

Bolinas Hearsay News

Monday, April 21, 2014

50 cents



THIS WEEKEND!!

Photo by Curly Rigg

WHAT'S HAPPENING

Wed April 23

DALE POLISSAR/BART HOPKIN

Mellow clarinet/guitar jazz @ Panama Hotel, San Rafael, 7-10pm.

Thursday, April 24

PACIFIC HIGH

Live roots rock @ Smiley's, 8:30pm.

Friday, April 25

ART & GARDEN OF MUSIC

Begins at Community Center w/ Jazz in the Garden: Piro Patton, Michael Pinkham & Taylor Cutcomb; Silent auction & Garden preview, 6-9pm, \$15

THE RESTLESS SONS

Live rock @ Smiley's, 9-1

Saturday, April 26

ART & GARDEN OF MUSIC

Continues w/ Music in the Garden; local musicians all day, BCC Café, bar & oysters, Indian food by Jeff Manson, and silent auction. Free admission.

EARTH DAY CELEBRATION

10th annual Art on the Beach event, south end of Stinson Beach, 11am-3pm

SAFFELL

Live indie R&B music @ Smiley's, 9:30pm, cover.

Sunday, April 27

ART & GARDEN OF MUSIC

Concludes w/ more local artists and events. Silent auction closes at 4pm.

Saturday, May 3

THE TEMPESTUOUS TALENT-ISH SHOW

Benefit for 8th grade Ashland Field Trip, @ Community Center, 6:30pm, \$15/10. Tickets from 8th graders or Belle Wood, 868-2043

HAPPY HAPPY BIRTHDAY

April 21:

Jon Bradley

April 22:

Meka

Amy Rosenman
Paula Nedelcoff
Kate Lawrence

April 23:

Terry Greibel
Sarah Hart
Barbara Juniper
Jed Juniper

April 25:

Tania Bedford
John Norton

April 26:

Maud Zimmer
Ruby Oneida McCracken
Brandon Smith

April 27:

Mary Ellen Guroy
Mary Lu Banta
Tiffany Pierce
Dede Rollins
Bill Robbins

Find your birthday treat coupon in the Classified Section of today's Hearsay.

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

The Tempestuous Talent-ish Show

Saturday, May 3, 2014, 6:30 PM
at the Bolinas Community Center

\$15.00 adults, \$10.00 kids.

Advance ticket sales through 8th grade class or
call Belle Wood at 868-2043

All proceeds go to the 8th grade field trip
to the Ashland Shakespeare Festival



New NAMI/Marin West Marin Family Support Group

When: First Tuesday of the Month
7-8:30pm
Where: West Marin Human Services Center
100 6th Street, Point Reyes Station
Leaders: Grey and Kit Shepard

First group will meet Tuesday

April 1st. - *Every 1st TUES of month*

Free—Drop In

arin.org Nat'l Alliance on Mental Illness



By True Heitz
of Fairfax

Old

I am an old lady
walking to church
I see fuzzy seed pods
in a thicket of dying brambles,
berries around them already ripe
I stop to pick, purpling
my fingers and lips and tongue
and I weep

I am an old lady
I don't want chocolate mousse
from a gourmet recipe
that has seven layers
and is slathered with whipped cream
that my granddaughter
has lovingly prepared for me
I want a tangerine

I am an old lady
I love to do improvs with the children
It is midnight, and they are still playing
I do not want to freeze one more person
or act out one more scene
I want to go to bed

I am an old lady
a child I am tutoring
asks why the veins in my arms
look like brown earthworms
It's because I'm old, I tell him
They have carried a lot of blood

I am an old lady
and weep as I watch my granddaughter
playing the part of Juliet
in her high school play
So young, so beautiful
she believes in love
and dies for it
I remember all the lines

I am an old lady
learning to receive
My grandson plays the piano for me
even though he hates to
My son takes my arm
when I cross the creek
The girls hug me when I visit
My daughter shares her pain

My house welcomes me
when I come home
The things I call mine
have been waiting
There is a wild bird, a dove I think,
who visits me every morning
when I have tea on the patio
I have named him Peter
I think he is an old bird

Smiley's POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

8

2nd Prize \$25

6

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

BOLINAS BAKERS

We would like to find
People willing to bake
Quiches or sweet treats
for the Arts and Gardens
Café -Saturday 4/26 &
Sunday 4/27. Call June
@ 868-9052 if you are
able to help. Thanks,
June McAdams

Go to Health - Regulate your blood sugar with the right plant foods!

Dietary compounds known as flavones and anthocyanins, found in many herbs and vegetables, can help to regulate blood sugar and lower inflammation. Recent research from the University of East Anglia and King's College London looked at nearly 2000 women who were twins, and compared their dietary histories with their blood levels of glucose, insulin and inflammatory markers. The research focused on flavones, found in herbs and vegetables such as parsley, thyme and celery, and anthocyanins, found in berries, red and purple grapes, wine, and other red or blue-colored fruits and vegetables.

Findings were that those who ate the most foods with flavones and anthocyanins had lower insulin resistance. This means that their cells were able to respond to insulin and take in blood glucose in a normal way. People with high insulin resistance have elevated levels of insulin in their blood, and may experience weight gain, increased blood pressure, high triglycerides, low HDL (good cholesterol), and other health problems. Diabetes is a frequent result.

The study also found that those who ate the most anthocyanins were least likely to suffer from chronic inflammation. Inflammation – as seen by redness, swelling, and pain, is a normal and necessary part of the body's reaction to injury. As healing occurs, the inflammatory response goes away. However, chronic inflammation is a risk factor for many illnesses and should be identified and reduced. It can be caused by chronic infections, gum disease, and obesity, especially abdominal obesity. The usual antidote has been to eat less, follow a Mediterranean type of diet, and move more. This new study indicates which foods may be especially helpful. Anthocyanins are concentrated in foods that are red, purple or blue, but are found in most plants, in leaves, stems, roots, flowers and fruits. The highest amounts are found in blueberries, cranberries,

blackberries, black currants, cherries, eggplant peels, black rice, dark colored grapes, red cabbage, red-fleshed peaches, beets, and blood oranges.

The researchers also cited dark chocolate and red wine as compounds with anthocyanins, and cautioned that moderation is the key, because of the potential for too much sugar (chocolate) and addiction/inebriation (wine). Here's a *no sugar* chocolate recipe: mash a ripe banana, add unsweetened cocoa powder and some peanut butter to taste. Stir it up with a fork, and share it with a pal for dessert. Put it on a whole grain cracker for crunch, or add chopped nuts.

This is an exciting study because it is one of the first large-scale human studies to look at how flavones and anthocyanins can reduce chronic inflammation and also affect insulin resistance, blood glucose regulation and the risk of diabetes. A study of twins is especially valuable, as it eliminates or modifies the role of genetics.

The take home message of this article is – go for dark colors in your food choices. Also go for the flavones in celery, parsley, thyme and other herbs. You can find these foods year-round at the People's Store (we are so lucky to have it!). Try growing purple potatoes – I can't stop them in my garden. Thyme and parsley are also easy to grow in our climate.

Sadja Greenwood, MD back issues at sadjascolumns.blogspot.com

LISTENING

I love
the sound of THUNDER
as it cracks and rattles
overhead...

I love
the many fingers
of the RAIN
tapping water-notes
upon the roof...

I love
the wild goose
flying high above
his plaintive HONKING
in the STORM
thrills me to the bone !

Mary Barror

The Weekender

Is this place for real?!

Sometimes being here feels so unreal, dream-like, paradisiacal that I sense I must be tripping, a good trip.

My good trip into Bolinas began by playing hooky from work on Friday. Early in the morning I made my way to the end of Wharf road and then far out to the end of a sand spit that was revealing itself in the low tide. Three surfers and one paddle boarder were riding glassy little waves right off the sand spit's tip, closer to Stinson than Bolinas. The air was crisp, clean, salty and not too cold. The sun rose quickly above Mt. Tam and shared the horizon with the moon that was mostly full. The day was starting off auspicious. In celebration, of the days dawning beauty and my escape from being a wage slave (for the day), I danced. I fired up my iphone, put in my headphones, found some hard surface sand and danced to the morning sunrise. Alone, free, on the beach.

My entire weekend was concentrated in this one day. All the exciting things happened on Friday. After the beach I made my way to the library, sat in my car, worked on emails and watched the town wake up and come to life. At about 8am vehicles driven by locals streamed in. People started showing up on the sidewalks. The day's stillness gave way to a day of activity.

I waited for the Peoples Store to open. I needed bread and butter - my breakfast. I fiend for the Brickmaiden sesame bread loaf, I can eat a whole loaf to myself in one day. I wish I could trick myself into believing I was gluten intolerant as a way to resist this crunchy, crusty, soft and chewy deliciousness called Brickmaiden bread. The pleasure this bread gives me is so pure that it would naturally resist all mind states associated with intolerance.

As I sat and savored my bread in the courtyard a steady stream of people, I'm slowly acquainting myself with, came and went from the plaza outside the store. It was nothing short of joyful to connect with each one of them. One friend sat with me during the entire parade, he helped keep the flow of conversation going from this person to that person and continually reminded us all it was "Good Friday", and that today he was going to get crucified. I only learned later that his crucifixion mostly consisted of getting a nice buzz from alcohol. The morning's conversations touched on the topics of music, Burning Man, affordable housing, Catholicism, and school board issues. The socializing carried on for many hours into the height and heat of noontime. And then we (me, my chatty friend and his lady friend) moved ourselves to my little slice of paradise, my teeny tiny home with a deck, and began crucifying ourselves.

We drank, smoked, made music, told stories, did nothing, got silly. It was a delightfully Good Friday. My guests were such excellent musicians! Being with them was a bit intimating as they easefully flowed from song to song. They were lovely, gracious, funny guests; so patient with me and my amateur'ness as I pathetically tried to play along. We dropped our adulthood and flew around high as Peter Pans only can until the sun ceased shining it's energetic warmth on us. At one point another friend of mine, Thomas from the city, joined us but he simply slept through most our flying high play time; a 9-5 M-F desk

job consisting of spreadsheet analysis had done him in and upon arrival to paradise he collapsed in a state of sleep.

Once playtime was over Thomas and I walked to Agate beach and then dined at the café. We were so exhausted we barely talked to one another over dinner. We returned to my place for a long needed nap before heading back into town for a show at Smileys.

We saw Hogs of Change. It was my first Smiley's experience. The music was rockin', at moments danceable and at other moments complicated in a jazz like way. I loved the fact that the band took a 15 minute break, a sort of smoke and social break. I wish bands did that more often. The scene was.... I don't know.... someone told me it was the fisherman scene. I wouldn't know. I sense Smiley's has A LOT of different scenes flowing through it. It's a focal point I have to familiarize myself with. All in all, it wasn't too crowded, most of the people were subdued, some were sloshy drunk, and some danced. The vibe was mellow and courteous.

My Good Friday ended on Saturday at 1pm. With the help of my friends I had been thoroughly crucified.

The rest of the weekend consisted of a slow recovery that manifested into a Sunday resurrection of life of priorities. Number one being I pack up and return to my normal 9-5 M-F Friday desk job in the city, number two: return to Bolinas next weekend.

- Miss Sera Mac

How thankful I am for this place, the place I journeyed to all my life.. The acceptance of Persis, the caring, the giving, everything necessary in my life is here..
Persis Norton



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OPEN FORUM *On Vaccinations*

Wednesday, April 9, 2014 | SFCHRONICLE.COM AND SFGATE.COM

Urge parents to vaccinate

By Steve Heilig

Vaccination is one of history's most significant health advances. But, as *The Chronicle* recently noted, California has had outbreaks of measles and pertussis in the past year. California also has a rising number of children not vaccinated for such diseases. Unsurprisingly, experts say these trends are linked — and such trends are worsening.

Some kids may not be vaccinated because their parents can't afford the vaccine — which too often has been poorly reimbursed or not covered by insurance at all.

Some might not have easy access to health care.

Some feel it is against their religion — the reason for an available exemption to mandated vaccination requirements to enter schooling. A recent state law requires that parents be told about vaccines by a health professional before choosing not to have their kid vaccinated.

But the primary factor in the more recent increase in parents' not having their kids vaccinated seems to be fears about risks of vaccines — es-

pecially of autism. While that and other fears have been discredited in the scientific world, misinformation still spreads widely via the Internet and in social settings. Among die-hard antivaccine activists, no amount of evidence suffices to change their minds and actions.

There is a long and well-documented history of antivaccine sentiment going back over a century, with conspiracy theories and mistrust a common theme — in our time, those providing vaccines are even being murdered in some nations. Health professionals have struggled to develop effective, persuasive messages to counter antivaccine sentiment.

Much of the mistrust and misinformation about vaccines are spread among parents (and interestingly enough, both the most and least affluent families are often most prone to antivaccine propaganda). Parental peer pressure is powerful.

For example, when head lice are found in a school, alerts to parents can be an effective tool in battling the problem. For the more serious issue of measles, health professionals

could do more to harness that power in favor of vaccines. The large majority of parents still do trust their pediatricians and other doctors and do vaccinate their kids. Not enough know that the decision by a minority of parents not to vaccinate can put all kids at risk — especially when the percentage of kids vaccinated falls beneath that needed for what is called "herd immunity."

Thus, this modest proposal: At any school where unvaccinated children are enrolled, parents could be warned — and encouraged to take action by urging the parents of those children to heed both science and public responsibility and have their kids vaccinated. A poster such as the one I created here could be displayed at schools and parent-teacher association meetings, and mailed to parents. It just might help. And even if this might be construed by some as "public shaming," isn't that sometimes justified when behavior can justifiably be called shameful?

Steve Heilig is a health care ethicist, editor and epidemiologist and is affiliated with the San Francisco Medical Society.



Ricardo Ramirez Buxeda / Orlando Sentinel / MCT News Service

SAMPLE POSTER: Warning to parents

Your child is now attending school with some students who are not vaccinated against serious diseases. When a significant percentage of children are unvaccinated, that can put not only those children but also your own child at increased risk of such diseases. Please talk to other parents about this important problem, both at school and before playdates, especially if infants or other preschool children might be exposed.

For the safety and health of all, please have your children vaccinated and urge other parents to do the same.

THREE IMPORTANT FACTS

- 1 The numbers of unvaccinated children are increasing, after decades of vaccines lowering disease among children. In many areas, some of this drop in vaccination is due to parental choice.
- 2 This increases outbreaks of communicable diseases, with more sick and even dying children than before. This is a more serious problem than alerts about head lice parents receive and respond to.
- 3 Vaccines do not cause diseases, including autism or other such conditions. Pediatricians and other doctors love their own children too — and have them vaccinated.

submitted by Helen Sirica

GRAFFITI AND BOLINAS BAY COSTAL ZONE

What is the ENVIRONMENTAL IMPACT OF GRAFFITI? In doing my beach clean-up I have picked up numerous paint peelings, discarded spray paint cans, lids, spray can nozzle heads in the creek, ramp entrance, beach and on the walls. The spray cans read: "CONTAINS: XYLENE, TOLUENE and ACETONE. VAPOR HARMFUL. MAY AFFECT THE BRAIN OR NERVOUS SYSTEM" "DO NOT BREATHE VAPORS, SPRAY MIST" "WEAR PROPERLY FITTED RESPIRATORY PROTECTION"

Once sprayed on BCPUD walls, private property walls, County walls HOW DO THESE TOXIC CHEMICALS BREAKDOWN IN THE SAND, BOLINAS BAY, THE LAGOON, CLAM PATCH AND/OR DUXBURY REEF???? Is Point Blue, Audubon, local fishing, crabbing etc. currently being negatively impacted and/or in the future by layer after layer of toxic paint peeling and chipping off the walls? YES, PEEL OR CHIP IT OFF YOURSELF AS I HAVE.

Our Community does not encourage the use of Rodenticides but encourages the toxics in our beach air, the sand, Bay, Lagoon, and Canyon Creek? THE COMMUNITY PROMOTES "LOCAL RESPECT".. Let's practice it environmentally.

Perhaps a possible solution would be a location somewhere away from the beach for this activity.

Thank you for the opportunity to share my opinion.
Remick Hart

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Celebrating Easter on the emerald fields of the Church of Sunday Soccer.
- (2) BBQ season. It has begun.
- (3) The first wedding, kicking off a cascade of nuptials, graduations and other celebrations.

--Ned Riley



COMMUNITY & CULTURAL CENTER

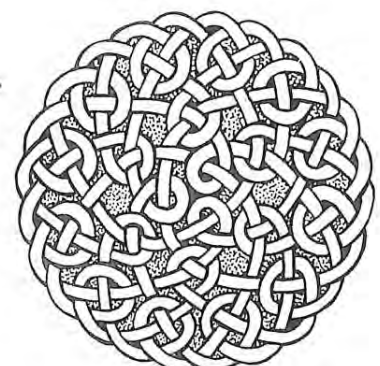
dance palace

For more information, to volunteer,
or to join call 415-663-1075
Save \$ by buying in advance
Tickets at www.dancepalace.org

2014 POINT REYES BIRDING AND NATURE FESTIVAL

Enjoy the Environmental Action Committee of West Marin's 5th Annual Point Reyes Birding & Nature Festival Saturday, April 26, and Sunday, April 27, featuring birding legend and author David A. Sibley. The Festival offers events for beginning to the most experienced birders, as well as multiple family-friendly events.

Saturday, April 26, 6 PM
Tickets: www.pointreyesbirdingfestival.org, beginning mid-February



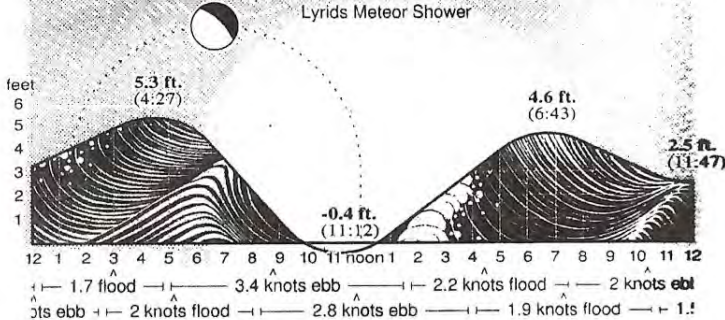
90.5 // KWMR Weekly Radio Schedule // 89.9

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	Art of the Song	KWMR Music	KWMR Music	KWMR Music	As It Happens	5 am Sunday Baroque
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happen (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Daybreak
8:00	With Eyes Open!	A Cuppa Jo	Rise and Shine	Swimming Upstream			
9:00	Park Wave-lengths	Hear The World	Airwaves	Fish Tales	Top of the Morning / New Day Pieces of Peace	Barrio Vibes	
10:00	KT's Kitchen	On Being (repeat)					
	TURNING PAGES					New Day/Time Day 6 (CBC)	
	At Nature's Pace	Reading to John / Vinyl Café Repeat	Waves of Joy / ViewPoint	For Children of All Ages / Readers Delight	Specials		Sunday Celebration of Sacred Music
11:00	TALK & CURRENT AFFAIRS					Viewpoint / The Place We Live	
	The Bioneers	Spirit & Mind / Questing	Alternative Radio	Philosophy Talk	An Organic Conversation		Sunday Celebration of Gospel
12 pm	Trash to Treasure					AFTERNOON MUSIC	
	Farm & Foodshed Report	New Dimensions	The Local Organon / Specials	Attunement / Commonweal Conversations	Open House	Forms and Feelings	Happy Days / Jazz w/ Kendrick Rand LAST SUNDAYS
1:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Epicenter: West Marin Issues	Art's Desire / Hot Tech/Cool Science	Peace Paradigm Radio / Specials		
2:00	AFTERNOON MUSIC & TALK					Hawai'i Calling / Coming Woodstock West	
3:00	Cruisin'.....	Aztec Pride / New Dawn Chorus	Classical Wednesday	Classical Thursday	Classical Friday		Riverwalk Jazz
4:00	New Day/Time Climate One	Youth DJ Project / Sabrina Artel (repeat) Open House	Youth DJ Project	TeaTime Books (Coastal Airwaves)			The Vinyl Café (CBC)
5:00	NEWS & CURRENT AFFAIRS					Circulo Musical	
	Moyers & Company	Making Contact	Youth DJ Project	Open House	Happy Hour		Learnin' / To Hell & Bach
6:00	NEW TIME As It Happens (CBC)	NEW TIME As It Happens (CBC)	NEW TIME As It Happens (CBC)	NEW TIME As It Happens (CBC)		EVENING MUSIC & DRAMA	
7:00	Release Me	Musical Varieté	Foggy Ridge Music / West County Prowl	Bakersfield & Beyond / Shorty's Bunkhouse	Friday Funk Fest	Celtic Universe	Elbow Room / Between Rock & A Jazz Place
8:00							
9:00	Barbarian Beach Party / Silver Dollar Jukebox	Faultline Radio	Coast Highway Blues	New Day Choose Your Own Adventure / New Show Running With Scissors	Dr. Jazz Radio Programme	Rick's Jazz Café / Greg's Groove	New Day & Time L.A. Theatre Works
10:00				The Latin Alternative			
11:00	Monday Night Mixtape / Specials - OR - Professor Kosmo plays.....	New-Repeat Forms and Feelings	Sonic Sunspots	Best of British	Grateful Dead Hour	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
12 am	LATE NIGHT					LATE NIGHT	
	Weekly Feed 12-1 KWMR Music	KWMR Music	Sunspots to 1:30 KWMR Music	KWMR Music	Radio Goethe 12-1 KWMR Music	KWMR Music	DeepWaking 12-1 KWMR Music

Stream Online Anywhere // www.KWMR.org

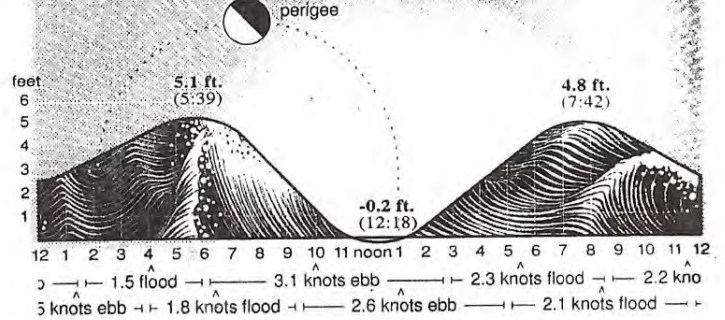
MON APR 21

dawn 5:26 sunrise 6:26 sunset 7:51 dark 8:52
moonrise 1:24 a.m. moonset 12:00 noon
Lyrids Meteor Shower



TUE APR 22

dawn 5:24 sunrise 6:25 sunset 7:52 dark 8:53
moonrise 2:11 a.m. moonset 1:06 p.m.
perigee



FOR SALE

ABOVE GROUND SWIMMING POOL

16' across, 4 feet deep, propane heater and all the trimmings-
\$300-Christine - 0892

CS 4/30

BUNK BED WITH THREE DRAWERS,

2 matching desks, 5-drawer chest of drawers, all matching. \$500
Christine - 0892

CS 4/30

DRY DRY DRY SEASONED FIREWOOD

Oak, Bay, Eucalyptus - Cut locally
Gospel Flat Farm 868-0921

DMx

WANTED

TURK, LAURI AND MARIA ARE LOOKING FOR A HOUSE-, PLANT-, PET-SITTING GIG FOR ALL OR PART OF JULY. MARA IS EXCELLENT WITH PLANTS AND ANIMALS. WE RECENTLY MOVED FROM BOLINAS, OUR HOME OF 8 YEARS. LOCAL REFERENCES. PLEASE CONTACT LAURI PUCHALL 415-663-8582.

LP 4/25

FUTON COUCH, GOOD CONDITION

and Reasonably priced wanted. Still Looking!
Thank you very much. Pam Dake-1195

PD 5/2

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 to read online and info on how to subscribe online.

LOST AND FOUND, FREE & RIDE SHARE

ARE PUBLIC SERVICE ADS AND RUN FOR FREE

Please keep your ads to 20 wds and under. We will run them for at least a week, or until you ask for them to be removed

Hearsay Staff

FREE

FLORESCENT SHOP LIGHTS:

2 - 8' with 4 lights each, 1 - 48" with 4 lights each,
4 - 48" with 2 lights each some with hoods. Also
Hunter ceiling fan, dark wood with brass, almost never used.
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S 4/7

A COUPLE OF COMPUTER PRINTER/COPIERS ARE AVAILABLE FOR FREE TO GOOD HOMES-ONE DELL, ONE HP. CHECK AT UNIQUITIES OR CALL 868-0144 TO TAKE THEM AWAY.

JP4/28

TWO STURDY BUT AGED BIKE RACKS

that fit into trailer hitch or car jack, each capable of carrying 4 bikes. Do have clean locks, racks have some rust.

Call Pat or Bill: 8969

BB 4/4

CLASSES



Weekly Schedule

Monday

Chiropractic Adjustments w/ Collen Lindstrom 3:00 - 5:00 p.m.
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.
Ninjitsu with Martin 7:00 - 8:30 p.m.

Tuesday

Yoga w/Lisa Brendel 8:30 - 10:00 a.m.
Senior Stretch W/Anna Gottreich 11:00 - 12:00 p.m.
Bo Babies & Toddlers Open Play Group (free) 1:00 - 3:00 p.m.
Aerial Arts for Youth w/Joanna 3:30-6:00 p.m.
Belly Dancing W/ Amalia (starts April 1st) 6:30-7:30 p.m.

Wednesday

Pilates w/Lisa Townsend 8:30 - 10:00 a.m.
After-School Theater w/ Lisa T. 3:30-5:00 p.m.
Private Workshop w/ Nathan 6:00 - 7:30 p.m.
Biblia en Español 8:00 - 9:30 p.m.

Thursday

Yoga w/Lisa Brendel 8:30 - 9:30 a.m.
USDA food bank 12 noon
Aerial Arts for Youth w/Joanna 4:30-5:45 p.m.
Congolese Dance w/ Sandor 6:00 - 7:30 p.m.

Friday

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 a.m.
Adlts Contemp. Dnc w/Lisa T(workshop 3/14-3/21) 10:30-12:00p.m.
No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 p.m.

Saturday

Yoga w/ Lisa Brendel 9:00 - 10:30 a.m.
Ballet w/ Erika Townsend 12:00 - 1:30 p.m.

Sunday

Art w Heart/Whitney (kid & parent wrkshp 3/9-4/13) 9:30 - 10:20 a.m.
Brazilian Dance with Anna 11:00 - 12:00 p.m.

Check the Library marquee or Calendar in BCC Foyer for special events. For More Info call 868-2128 or visit www.bcccenter.org

LOST & FOUND

A PAIR OF BIG, ROUND, BLACK SUNGLASSES

lost on Wednesday 4/9- 868-0778

DA 4/16

A SET OF TWO KEYS WERE FOUND IN THE ROAD

on March 31st before the schoolhouse as you come into town.
One key is gold with blue around the top and the other is silver
Call 707-360-5389 to claim.

ZD 4/2

FOUND: SUNDAY 3/9, A CELL PHONE IN A CASE

was found around Poplar and Yucca. Call and describe
and have it returned. - 2800.

KB 3/12

FOUND: KEY NEAR TENNIS COURTS

-0285

AB 3/14

FOUND: FRI, JAN. 10 ON STAR ROUTE TRUCK SEAT -

a set of keys including car and P.O Box key. Belongs to
someone who is a dog lover and buck knife owner.
Call -1658 to identify and claim

AL 1/13

Free Birthday Treat at Bobolicious
Bring this coupon to receive a treat
for your Birthday!
Compliments of Bobolicious
and The Hearsay News



HEARSAY NEWS CLASSIFIEDS

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Fill out form and drop in door slot. If you have included payment please note. Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

SERVICES

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Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking / plowing / post-hole drilling. Don Murch -0921

DMX

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CHX

TREE SERVICE

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

SRX

AIRPORT? Howard Dillon's fast, comfortable, car for all Bay Area pick-ups, early or late. Many satisfied local refs. Phone 868-2144

HDX

SMILEY'S

SCHOONER SALOON & HOTEL

- INTERNET ACCESS • CHECK CASHING
 - WESTERN UNION • ATM & CREDIT CARDS
 - COLOR COPIER (B&W too)
- 41 Wharf Rd., Bolinas 415-868-1311

BASIC COMPUTER TRAINING & SETUP

Computer building, Internal cleaning. \$35/hr 415 902-8298

ZM x

"I CAN SEE AGAIN!"
CLEAR LIGHT WINDOW WASHING
Call Dale -0782

DP4/16

HOUSING WANTED

SHARED HOUSING, COMMUNAL LIVING

or bedroom with shared kitchen. I can also fix-up and make raw space livable. Please call Una 707/823-3485

UZ x

MARTINE & KAYDON SEEK HOUSING

by mid July. Sublet, house sit or long term. Convert your extra space to 2nd unit? 868-9036

MAX

How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD office on Mon's, Wed's and Fri's 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 mail box 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 case they become separated) & drop into door slot.

HEALTH AND HEALING

June McAdams, RN
Compassionate and Skilled
Hospice Care Home Care
Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052

CAREGIVER AVAILABLE

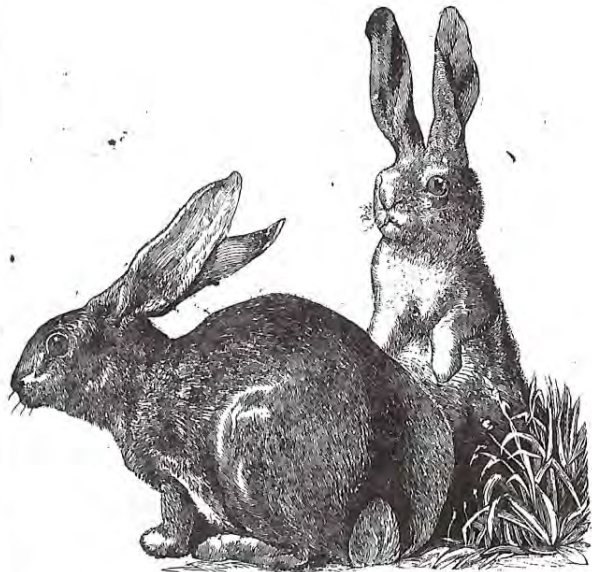
Excellent homecare, cleaner.
Call 868-1782 Anita & William

CH x

HELP WANTED

BOLINAS FAMILY LOOKING FOR WEEKEND housekeeping. Light cleaning, laundry, and cooking/meal prep for a busy household. At least 2 weekends a month, 3-4 hours a day. Good pay/locals preferred. Must have good references. Please call 415- 305-4181.

LW 5/2



21 April

Parilia/Earth Day/Egyptian Day

F The festival of the Roman pastoral deity, Pales, known as the Parilia, included decorating sheepfolds with green branches, kindling fires, through whose smoke the animals were driven; and offering milk and cakes to the divinity. In more recent times, it has become Earth Day, when people remember their responsibility toward the environment.



22 April

23 April

Jupiter and Venus/Sigurd/St. George

In Roman Paganism, today is the festival of Jupiter and Venus. In England, it is dedicated to St. George, the country's patron saint. St. George's Day is the remnant of an ancient festival of fertility, the traditional day for parades of dragons, hobbyhorses, and giant effigies. St. George is a version of the Greek chimera-slayer, Bellerophon, and the northern European hero, Sigurd the Dragonslayer, the Siegfried of Wagner's opera. In English Asatru, it is the day of Sigurd, festival of the homeland. Above is a thirteenth- or fourteenth-century graffito of a morris dancer from Sutton in Bedfordshire and, at left, an image of St. George.

