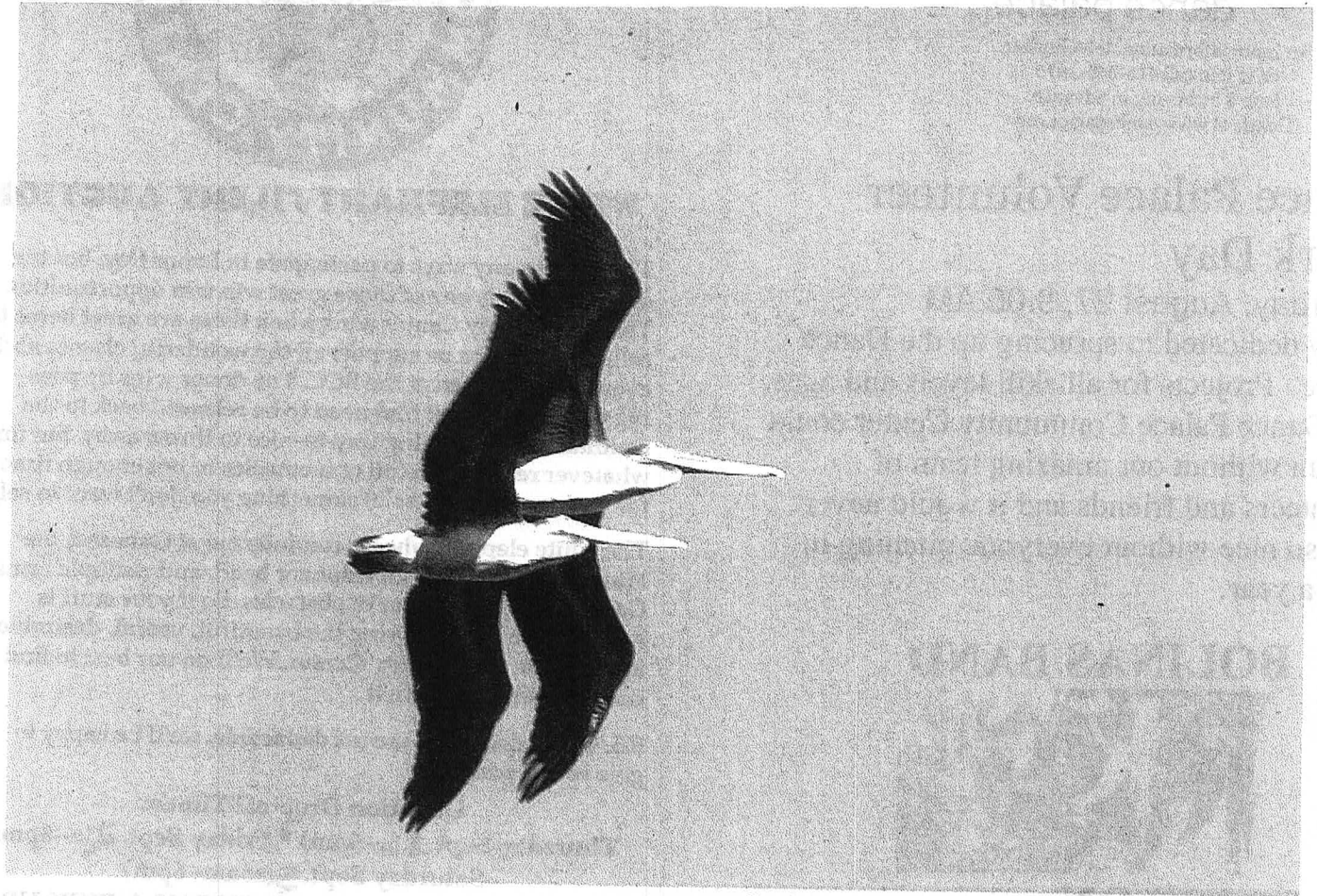


Bolinas Hearsay News

Monday, August 22, 2016

50 Cents



Soaring...and in sync. Photo by Curly Rigg.

WHAT'S HAPPENING??

Monday, August 22, 2016

FIRE DISTRICT

Regular monthly meeting of the Board of Directors @ Firehouse, 7pm. (Agenda inside)

Wednesday August 24

FIRST DAY OF SCHOOL

Drive carefully

Thursday, August 25

WHO CAN SLEEP?

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

Friday, August 26

NO PLACE LIKE HOME BRUNCH

Free meal at the Community Center, at NOON (new Time). All are welcome.

CAHOOTS

Live 'Sonomacana' @ Smiley's. 9pm, cover.

CELEBRATE AFFORDABLE HOUSING

Finger food, drinks and dancing to 'Big Skin,' a benefit for Stinson Beach Affordable Housing Committee, @ Stinson Community Center, 6-8pm

Saturday August 27th

KALE'S ART OPENING

3 to 5pm at the book exchange; jamming appreciated!

HORSESHOE HILL VARIETY SHOW

Fundraiser for local non-profit Love Dogs for Life; music, dancing, storytelling & more @ Mann Family Farm, 7-10pm, \$20

BULLETS AND BELLES

Live music @ Smiley's, 9pm, cover.

Paste-up: Ned Riley

Ads/books: June McAdams

Press: Alex Bleeker

HAPPY HAPPY BIRTHDAY!!!

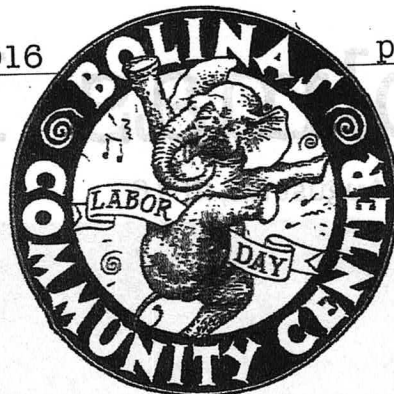
- August 22:** John Nassrah (remembered)
Susie Buell
Vickisa Feinberg
Chris Whitefield
Leondro Brady
Whitey Whitefield
- August 23:** Donald Guravich
Melinda Griffith
- August 24:** Tana Jewell
Ginger McNew
Jessica Marchi
Sunny Friedrich
Chess Abbott
Lisa Griebel
Curly Rigg
- August 25:** Michelle Sura
Sandy Harrington
Denise Soler
- August 26:** Benjamin Becquart-Hoffman
- August 27:** Nancy Todd
Beverley Kane
Dale Gould Johnson
Cenize Rodriguez
- August 28:** Jim Heddle
Rhonda Leone
Finnian Stephens



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



WHITE ELEPHANT SILENT AUCTION

There are many ways to participate in Labor Day, but the silent auction is one of those great win win opportunities. The Community Center wins when there are great items to sell, as that helps us support all the wonderful classes and events that happen at the BCC. The donor wins by passing on some artifact that need to be released back to the community. Something way-to-nice to throw away, but for whatever reason (too full of memories or not enough time for your own garage sale) something you don't want to sell.

The white elephant always reminds me of Ganesha, the Hindu deity that has an elephant head, and multiple arms. Ganesha is the remover of obstacles. So if your stuff is weighing you down, bring the beautiful, useful, desirable items to the Community Center. We'll do our best to find someone who will love it.

P.S. You're donations are tax deductible, we'll be happy to give you a receipt.

Donation Drop off Times:

Thursday Sept. 1 (4-6pm) • Friday Sept. 2 (2-6pm)
Saturday Sept. 3 (10am-6pm)

CALL -2128 FOR OTHER OPTIONS & PICK-UP

email: Bolinascc@bocenter.org • www.bocenter.org

14 Wharf Rd., Bolinas, CA 94924-0122

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

Dance Palace Volunteer Work Day

Saturday, August 27, 9:00 AM

A day dedicated to sprucing up the Dance Palace. Projects for all skill levels and ages. The Dance Palace Community Center could not run without our amazing team of volunteers and friends and it would never look so nice without everyone pitching in once a year.

BOLINAS BAND



ON



TUES. AUG. 23

8-9 am

Mary Siedman -0477

PLEASE JOIN US AT THE HORSESHOE HILL VARIETY SHOW

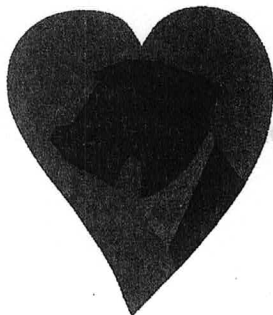
Bar Proceeds Benefit Our Local Nonprofit
LOVE DOGS FOR LIFE, INC.!

Where: THE MANN FAMILY FARM

When: August 27, 2016, 7-10 pm

Tickets: \$20, for Live Music, Dancing, Storytelling and More!

On sale at La Sirena in Bolinas and online at www.brownpapertickets.com/event/2590740



START THINKING ABOUT FAULTLINE

Look for teacher submission applications at the library or Book Exchange or check online at bolinascommons.org

SPANISH
MATH
QIGONG
PRUNING
CREATIVE WRITING
CERAMICS
STILL LIFE PAINTING?
YOU NAME IT!

WHAT DO YOU WANT TO TEACH?

be a teacher, sign up deadline: sept 6th fall semester: sept 19th-Nov 20

join us for another semester with faultline institute adult education 2016

contact: vanwahwaring@gmail.com

Updates on The Biggest Loser, and the League of Women Voters

Headlines concerning *The Biggest Loser* TV showed that 14 out of 16 people who lost large amounts of weight gained back most of the pounds they lost due to extreme dieting and exercise. Six years later, some were heavier than before. Their metabolisms had slowed so that their bodies were not using enough calories to maintain their lighter weights. This was widely viewed as showing the futility of dieting.

However, this data was reviewed by Dr. Susan Roberts at Tufts University's Energy Metabolism Laboratory. She warned that a single study of 16 people is not reliable, especially when the subjects lost massive amounts of weight quickly by extreme means. Her laboratory has published two recent studies that show almost no negative effect of weight loss on metabolism, beyond what would be expected from weight loss alone. The data showed no decrease in calorie needs beyond those due to becoming lighter in weight. Dr. Roberts is the author of *The 1 Diet*; I stands for Instinct – and the plan is to retrain your instincts to crave healthy food. If you are trying to lose weight, you may want to check it out. I have a great respect for Tufts University, a pioneer in nutrition research and education since the 1970's.

League of Women Voters update

Last week I wrote about the history of the League of Women Voters, founded before the 19th Amendment on Women's Suffrage. You will see their analysis of 11 of the 17 propositions on your November ballot. While nonpartisan, the League is in favor of social change promoting universal health care, campaign finance reform, action on climate change, gun control and abortion rights.

In addition to the analyses you will find on your ballot, you can go to the website votersedge.org to find out

who contributes to a particular proposition, and the amounts. For example, Proposition 56 would increase the tax on cigarettes by \$2 per pack, to fund healthcare, tobacco use prevention, research and law enforcement. The Yes campaign has raised \$17 million, mainly from hospitals and health care organizations, which are listed, with amounts given. The No campaign has raised \$35.5 million, entirely from tobacco companies.

About this proposition – the San Jose Mercury News calls it the most important healthcare measure on the November ballot. California spends \$9 billion a year on tobacco related medical care. Most of the \$1.6 billion the tax will generate will go into anti-smoking programs and to increase Medi-Cal reimbursement rates. The rates are now so low that many doctors can't afford to accept the thousands of new patients insured under Covered California, making health insurance a false premise. Other states, with high tobacco taxes, have found that a raise in prices does decrease smoking.

The November ballot will be complex and important. The League of Women Voters will help you decide. I'm so glad we got the vote, about 100 years ago. The League has been going ever since.

Sadja Greenwood, MD back issues
sadjascolumns.blogspot.com



Ken & Sam Levin

Window Cleaning


415.663.9669

West Marin's Best

ORGANIC FERTILIZERS & PEST CONTROLS • PLANTS FOR THE COASTAL CLIMATE

las Baulines nursery

Open 7 days a week, 10-5



FRESH CUT FLOWERS

Sale on deciduous fruit trees.

50% off through

the month of August.

FRUIT TREES • SEEDS

CERTIFIED GREYWATER CONSULTANT ON STAFF • GARDEN SCULPTURE

ONCE THERE WAS A LITTLE BOY



Once there was a little boy who loved the trees, the streams, the birds, the flowers, the sky!



His Home, his school, his baseball, his country, his God!



One day he grew up and lost everything that was his.



He tried hard to find all the things that were his. But soon he forgot about the trees, the streams, the birds, the flowers, the sky!



Everyday he would cry and cry for the things he loved until his heart would hurt and his head would ache!



One day he cried so hard his chest opened up, and his home, his school, his baseball, his country, his God, fell at his feet!



And soon as he lay in his lost life . . . He grew into a tree! And the stream would bring him water everyday, and the birds would sing in his branches, and the little flowers would tickle his roots, and from then on his love was as big as the sky! AMEN

By Jerrund Bo Jeste
Drawings by Garner

WHAT HAPPENED THIS WEEK

School Update 8/22/16 Monday Morning Recap
from Jenniepeiffer

It's that time of year again - Back-to-school week - and unapologetic, enthusiastic booster that I am, I'm happy to report, it is looking as though it will be an even better year at the Bolinas-Stinson School.

There were comprehensive and informative reports at Tuesday night's Board of Trustees' meeting, from Superintendent John Carroll and principal Jason Richardson. I am once again impressed with what an outstanding school we are so fortunate to have. Both campuses are looking beautiful, thanks to the efforts of our excellent maintenance staff, as the work of organizing the buildings and grounds for a Wednesday school opening is nearly complete.

I can't imagine a more breathtakingly beautiful spot to have as a location for our two campuses, with endless opportunities for nature studies all around. Our students are so very lucky. They are also fortunate to have experienced, well-qualified teachers, returning fresh from a summer of educational updates and training programs, ready for a fully comprehensive and challenging year of study.

There is a reorganization of teaching staff, and the classrooms for this year will be: a combined k-1, taught by Cathy Nichelini, who was the Pine Gulch teacher for many years so has a successful background of multi-grade teaching experience; Lauren Pollak, teaching stand alone grade 2; Rob Hoge, once again teaching third, as well as serving as the outdoor science/garden coordinator (an out-building was just installed to house all the teaching implements for that program); Rebecca Braun, teaching a combined 4th-5th; and the 6-7-8 middle school will be once again be team taught by Don Jolley and Willow Horne. They will be joined this year by math specialist Rachael Dressler, who will be teaching 6th, 4th, and 1st grade math, as well as special support math for all grades. There is a newly appointed math lab at the school with materials to support the updated state math standards. Our students have always had excellent training in problem solving skills, which is a strong component of the visual and performing arts programs. First through 8th grade assessment tools have been updated and can be seen on the School website. Report cards are more inclusive and accessible to parents.

There will be an expansion of the already exemplary experiential learning field study trips our students have, with travel to Utah, the Sierra, Monterey Aquarium, Ashland Shakespeare Festival, as well as desert photography.

The school is purchasing a new 15 person travel van to facilitate these trips, and to give our primary graders an easier and more ecologically sound trip back and forth between the Bolinas and Stinson campuses.

It is a pleasure to serve on the Board of such an outstanding school and I look forward to working with the administration & staff, along with students and their families in this 2016-17 school year, as we continue to promote a respectful school climate. Board meetings are the 2nd Tuesday of the month and are open to the public. Updates to follow. JP

MEETING AGENDA
BOLINAS FIRE PROTECTION DISTRICT
BOARD OF DIRECTORS

MONDAY August 22, 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 July 2016
4. General Business
5. Consent Calendar
 - a. Approval of regular Minutes from the July 25, 2016 regular Board meeting
 - b. Approval of warrant lists from July 13 - August 16, 2016
 - c. Approval of financial reports for May 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

THREE GREAT THINGS ABOUT THIS PLACE...

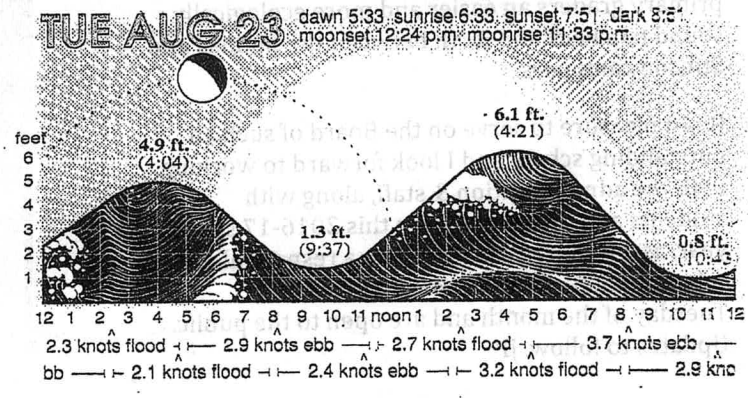
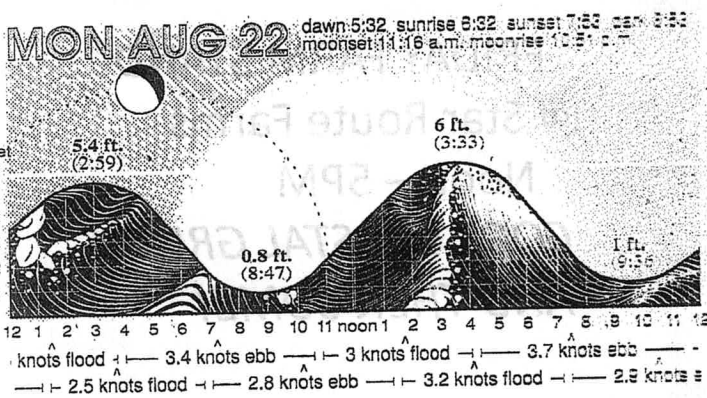
- **Summer vacation is over, for the kids at least—it's back-to-school week. Can you feel the light changing?**
- **Brazil's finally winning the Olympic soccer championship. They played beautiful football (and so did Germany).**
- **Jacob, Doug and Michael playing and singing in the Museum courtyard, Saturday afternoon—sit in the sun, watch the hummingbirds, listen to the tunes, eat ice-cream. Ah, summer.**

--Ned Riley

**FRIDAY FARM STAND
@ Star Route Farms
Noon – 5PM
COOL COASTAL GREENS
AND THEN SOME!**

KWMR RADIO SCHEDULE

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



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

CONFLICTS? DISPUTES?
WEST MARIN MEDIATION CAN HELP-
confidential, effective, impartial, free. 415 459-4036

SG X

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

Now is the time to be planning for fall/winter installation
of CA native landscapes. Please call if you'd like our help.
natural landscapes/Lea Earnheart & Associates
415.868.9330 learnheart@sbcglobal.net

LE 9/16

Broek Hardwood Floors

We work all over Marin & SF Over 25 Years Experience

Custom Floors • Installation • Sanding
• Refinishing • Repairs • Traditional
& Green Alternatives



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Lisc #661702 • Credit Cards Accepted

WANTED

GARAGE SPACE TO RENT FOR VEHICLE
Approximately 18' long, 6.5' wide. 6' tall. Call 415.497.9731 and
leave message. Thanks!

NL 8/12

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,
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HEALTH & HEALING

June McAdams, RN

Compassionate and Skilled

Hospice Care Home Care

Newborn to Elders

Coastal Marin Only

More than 39 years nursing experience

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HELP WANTED

SMILEY'S SALOON & HOTEL IS HIRING

Current Openings:

Part-time hotel housekeeper (10am to 5pm) for 1 to 3 shifts
per week - Spanish or English speakers welcome.

Part-time late-night/early-morning bar cleaner (approx 2
hours after 2am close or before 10am opening) for 1 to 3 shifts
per week - Spanish or English speakers welcome.

Door person and music event helper. Must be able to work
Friday or Saturday nights from 8pm to 2am.

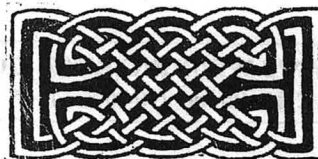
TO LEARN MORE OR APPLY PLEASE PICK UP
A FULL JOB DESCRIPTION AND FILL OUT AN
APPLICATION AT THE BAR.

LM/8/19

HOUSING WANTED

SEASONAL RENTAL WANTED FROM approximately
September till end of January. Meditative professional couple
from city. John 415-999-1397.

JW 8/31



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	3rd Tuesday	6 p.m.	Dance Palace
Point Reyes-Olema 4-H	1st Monday	6:30 p.m.	WMS old gym
Bolinas Community Center	3rd Tuesday	5-7 p.m.	Bolinas Library
Point Reyes Village Assoc.	2nd Thursday	6:30-8:00	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	Dance Palace
W.M. Lions Club	1st/3rd 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	8:00 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	TBA	TBA	W.M.S. staff room
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.	MMWD office
Bolinas Fire Protection District	4th Mondays	7:30 p.m.	BFPD office
Tomales Bay Youth Center	Last Tuesdays	6 p.m.	TBYC

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

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.

LOST & FOUND

LOST - 1 SET OF KEYS WAS DROPPED NEAR OR on the beach downtown on Sunday, 8/14. Anyone who has found a set of keys (2 black car keys with other random assorted keys)... please call Jeff or Heather. x 9689

HC/8/22

FOUND: RETAINERS, TOP AND BOTTOOM IN GREY case that says "Vivera retainers" on it. If these are yours please call 415-233 8736 to claim-Amber Distasi

AD 8/22

OUR FRIEND LOST HIS WEDDING RING ON SATURDAY July 16 at the channel. Hoping a friendly sea creature found it. It says "DJ" and a date. Call 9525 if found.

AW 7/18

LOST:WOMAN'S WEDDING RING- GOLD, ON BEACH? Phone 916- 606- 4265

? 7/18

LOST: OAKLEY GREY & BLUE SUNGLASSES NEAR Bass Lake, around noon time 7/15-Randy-925-708-6868

R 7/18

FOUND: PRESCRIPTION SUNGLASSES: THURSDAY June 23, in sand by the shore around 8pm. Just about swept to sea. You must be missing them-super good looking rims & goggles-black thick cat frames with whitish interior. Send e-mail marialidiamarcotulli@gmail.com

MM 6/29

LOST: KEYS ON YELLOW WRISTBAND. Diana - 207 -841-8139

DL 6/22

FOUND: FISHING GEAR ON BEACH. Give description of what you lost and it's yours. - 302-0426

C6/8

LOST: MAKITA 18 VOLT POWER DRILL with battery, accidentally left outside @ Terrace & Canyon out of site of the road. If you found it by mistake, please return by calling 868-2102

GT 8/17

CLASSES



Weekly Classes and Events Schedule

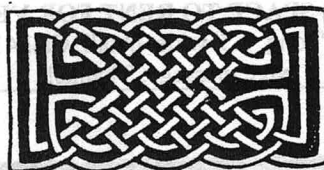
MONDAY	Somatic Exercise w/Cenize Rodriguez	8:45-10:00 am
	Bo Babies & Toddlers Open Play Group (free)	10:00 - Noon
	Pilates w/Lisa Townsend (pre-register 868-0473)	5:30-6:30 pm
	Yoga w/ Angela Sterpka	7:00-8:15 pm
TUESDAY	Senior Stretch W/Anna Gottreich	11:00 - 12:00 pm
WEDNESDAY	Pilates w/Lisa Townsend	8:30 - 9:45 am
	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)	10:30-12:00 pm
	No Place Like Home (Free Brunch 4 th Fri of Month)	10:30 - 11:30 pm
SATURDAY	Diaspora Dance w/ Amber Hines	9:00 - 10:30 am
	LTDCo w/Lisa	10:45 - 12:30 pm
SUNDAY	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!

How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD office on Mons, Weds and Fris 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 as they might become separated) & drop into door slot.



FREE

FREE: DRYER-CALL 9356, LEAVE A MESSAGE OR mcalpestri@gmail.com

MC 8/10

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

SI 5/4