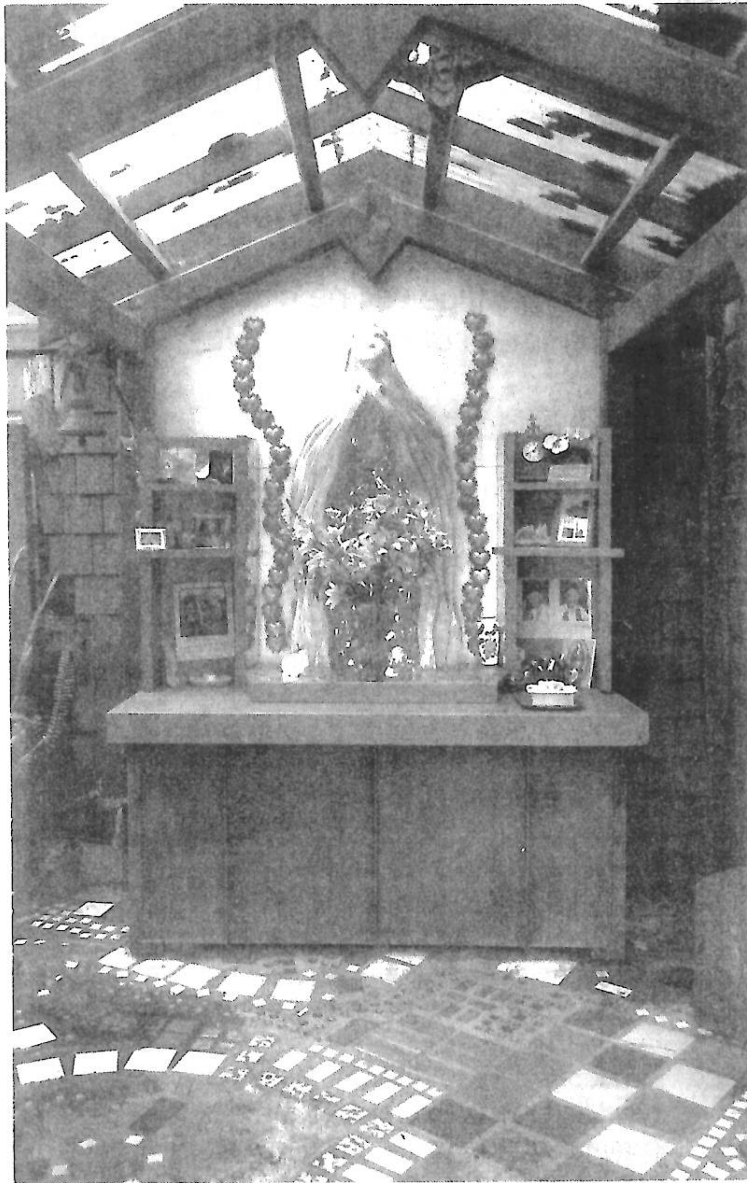


Bolinas Hearsay News

Monday, May 23, 2016

50 Cents



Our Spirit House, honoring two lovely ladies whose memorials were held this weekend: Ruth Aroyan and Kathy Hart. Photo by Curly Rigg.

HAPPY HAPPY BIRTHDAY!!!

- May 23: Diana O'Hehir
Camille Willow
Aaron Wiley
- May 24: Cici Dawn Wilcoxon
- May 25: Lisa Marin Shawnassy
Bob Boekelheide
Steve Hill
Brent Bonterre
Heidi Hattar
- May 26: Howard Dillon
Josh Lerner
Kale Likover
Joni Harding
- May 27: Perry Fly
Pam Dake
- May 28: Tirrell Willis
- May 29: Isabelle Marguerite Winstead

WHAT'S HAPPENING??

Monday, May 23

BOLINAS FIRE PROTECTION DISTRICT

Regular monthly meeting of the Board, Firehouse, 7pm.
Agenda inside.

Wednesday, May 25

MIDNIGHT ON THE WATER

Traditional Celtic/Appalachian dance tunes accompany Smiley's celebration of May birthdays, 7:30-9:30pm, free. Free cake too.

Thursday, May 26

WEEKLY FILM NIGHT AT BOLINAS COMMONS

'Distant' directed by Nuri Bilge Ceylan, 7pm, \$5

THE TOWN HOWLERS

Live bluegrass @ Smiley's, 8pm, no cover.

Friday, May 27

NO PLACE LIKE HOME BRUNCH

Free meal at the Community Center, 11am. All are welcome.

ARTISTS' RECEPTION

For 44th annual School Art Show, Bolinas campus, 5:30-8pm, refreshments will be served.

THE HAGGARDS

Outlaw country @ Smiley's, 9pm, cover.

Saturday, May 28

BOLINAS COMMONS OPEN HOUSE

Tacos Oscar, Dancing, Socializing, Visioning etc. 11-3pm
Bolinas Commons, 22 Brighton

ARTIST'S RECEPTION

Ane Carla Rovetta's nature-inspired works at Martin Griffin Preserve, Bolinas Lagoon, 1-3pm

THIS OLD EARTHQUAKE

Live local Indie folk at Smiley's, 9pm, Cover.

Sunday, May 29

JOHN BROTHERS PIANO COMPANY

Old Barbary Coast honky-tonk music @ Smiley's, 8pm, cover.

Sunday, June 12

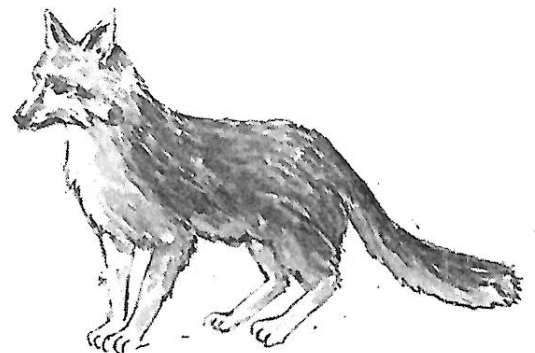
SUN FESTIVAL AND BABY BLESSING

Wharf Road Beach, 11 am followed by Grand Pot Luck at Downtown Park.

Monday, June 13


OPENING DAY OF FAULTLINE INSTITUTE'S SUMMER TERM

Everyone is a Teacher, Everyone is a Student- get involved at bolinascommons.org/faultline



pasteup
ads/books/
press

Ned Riley
June McAdams
Perry Shimon



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

Soup & Solutions: Universal Preschool for All!

Wednesday, May 25, 5:30 PM
Free Come meet the experts leading the way to Universal preschool for all. It's a fact that children need preschool in order to succeed academically whether families can afford it or not. This is a collaboration between Main Street Moms, Papermill Creek Childrens Corner and West Marin Public Library promoting early childhood education. There will be a short film and facilitated discussions. Main Street Moms will provide soup. Donations will be gratefully accepted. Proceeds provide scholarships for children to attend PCCC. Childcare and translation headsets available.



West

Marin Contact

Jam Sunday, May 29, 11:00 AM

Sunday, June 26, 11:00 AM

Sunday, July 31, 11:00 AM

This Contact Dance Improvisation Jam invites participants to explore principles of Contact Improvisation

in a beautiful space with welcoming dancers. Jam hosted by Maica Folch, Cory VanGelder and Christine Renaudin. Sundays, April 24, 5/29, 6/26 and 7/31 from 11:00 - 1:30 pm. Sliding scale, \$12 -20

Memorial Day -

Office Closed Monday, May 30, 9:00 AM Our office will be closed in observance of Memorial Day

LOVE DOGS!

Dear Community,

Unfortunately for all of the needy dogs desperate for our services, Love Dogs for Life has not received sufficient funding such that we can continue this worthy work. Not only does this situation mean that numerous needy dogs will not be able to obtain food and healthcare, but our important local source of discounts and welfare -- Pt. Reyes Animal Hospital -- will be without our business. The ripple effect is worrisome, as I know that many of us in these three towns of Bolinas, Pt. Reyes and Stinson count on having local services available to us, especially when it comes to pet emergencies and care. And although we plan on having another fundraiser event before the end of the year, I am desperately asking for your donations now so that we do not have to stop providing mercy and care to those in our community who count on Love Dogs as a safety net for their beloved pets. The publicity for Love Dogs has resulted in more needy pets seeking necessary and belated care, but no more money. It is with great sadness and concern that I make this plea. And it is with great hope that I make this plea, as well. Thank you.

Cheryl Ruggiero
Love Dogs for Life, Inc.
A Non-Profit Corporation
PO Box 1107
Bolinas, CA 94924
www.lovedogsforlife.org
www.facebook.com/lovedogsforlife.org
Tax ID 27-1333345

Popular medications tied to brain damage

Your favorite cold medicine could be shrinking your brain. A new study reveals that drugs used to treat colds and a range of other common health issues, including allergies, heartburn, hypertension, insomnia, and depression, may erode gray matter and increase the risk for dementia and other cognitive problems in older adults. Over-the-counter and prescription medications, such as Tylenol PM, Benadryl, Claritin, Dimetapp, Paxil, Xanax, Zyrtec, Lasix, and Coumadin, belong to a class of drugs known as anticholinergics. They work by blocking acetylcholine, a chemical that transmits electrical impulses between nerve cells. Using PET and MRI

scans, researchers from Indiana University School of Medicine examined the brain structure and metabolism of 451 people with an average age of 73. The study found those taking anticholinergic drugs had smaller brains and lower levels of glucose metabolism, particularly in the hippocampus—a brain region involved with memory that is vulnerable to early-stage Alzheimer's disease. People on anticholinergics also performed less well on tests measuring short-term memory and executive functions, including planning, verbal reasoning, and problem solving. Alzheimer's patients are deficient in acetylcholine, which is why, the researchers



Now there's another reason to read the label.

warn, these drugs could trigger or worsen the disease. If taking them is absolutely necessary, study author Shannon Risacher tells *Time.com*, "I'd suggest that doctors monitor medications and their effects, and use the lowest dose that's effective."

Does Exercise Impact Your Cancer Risk? Some Recent Studies

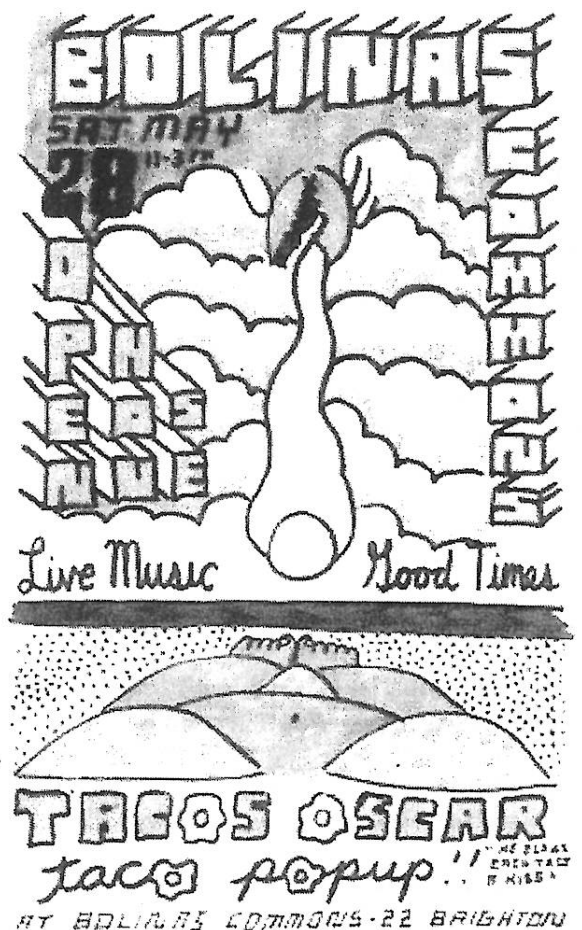
Scientists at the National Cancer Institute, Harvard Medical School and other centers published a paper last week in JAMA Internal Medicine, showing that exercise appears to substantially reduces the risk of developing 13 different varieties of cancer. The benefits seem to hold true even if someone is overweight. The researchers looked at 12 large studies, pooled together, involving 1.44 million men and women.

They focused on specific information for each of those 1.44 million people about whether they exercised, how vigorously and how often. They also zeroed in on whether and when, after each study's start, the participant had been diagnosed with any type of cancer. People who reported exercising moderately, even if the time that they spent exercising was slight, had significantly less risk of developing 13 different types of cancer than people who were sedentary. The researchers found a reduced risk of breast, lung and colon cancers, which had been reported in earlier research. But they also found a lower risk of tumors in the liver, esophagus, kidney, stomach, uterus, blood, bone marrow, head and neck, rectum and bladder. When the researchers compared the top 10 percent of exercisers, meaning those who spent the most time each week engaging in moderate or vigorous workouts, to the 10 percent who were the least active, the exercisers were as much as 20 percent less likely to develop most of the cancers in the study. On the other hand, they found an increased risk of two types of malignancies — melanoma and slow-growing prostate tumors — among people who exercised the most. Those findings can most likely be explained, in large part, by certain characteristics of active people, said Steven Moore, an investigator at the National Cancer Institute who led the study. "People who exercise generally go in for more checkups" than sedentary people, he said, resulting in more screenings for conditions such as so-called indolent prostate cancers. (There was no discernible association, positive or negative, between exercise and aggressive prostate tumors.) "They

also often exercise outside," he continued, "and are more prone to sunburns" than people who rarely work out, potentially contributing to a greater risk for melanoma. Encouragingly, the associations between exercise and reduced cancer risks held true even when the researchers factored in body mass. People who were overweight or obese but exercised had a much lower risk of developing most cancers than overweight people who did not move much.

The authors cautioned that this was an observational study, so it cannot directly prove that exercise reduces cancer risks, only that there is an association between more exercise and less disease. It also relied on participants' memories of exercise, which can be unreliable. But even with those limitations, the findings sturdily suggest that exercise may help to reduce the risk of many types of cancer. Here in West Marin we have walking and hiking trails, dirt roads, gyms in Stinson and Point Reyes, tennis courts, classes at the community centers, and the ocean! Let's keep moving.

Sadja Greenwood back issues at sadjascolumns.blogspot.com



WHAT HAPPENED THIS WEEK

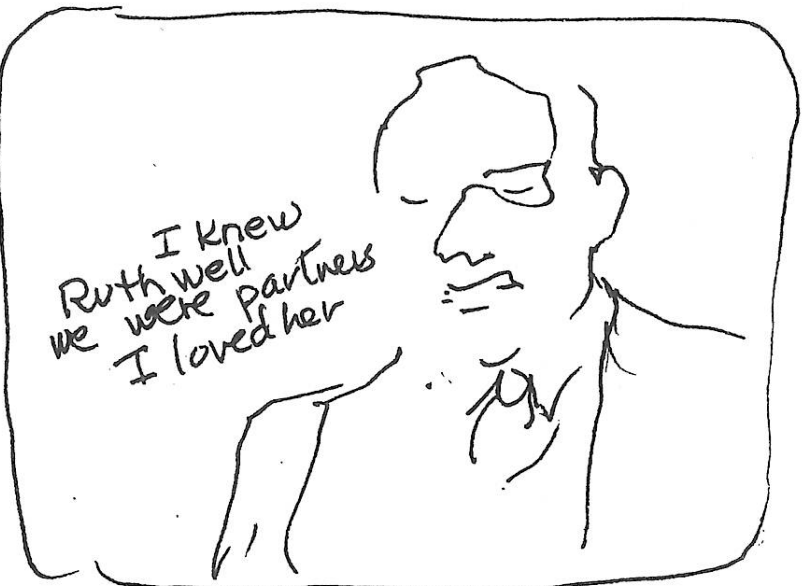
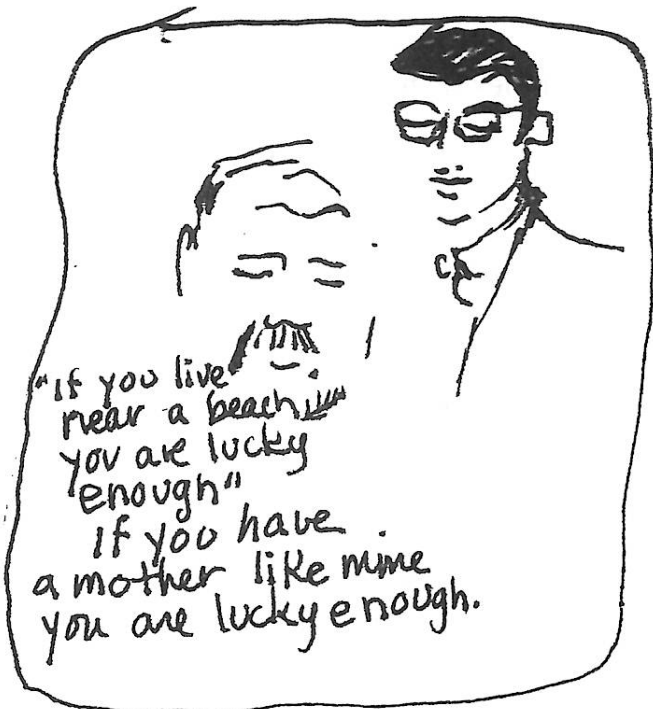
5/23/16 Monday Morning Recap from Jenniepeiffer

It was a weekend of two memorials, some impending births, and in between, a celebration of children: preschoolers of the Stinson Beach Preschool, whose family members organized and hosted a delightful evening of supper, super music, and silent auction; and on the other end of childhood, the 8th graders, with their traditional, transitional (transition to their high school years), Talent Show, in preparation for their trip to the Ashland Shakespeare Festival. It is a talented, humorous group, and put on an entertaining show, FAMLET, under the guidance of their teachers, Willow Horn and Don Jolly, and the professional expertise of Lisa Townsend. Good job students and parents!

Saturday's Memorial for Kathy Hart (Stevens), longtime Bolinas resident who was married for many years to Pierre Salome, was held at Walnut Place in Pt. Reyes Station. It was a supportive sendoff, in a setting surrounded by nature, filled with poetry and reminiscences by friends and neighbors.

Sunday there was a memorial for Ruth Kimball Aroyan, in the beautiful Calvary Presbyterian Church here in Bolinas. Ruth's family is large and loving and the remembrances were eloquent and moving.

It is so difficult to say goodbye to loved ones, and so strange, that phenomenon of death, having a person near and dear and alive, then gone. Both of these interesting women were lovers of life and were still active seekers and learners well into the last trimester of living. Kathy's exit was carefully planned, a decision she made in response to a diagnosis of untreatable cancer. Ruth's departure, not unexpected, was longer and maybe more "natural", but both would have benefited from the "Death with Dignity" law, missing its enactment by a sad short while. No matter the circumstances, these intelligent and vital women will be sadly missed and their loved ones are held in our thoughts and hearts. jp



From: sooz@sonic.net
Subject: Thanks for the Daniel Moore article (Friday's Hearsay)
Date: May 20, 2016 at 7:17 PM
To: 868hearsay@gmail.com

I was in the Floating Lotus Magic Opera Company, and in those two productions in the amphitheater at John Hinkle Park. We baked bread after the performance, and passed it out to the audience. After the FLMO came Bolinas, when I was offered the Dogtown apple orchard barn because the artist who lived there was heading off to Europe after a romantic spat.

The Floating Lotus Magic Opera was great preparation for Bolinas!

Daniel was everything the reviewer said and more. A very dear soul who made the disparate searchers and performers of FLMO into a family troupe that celebrated life with reverence and humor and gratitude. Thank you Jeff for the remembering and the honoring. I look forward to the visuals.

soozy mills

THREE GREAT THINGS ABOUT THIS PLACE...

- Memorials (for Ruth and Kathy). Not a bad thing to counterbalance the surging life all around us.
- The annual May cascade of events—it seems like two or three imperative happenings to go to every night.
- 'Famlet,' last night's 'Hamlet'-themed Eighth-grade Talent Show fundraiser for the Ashland trip—lots of giddy teen energy on parade.

--Ned Riley

drawings by Terry Guitar

Gather.Explore.Play
Bolinasstinsonyouthgroup
May1\$,2016

Very sweet youth group this past Monday. Can't believe we won't see the seventh graders again till June! They will have a fantastic time in Utah. A few grumbles about how much more school work they will have to accomplish while they travel, but overall everyone was excited. In our gratitude circle Jasmin and Julia relayed how thankful they were that it was almost Summer. Fiona shared her love for the earth. Marius was thankful for his upcoming travels to Hawaii. Symon spoke of his gratitude for junior lifeguards. Oscar was thankful for getting a break from a particular history teacher in high school. Janet relayed her love for our pizza and ice cream rituals.

We took our donated treats to the lifeguard tower and sat in the dunes while the guys interviewed for their hopeful summer plans to join the guards. A few ladies were also interested. It turns out there are record number of young people wanted to take part in this Stinson Beach tradition. Even after an interview, your name is put in a hat and participants are chosen by lottery.

In anticipation of Kerry's presentation on Turkey and a copious amount of homework people were needing to accomplish, we retreated to the library. Because of the overcast skies, we actually ended up having a pizza party there for our dinner while we looked at incredible slides of Turkey. Fairy chimneys, caves containing ornate churches, hot air balloon rides and gorgeous pictures of Turkish food and delights. Thanks ever so much Kerry for sharing your journey with us. After dinner, Oscar dominated the basket ball court, he is the second tallest person at Tam and he is only a sophomore! Lana and Taeya joined us for a heart pumping game of tag in the park that spilled over to the playground. Evelyn and Lily hung out in the park entertaining us with their antics.

Bon voyage 7th graders! We have youth group the next two Mondays but then we will have Memorial Day off before our final two of the school year! Whoosh!

Dear Reader - Do you want to support our Youth Group? We need your help! Send your tax-deductible check, for any amount, made out to the Bolinas Community Center, with Youth Group in the memo line. POBox 221. Bolinas 94924. Questions? Call 868-0493.

Submitted by BridgetBartholome

MEETING AGENDA
 BOLINAS FIRE PROTECTION DISTRICT
 BOARD OF DIRECTORS
 MONDAY May 23, 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 April 2016
4. General Business
 - a. **Action Item #1:** Consider informal offer from Lease Advisors to purchase communication tower leases
 - b. **Action Item #2:** Consider the Preliminary Budget for FY16/17
5. Consent Calendar
 - a. Approval of regular Minutes from the May 2, 2016 regular Board meeting
 - b. Approval of warrant lists from April 20 - May 17, 2016
 - c. Approval of financial reports for March and April 2016 including account balances
6. Public Expression (The public may address the Board regarding matters not on the agenda.)
7. Board Member Report
8. Committee Reports
9. Personnel Matters (Board may go into a Closed Session.)
10. Announcement Re: Closed Session (if any)
11. Good of the Order
12. Adjournment



Ken & Sam Levin

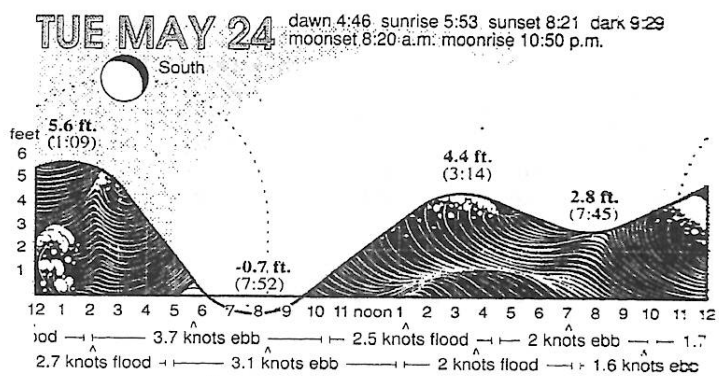
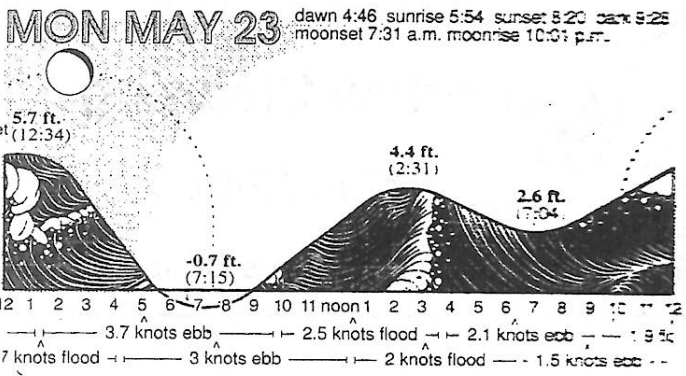
Window Cleaning

415.663.9669

West Marin's Best

⚡ KWMR RADIO SCHEDULE - APR ⚡

	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 La Mañanita Alegre		
9:00	Park Wave-lengths / The Valley	Airwaves	Trash to Treasure		new Specials		
	Sound Science		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 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	New Dimensions	Planetary Radio	Attunement / Commonweal Conversations	Reveal	AFTERNOON MUSIC	
	Farm & Foodshed Report		Making Contact				
1:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm / The Local Organon	Forms and Feelings	Happy Days
2:00	AFTERNOON MUSIC					Hawai'i Calling / The Scoring Stage	The Vinyl Café
3:00	Cruisin'	Aztec Pride / Desde La Bahla	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	Learning Curve / To Hell & Back	
5:00	NEWS & CURRENT AFFAIRS				Happy Hour		
	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		
7:00	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	No Bad Vibes / Boy Voyage	Celtic Universe	Classic Radio Theater
8:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / West County Prowl	Coast Highway Blues	Off The Cuff / Running With Scissors			
9:00	Forms and Feelings (repeat)	Professor Kosmo	Sonic Sunspots	Sit Down! / Get Down!	Night Flight / Bring It On Home	The Jazz Groove	L.A. Theatre Works
10:00				Under the Needle			
11:00	LATE NIGHT					Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
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



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
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- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

TREE SERVICE

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SRX

AIRPORT? HOWARD DILLON HAS

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

HD x

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

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		
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	BCPUD office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	Bolinas campus
Stinson Beach Water District	3rd Saturday	9:30 a.m.	SBCWD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	BBPUD office
Tomales Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomales Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomales Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomales 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office

HEALTH & HEALING

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868hearsay@gmail.com

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.



VEDANTA RETREAT

Olema, West Marin County

Memorial Day

Monday, May 30, 10 a.m. to 4:15 p.m.

(Care of children under the age of 14 provided)

Morning

"Universal Spiritual Humanism: A
Necessary Paradigm for Our Times"

Featuring Guest Speakers

Professor Michael Nagler

Professor Emeritus of Classics and Comparative
Religion, UC Berkeley

"Gandhi as Spiritual Force: Rediscovering
the Eternal"

Professor Christopher Key Chapple

Doshi Professor of Indic and Comparative Theology,
Loyola Marymount University

"Joined by Nature: Interfaith

Protection of the Earth"

and

Swami Tattwamayananda

Monk of the Ramakrishna Order of India

"Universal Religion as Defined
by Swami Vivekananda"

Afternoon

Questions and Answers

Moderated by Swami Tattwamayananda

Minister, Vedanta Society of Northern California

Music and Meditation

Informal meeting with guest speakers

Bookshop on Site: May 28, 29 & 30

All Are Cordially Welcome

No pets, please

South of Junction Hwy. 1 & Sir Francis Drake Blvd.

For more information visit www.sfvedanta.org

Telephone (415) 922-2323



How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD office on Mondays, Wednesdays and Fridays between 9:30 & 10:30 am to have your article appear the same day, and until 11:00 am for classified ads.

Ad forms are also available anytime in the small mailbox next to the Hearsay door. You can fill out the form and have your ad billed to you, or you can enclose payment (please note on your ad if you are paying cash in case they become separated) & drop into door slot.

LOST AND FOUND

FOUND: DARK BLUE HOODIE WITH PAIR OF socks applique and small dark blue woman's top-long sleeves, high neck in dirt road. if yours, call 415-301-0776

JL 5/23

LOST: SNARE DRUM LOST ON ELM STREET POSSIBLY on way to Grateful Dead night Friday 5/13. It was believed to have been moved to the side of the road on Elm Street sometime that day. If you found it please let me know-415-672-9764. Poor little drummer boy

CC 5/16

LOST RING, GOLD WITH LIGHT GREEN STONE. I've looked everywhere so guessing lost last week or so of April. Downtown, little mesa loop, burnt park, library, book exchange, people's store plaza areas. 415-342-7369

NC 5/6

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

IE 2/17

LOST: CASHMERE & WOOL GREY ZIP UP SWEATER made by Michael Starrs on beach Friday 5/6. Please call Schehera @ 868-0321 if found

SVD 5/9

LOST: DARK FEDORA CLASSIC MEN'S SMALL BRIM hat- small reward. Call 868-0778

DA 5/2

LOST: SMALL SILVER BRACELET MADE OF heavy silver beads with hook closure. Micah 0938

M 4/11

LOST: LARGE MAN'S NAVAJO SILVER BRACELET on the beach or street in Bolinas or Stinson- sentimental value wedding gift. If found please call 668-1321-Thank you.

3/16

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 th Fridays)	10:30-12:00pm

No Place Like Home (Free Brunch 4th 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 for more info & special events!

Classified ads that are free

As a public service, the Bolinas Hearsay News will print ads in the categories **LOST & FOUND**, **FREE** and **RIDE SHARE** at no charge. Maximum approx. 20 words, it will run at least one week, often longer.

Drop your ad through the slot in the door at our office on the left side of the PBUD building at 370 Elm Street. Or email to 868hearsay@gmail.com

FREE

PLAY STRUCTURE: LITTLE TYKES, PLASTIC, multicolored, for small children. Easy to move. Email and I will send a photo. s1idell@aol.com

SI 5/4

FREE: SAND AVAILABLE-STINSON BEACH AREA. 5 yard minimum delivered. Call Dewayne @ 707-849-0804

DD 5/2

FREE: COUCH AND ARMCHAIR, SOLID WOOD OFFICE desk with drawers. Can deliver in Bolinas Martin- 868-9236

MB 4/25