

Bolinas Hearsay News

Monday, August 28, 2017

50 Cents



WHAT'S HAPPENING?

Monday, August 28

BOLINAS FIRE PROTECTION DIST. MEETING
100 Mesa Road @ 7pm

Tuesday, August 29

QUESTING: WHERE IS THE PATH?

Neshama Franklin will share stories from the Silk Road on KWMR (89.9) at 11am

PIRATE PIZZA

Pop-up pizza @ Community Center, orders from 3pm on.
415-329-1066

Wednesday, August 30

FLAGSHIP LIBRARY BUS

Visits Bolinas, 1:15-2:30pm. Bilingual stories, games, etc.

MIDNIGHT ON THE WATER

Acoustic contra-dance band plays for Smiley's celebration of all August birthdays, 7:30- 9:30pm.

Thursday, September 7

BULKY WASTE PICKUP DAY

Redwood Empire will pick up your oversized junk, including furniture and appliances for no extra charge.

CHRISTY HAYS

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

Friday, September 1

MARTY O'REILLY

Live soulful folk @ Smiley's, 9pm, \$5

Saturday, September 2

BESO NEGRO

Live Latin/Americana music @ Smiley's, 9pm, \$10

Sunday, September 3

HIGHWAY POETS

Live Indie-folk music @ Smiley's, 9pm, \$5

Monday, September 4

LABOR DAY CELEBRATION

@ Community Center & Plaza. BBQ, music on two stages, Street party on Wharf Rd, Silent Auction. From noon on.

HAPPY HAPPY BIRTHDAY!!!

August 28: Jim Heddle
Rhonda Leone
Finnian Stephens

August 29: Mark Harmon
Ron Applin
Jeremy Dierks
Ron Brown

August 30: Susan Murphy
Bill Berkson (remembered)
Michael Della Valle
Orrian Elijah Willis

August 31: Brook Sierra
Helen Sirica
Cyrus Harmon
David Kimball
Persis Norton

September 1: Dean Hutchinson
Chenoe Erickson
Sarah DeBerry
Melinda Mills
Una Zakas

September 2: Jessica Danielle Maxey
Gary Rosenblatt

September 3: Jared Robinson
Sharon Minkin

THERE WILL BE NO LABOR DAY EDITION OF
THE HEARSAY NEWS NEXT MONDAY. STAFF
WILL BE ON THE BBQ LINE.



COMMUNITY &
CULTURAL CENTER

dance palace

DP CLOSED FOR MAINTENANCE

The Dance Palace will be closed for maintenance. NO ACTIVITY will be happening inside the building until September 4.

To Our Wharf Rd Neighbors

Please be aware that Wharf Road WILL BE CLOSED to motor traffic on Labor Day, Mon. Sept. 4th from approximately 11:00 am - 6:30 pm. We are sorry for any inconvenience. If you do have to get through we will do our best to guide you through the crowds during the band set changes, approximately a quarter to each full hour.

We hope you will join us at the Bolinas Community Center for our biggest fundraiser of the year which includes BBQ, picnic lunch, homemade desserts, White Elephant Silent Auction, Kids Corner and Dancing in the Street.

For more information call: Bolinas Community Center at 868-2128, email: lia@bocenter.org, and check the website at bocenter.org.

Thank you!



pasteup-----Ned Riley
ads/books-----June McAdams
press-----Jennie Pfeiffer

Aloha,

There is a sign at Agate Beach parking lot stating the trail down Agate Beach will be closed from tomorrow August 29 to Sept. 22 to construct a new path for the "Inclusive Access Plan". In my opinion, this is unnecessary and will likely then advertise the newly refurbished trail, possibly with clear directions, thereby adding to the traffic on elm and the presence of people at the beach and trail. If you wish to find out what's going on or voice your opinion, call Craig Richardson 415-473-7057 or Nancy Leake 415-473-2865, as per the signs info. The website is www.marin-countypark.org/depts/pk/our-works/05-main-projects/inclusive-access-plan.

Thanks,

William McGovern

Also, I feel the current trail adds to the wild naturalness of Agate Beach, and would be a sad loss.

Beer & Wine Salads Desserts

Dancing in the Street

12 noon to 6 pm
Monday, September 4th

WHARF ROAD STAGE:
Psychedelic Seniors
Coastal Scrubbers
Just Friends
RKS
Los Padres
Bobo Tempo

ALOHA STAGE:
The Jan Broek Experience
Guitar Pete
Cadance
Beth Carusillo
Amber & Andy
The Bubbas
Ritual Process

Silent Auction 'til 5 pm
Parking & Shuttle at Mesa Park
A BENEFIT FOR THE BOLINAS COMMUNITY CENTER

The BCLT is in the process of updating our waiting list. We don't currently have any housing available but would like to add you to our list if you are someone looking for housing now or who may be looking for housing in the future. We will be maintaining a list both of people who are looking to rent and people who may be eligible to purchase a home at below market rate. If you are at all interested in getting housing from us in the future it is important that you get on our list. While fair housing laws will make it hard for us to prioritize based on solely on this list we may be able to use it to help determine occupancy in case of multiple qualified applications.

The BCLT does not act as match making service between tenants and landlords at this time however we would like to make our list waiting available (with tenant approval) to homeowners who are looking for long term tenants. If you have a home for rent please stop by and see who may be looking for a place to live.

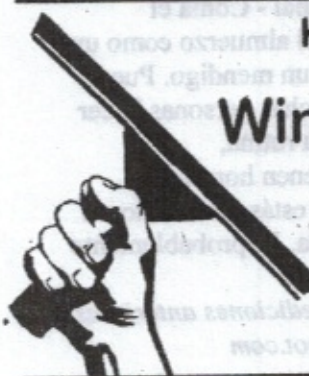
La BCLT (Administración del inmobiliario comunitario en Bolinas) está en proceso de actualizar nuestra lista de espera. No tenemos actualmente ninguna vivienda disponible, pero nos gustaría añadirle a nuestra lista si usted es alguien que busca vivienda ahora o que puede estar buscando vivienda en el futuro. Mantendremos una lista tanto de personas que buscan alquilar como de personas que pueden ser elegibles para comprar una casa a un precio inferior al del mercado. Si usted está interesado en conseguir vivienda con nosotros en el futuro es importante que usted esté en nuestra lista. Mientras que las leyes de vivienda justa harán difícil para nosotros priorizar basándonos únicamente en esta lista, podremos utilizarla para ayudar a determinar la ocupación en caso de múltiples solicitudes que califiquen.

El BCLT no actúa como servicio de asignación de inquilinos con propietarios en este momento, sin embargo, nos gustaría hacer nuestra lista de espera disponible (con la aprobación del inquilino) a los propietarios que están buscando inquilinos a largo plazo. Si usted tiene una casa para alquilar por favor visítanos y vea quién puede estar buscando un lugar para vivir.

MISSING

from the Bolinas Commons

A cardboard box with important computer parts belonging to Amelia - If anyone has seen such a container or is involved in any type of misappropriation, please phone her at 8830 or me at 415 342 4968. Or just return the box to the back room at the bookstore... Ananda



Ken & Sam Levin
Window Cleaning
415.663.9669
West Marin's Best

Don't Skip Breakfast! Read On!

Interesting news from Loma Linda University and the Institute for Clinical and Experimental Medicine in the Czech Republic, as published in the September edition of The Journal of Nutrition. The study looked at 50,660 adult members of Seventh Day Adventists in the U.S. and Canada, following them for over 7 years. Readers may be aware that Adventists are a relatively healthy group to begin with, as they abstain from alcohol and are predominantly vegetarian.

The major findings were that subjects who ate their largest meal of the day in the morning; waited 5-6 hours before lunch, and ate a small dinner or no dinner had a significant reduction in their body mass index (BMI). People eating in the usual western pattern - very little breakfast, frequent snacks and the largest meal at night tended to increase their weight and BMI.

Fasting for 12 hours or more after the last meal of the day has been shown to be beneficial for the health and weight of laboratory rodents, compared to a group who ate the same number of calories throughout a 24 hour period. The present study is the first to show a similar pattern in humans.

The lead investigator of the present study said that the findings confirm an ancient nutritional maxim - Eat breakfast like a king, lunch like a prince and dinner like a pauper. It may not be easy for many people to make this kind of change in their routine, especially when they have tough schedules at work. If you are interested, your creativity will be challenged. And, it will probably be worth it!

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

¡No salte el desayuno! ¡Sigue leyendo!

Noticias interesantes de la Universidad de Loma Linda y el Instituto de Medicina Clínica y Experimental en la República Checa, según lo publicado en la edición de septiembre de The Journal of Nutrition. El estudio examinó a 50.660 miembros adultos de Adventistas del Séptimo Día en los Estados Unidos y Canadá, siguiéndolos durante más de 7 años. Los lectores pueden ser conscientes de que los adventistas son un grupo relativamente saludable para empezar, ya que se abstienen del alcohol y son predominantemente vegetarianos.

Los principales hallazgos fueron que los sujetos que comieron su comida más grande del día por la mañana, esperaron 5-6 horas antes del almuerzo, y comieron una pequeña cena o ninguna cena tuvo una reducción significativa en su índice de masa corporal (IMC). La gente comiendo en el patrón occidental habitual - muy poco desayuno, bocadillos frecuentes y la comida más grande por la noche tendían a aumentar su peso y IMC. El ayuno de 12 horas o más después de la última comida del día se ha demostrado que es beneficioso para la salud y el peso de los roedores de laboratorio, en comparación con un grupo que comió el

cont. next page

WHAT HAPPENED THIS WEEK

Week in Review Recap from Jenniepfeiffer
8-28-17 Monday Morning Memo

It was another action packed week, starting Monday with the total eclipse of the sun by the moon in some lucky places, or by the fog if you happened to be among the few who remained in the Bay Area. There are those who think it was all a staged event to get a maximum number of people to travel to certain isolated towns and put on funny glasses, take selfies and post them on Facebook. It seemed to work well.

Tuesday, teachers and staff worked mightily on last minute tasks to get everything ready for students to return on Wednesday, when school reopened for the new fall term. It was a successful first day and everything looked great on both campuses with one unfortunate glitch regarding our new preschool program. It seems there are certain State/County mandated requirements, well intentioned, I'm sure, that prevent the final licensing inspection date from being scheduled until everything is complete, including the playground. Since this new preschool playground is more state of the art developmentally appropriate than imaginable, it is taking time to install. It should be completed by today, so inspections are being expedited to allow the preschool 4year old program to open post haste, with apologies to those affected families. It is all very frustrating and our District administrators are working mightily to make sure it all happens ASAP. According to Susan Tacherra, new director of the Bolinas Children's Center, there are some openings there in the interim, a lovely site, developed with love over many years of service by dedicated staff, particularly Ward Young, Laura Di Stasi, and years ago, Jan Tremblay and Susan Sanders. Thanks to all of them, and to Mark Butler for continuing to maintain the beautiful, productive garden there. It was a beautiful site for the celebration of the life of Lewie Likover, yesterday, a moving memorial to a stellar community member. He touched so many people's lives through the Water District, the Fire Department, the school, and the community at large. He was an excellent musician, and it was an honor to play music with him for almost 30 years. Love to Bobbi, Kale and Josh, and his large circle of family and friends.

In addition to school starting Wednesday, there was also a *Panoramic Sea Happening* at Brighton Beach, which was indeed a staged event, organized by local artist Pawel Kruk, that included Maestro Steve Ratcliffe conducting the waves, calming them down and pulling the tide out; along with a re-enactment of "Raft of the Medusa" and many interesting audience-as-participant artistic experiments. This was Pawel's vision to introduce our community to what were annual occurrences on the coast of his home country of Poland's Baltic Sea, from the 1960's to the 1981 -- interesting work, this "plein air" theater experience. Hope to see more.

Friday started the Bay Area Old Timey Music Campout at Lake Sonoma. Ms Kitty, the dog, and I were scheduled to go along with Ned, camping and playing music, which sounds great, but this being still hot days of summer inland, I decided to stay by the coast (good call on our part, S'Kitty and I would have expired in the 108 degree heat) and participate in Saturday's demonstrations of Love and Hate in San Francisco, me being on the Love side. There was a confusion of transportation plans and after the Crissy Field poop patrol scared off the "alt wrong", I lost the thread and couldn't figure out where to go to join our stalwart Bolinas participants, so I stayed in Bo, playing protest songs, helping comfort a grieving mother, and putting sealer on decks before rain comes, so they don't decay before I do, because if the homestead holds together as long as I do, it's some sort of a win.

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

BOX 390, 270 ELM ROAD, BOLINAS, CA 94924

415 868 1224



REMINDER EXTRA GARBAGE PICK-UP COMING SOON

Redwood Empire Disposal has scheduled their annual extra garbage/bulky waste pick up for the week September 4th - 8th. That means that Bolinas customers can put out extra bags and/or bulky items (including furniture and/or appliances!) for no extra charge on Thursday, September 7th.

Please check our website at bcpud.org, under the community tab, garbage collection <http://www.bcpud.org/community/garbage-collection-recycling/> for more details about what can and cannot be put out for collection.

Happy cleaning!

Saturday night I wandered down to the Community Center to listen to the powerhouse singer/songwriter Leslie Nuchow whose large voice and hopeful songs of resistance were something of a comfort in these troubled times. She was new to me and I was glad to see/hear her.

Today, I am thinking of the people along the coast of Texas, devastated by storms and floods, taking a beating as a reminder that the seas are rising and denying it, does nothing to help prepare for other such catastrophes. Wishing them speedy aid and comfort in this disaster.

In the upcoming week: there will be no paper, next Monday, Labor Day, so get on down town for some music and barbecue. This is a good time to release things, what with the upcoming BCC Silent auction, this Thursday's free "curbside" bulky trash pickup, and then the next weekend's 2nd Saturday Sale/shop n swap at Bo Commons, (along with St. Aiden's soup Saturday.) September is another "lots happening" month, so get ready as we press on regardless. Jp

cont from prev. page

mismo número de calorías a lo largo de un período de 24 horas. El presente estudio es el primero en mostrar un patrón similar en los seres humanos.

El investigador principal del presente estudio dijo que los hallazgos confirman una antigua máxima nutricional - Coma el desayuno como un rey, el almuerzo como un príncipe y la cena como un mendigo. Puede que no sea fácil para muchas personas hacer este tipo de cambio en su rutina, especialmente cuando tienen horarios difíciles en el trabajo. Si estás interesado, tu creatividad será desafiada. Y, probablemente valdrá la pena!

Sadja Greenwood, MD, ediciones anteriores en sadjacolumns.blogspot.com



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. Your donations are tax deductible, we'll be happy to give you a receipt.

Donation Drop off Times:

Thursday Aug. 31 (2-6) * Friday Sept. 1 (10-6)
Saturday Sept. 2 (10-4)

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

"I can see again!"

CLEAR LIGHT WINDOW WASHING

*Bringing clear vision to
West Marin for thirty years*

**Call Dale
415/868-0782**

FYI:

Last night at 7:30 I was riding my bike down Terrace and a pit bull attacked my bike tire and then bit my foot. I screamed at it and it started to move away, being pulled on its leash by the poor little 6 year old girl who was supposed to be controlling it. Her brother, not much older, was trying to hold a very large Great Dane type of dog.

I started to ride away but turned around to see the dog chasing me and I screamed again, this time for the girl to pull her dog away and the mother who was holding a third child, screamed back at me to act like an adult. I'm not sure if they are visitors or residents but Terrace has suddenly become unsafe and this woman needs support and dog education.

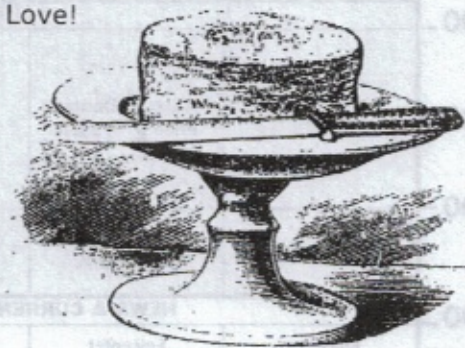
Anny Densmore

dearest family
for you a stack of haiku
to share point of view
my bolinas plan
to gift pure love and children
to this heaven realm
to play and to work
and to sea and to learn and
to share and to care
to create and to
dream and to plan and to scheme
benefit for all
yet housing has not
been accessible for us
so I pray solo
dad and kids apart
heart strings locked but stretched so far
might have to bungee
back to asheville since
without them i wince, but i'd
love to stay, how may?



Temple Inofasnthru
B.O.Box 241
828-768-0312

Love!



CALLING ALL BOLINAS BAKERS

LABOR DAY IS COMING SOON
AND THE BCC IS PLANNING ON
HAVING A DESSERT TABLE.
ANYONE WILLING TO BAKE A
SWEET THING OR TWO AND/OR
TO HELP RUN THE TABLE FOR
A TWO HOUR SHIFT, PLEASE
CALL JUNE MCADAMS @ 868-9052.
THANKS, JUNE

THREE GREAT THINGS ABOUT THIS PLACE...

- Lewie Likover's celebration yesterday: classy, funny, irreverent. Laughing through tears.
- Keeping the old-timey music alive at the Sonoma Lake Golden Old-time camp-out.
- Our own cherry tomatoes, fresh off the vine. Scarlet runner beans too.

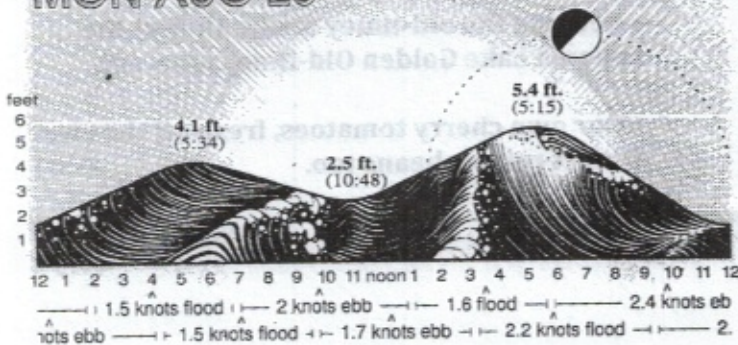
--Ned Riley

⚡ KWMR RADIO SCHEDULE - AUG ⚡

	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)	Fiesta!
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	Morning Glory	Sunday Baroque
8:00	With Eyes Open! / A Cuppa Jo	Rise and Shine	Swimming Upstream	Pieces of Peace	Milk St. Radio	The Vicarious Traveler / Original Minds	Sunday Celebration
9:00	Nature Notebook / The Valley Sound Science	Airwaves	Trash to Treasure Fish Tales	Top of the Morning / Art Scenes / Right Now	Speaking of Women / Inflection Point		
10:00	TURNING PAGES					Day 6 (CBC)	
	At Nature's Pace	Reading to John / Toon In	Waves of Joy / Magic Lantern	For Children of All Ages / Radio Bookmobile	Reader's Delight		
11:00	TALK & CURRENT AFFAIRS					Vida with Saga / Off-Center Sports	
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal		
12 pm	The Bloneers						
	Farm & Foodshed Report	New Dimensions	Planetary Radio Making Contact	Attune- ment / Common- weal Conversations	Alternative Radio		
1:00	Ocean Currents / Specials	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Non- violence Radio / The Local Organon	Happy Days	
2:00	AFTERNOON MUSIC					Forms and Feelings	Jazz Rhythm
3:00	Cruisin'	Aztec Pride / Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling / The Scoring Stage	Foraging with Betsy Nichols / The Kitchen Sink
4:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch		
5:00	NEWS & CURRENT AFFAIRS				Happy Hour	Circulo Musical	Midnight in Luxembourg / To Hell & Back
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)			
	National Native News	National Native News	National Native News	National Native News			
7:00	EVENING MUSIC						
	Release Me / Foggy Ridge Music	Musical Varietè	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	Night Flight / Bring It On Home	Celtic Universe	Along For The Ride / Between Rock & A Jazz Place
8:00							
9:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / West County Prowl	Coast Highway Blues	Off The Cuff / Running With Scissors	No Bad Vibes / Megalo- media Mélange	The Jazz Groove	Rock of Ages
10:00				Si Down! / Get Down!			
11:00	Forms and Feelings (repeat)	Left of the Dial	Sonic Sunspots	Under the Needle	The Latin Alternative	Saturday Night Function	L.A. Theatre Works
12 am	LATE NIGHT					LATE NIGHT	
	DeepWaking 12-1 KWMR Music	Stuck in the Psychedelic Era 12-2	Sunspots to 1:30 KWMR Music	Best of British 12-1 KWMR Music	Radio Goethe 12-1 KWMR Music	KWMR Music	Grateful Dead Hour

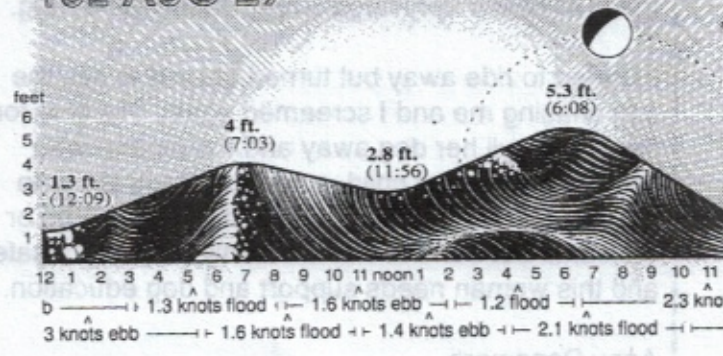
MON AUG 28

dawn 5:37 sunrise 6:37 sunset 7:44 dark 8:44
moonrise 1:27 p.m.



TUE AUG 29

dawn 5:38 sunrise 6:38 sunset 7:43 dark 8:42
moonset 12:05 a.m. moonrise 2:21 p.m.



HOUSING NEEDED

URGENT: FOR 41 YEAR RESIDENT.

Local employment, excellent references. All leads open to consideration. Joni Harding 415 868-2826

JH 8/28

FOR SALE

FOR SALE: 1993 HONDA CIVIC, 4 DOOR, 5 SPEED
 manual transmission, 193,000 miles. Runs good. \$900
 707-287-3238

NH 8/25

FOR SALE / RENT

HOUSE IN OAXACA MEXICO

for sale or long-term rental. Contact

lynn.ohareberkson6@gmail.com or call 1-8178-6405363

LB 9/25

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

LOST AND FOUND

FOUND: A SIGNED CHECK WAS FOUND IN FRONT OF
 the Bolinas-Stinson School on the morning of Wed 8/23.

Please call Kara in the school office at 868-1603
 to identify and claim it.

KB 8/25

LOST: I LEFT MY WHITE & BLACK BELL HELMET @
 People's Store on Sunday the 13th of August-\$20 reward. Please
 leave at the People's Store or call 415-868-9052. Thank you!

PS 8/21

LOST: I PHONE 4, 8/10 EVENING ON WHARF -
 If found Please return to Dan at Smileys 415-868-1311

JA 8/18

LOST: LG CELLPHONE YESTERDAY BETWEEN
 2:30-4pm downtown or left in Jody Spangler's car.
 If found call Ilka Hartmann -0419 or Pamela Jane -0937
 or leave the phone at Smiley's or at the Bolinas Market.

IH 8/2

FOUND: ON LITTLE MESA GOING UP, AT FIRST
 curve - Osprey purple and grey backpack.
 Call 868-9742 or (551) 404-3800 to claim.

SC 7/31

LOST: "HOLY ROLLER" SKATEBOARD
 Gold with holes drilled in it... 415 813 7531 - Oliver

OW 7/28

FOUND: ON OVERLOOK -COLLEGE OF MARIN
 lanyard with volvo key, with push button remote control, with
 miniature piston on the key ring. Call 8689052 to claim.

JMC 7/17

CLASSES



Weekly Classes and Events Schedule

MONDAY

Somatic Exercise	9:30-10:45am
Bo Babies & Toddlers Open Play Group (free)	12:00-2:00 pm
Move & Tumble, 3-5 yr. (7/25, 8/7, 8/14, 8/21) w/ KT	3:15-4:00 pm
Acronastics, 6-9 yr. (7/25, 8/7, 8/14, 8/21) w/ KT	4:15-5:15 pm
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/Angela Sterpka	7:00-8:15 pm

TUESDAY

Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15am
Soul Soup w/Amber Hines (0-3yr)	10:30-11:15am
Pirate Pizza in the Plaza & Kitchen (Starts 8/15)	3:00-7:00 pm
Contemporary Dance w/Lisa (teens & adults)	6:30-7:45pm

WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30-9:45am
Move & Tumble, 3-5 yr. (8/9 & 8/16) w/KT	3:15-4:00 pm
Dance Fun(damentals) 6-9 yr. (8/9 & 8/16) w/KT	4:15-5:15 pm
Beginning Yoga w/ Brenda Stine	6:00-7:15pm

THURSDAY

Yoga Flow w/Brenda Stine	7:30-9:00 am
USDA food bank	12 noon

FRIDAY

Pilates Mat 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 4 th Fri of Month)	12 noon

SATURDAY

Diaspora Dance w/Amber Hines	9:00-10:30 a
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SUNDAY

Brazilian Dance w/Anna Gottr. (last Sunday of mth)	11:00-12:15 p
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Call 868-2128, check the Library Marquee, Calendar in BCC
 Foyer or visit www.bocenter.org for more info & special events!

Read the Hearsay Online

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 yourself, a friend, or an expatriate
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 the gift of local news three times per week,
 delivered electronically. Stay home. Save trees.
 Isolate.

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 868hearsay@gmail.com

FREE

BEAUTIFUL GOLDEN BAMBOO IN A CONTAINER
 healthy and in need of a new home. You pick up. 868-1195

GB 8/25

FREE: BROWN COUCH-UNFOLDS TO A DOUBLE
BED. Call Peter-415-596-0041

P 8/21

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 to submit

SERVICES

CONFLICTS? DISPUTES?
WEST MARIN MEDIATION CAN HELP-
confidential, effective, impartial, free. 415-868-0493

SG X

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

DMX

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Dump Runs, Cow Manure, Recycling, Humane animal removal
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Many local refs 868-2144

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SB 10/15

UNTIDY DIRTY DOG???
Dog baths, grooming. call 707-758-1038
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JR 9/26



WANTED

PAIR OF SOLID DOORS (NOT HOLLOW CORE)
For the free box, approx. 30 X 80 inches. Please call-2769

SC X

868hearsay@gmail.com

Submit articles, ads and drawings by midnight
Sunday, Tuesday or Thursday for publication the next
day. Or request a link to the password-protected web-
site to read online plus info on how to subscribe.

HEALTH & HEALING

Junc 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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West Marin Branch Library Hours

Stinson Beach:

Mondays • 10 a.m. to 6 p.m.
Tuesdays • 2 to 9 p.m.
Fridays • 10 a.m. to 6 p.m.
Saturdays • 10 a.m. to 5 p.m.

Bolinas:

Mondays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Thursdays • 1 to 9 p.m.
Saturdays • 10 a.m. to 5 p.m.

Point Reyes Station:

Mondays • 10 a.m. to 6 p.m.
Tuesdays • 2 to 9 p.m.
Thursdays • 2 to 9 p.m.
Fridays • 10 a.m. to 2 p.m.
Saturdays • 10 a.m. to 2 p.m.

Inverness:

Mondays • 3 to 9 p.m.
Tuesdays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Fridays • 3 to 6 p.m.
Saturdays • 10 a.m. to 1 p.m.

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
Lag. 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.	Comm Center
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
Tomasles Village Comm. Serv. Dist.	2nd Wednesday	7:00 p.m.	Town Hall
Tomasles Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomasles Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomasles 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office
Bolinas Fire Protection District	4th Mondays	7:00 p.m.	BFPD office
Tomasles Bay Youth Center	Last Tuesdays	6 p.m.	TBYC