on deck. Very good condition, \$1,500 or best offer- call 1801

CW 4/27

hearsaynews@yahoo.com

Submit articles and drawings by midnight for publication the next day. Request a link to the password-protected website. Thank you.

- Michael Rafferty, Online Editor

ANNOUNCEMENTS

DRUM LESSONS With Michael Pinkham -9073

MP4/27

11:00am-noon

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



Class Schedule

Su	n	d	ay		
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Yoga w/Trishna (starts1/15/12) 9:00 - 11:00 a.m. Brazilian Dance w/Anna

(once a month call 868-0697)

Youth Class 6:00-7:00 pm Ninjutsu Martial Arts w/ Martin

Adult Class 7:00-8:30 pm

(Starting May 13th Call to sign up 868-92360

Wonday

Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m. Tuesday 9:30 - 11:00 a.m. Yoga w/Trishna (starts 1/3/12)

Arial Arts for Youth w/ Joanna 3:30 - 5:30 p.m. (For registration 868-8821)

CommUnity Nights

7:00 p.m. w/ free movies, games or music. Call -2128 for details

Wednesday

8:30 -10:00 a.m. Pilates w/Lisa 5:00 - 6:15 p.m. Yoga Basics w/Trishna 8:00 - 9:30 p.m. Biblia en Español

Thursday

12 noon USDA food bank 6:00 - 8:30 p.m. Congolese Dance & song w/Sandor

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

Saturday Yoga w/ Lisa Brendel 9:00- 10:30 a.m.

Creative dance for kids 3 thru 4 w/ Lisa (4 week series info 868-0473)

11:00 - 11:45 a.m.

Ballet w/EriKa

Ages 7-12 11:00 - a12:00 a.m. Ages 13-adult 12:00 - 1:00 p.m.

(5-week series May 12th-June 9th) Ballet shoes or soft, shoes required. For pre-registration call (209) 523-4305)

Check the marquee by the Library for special events at the Community Center. For Info. 868-2128 or Bocenter.org

HOW TO PLACE AN AD IN THE HEARSAY

Come to the office at 270 Elm at Maple behind the BPUD office on a Monday, Wednesday or Friday morning 9-11am. Your ad will appear the same day! Ad forms are also available in the small mailbox next to the Hearsay Door. Fill out the form, enclose payment (please indicate you have enclosed payment in case they become separated) & drop in door slot.

HEARSAY ADS WORK!