

Bolinas Hearsay News

Monday, September 10, 2012 A HA HA HO!

46 ¢ + tax



WHAT'S HAPPENING

Monday, September 10, 2012

MESA PARK

Meeting of Board of Directors @ Firehouse, 7pm

Tuesday, September 11

BO BABIES

Babies, Mamas & Papas welcome to come hang out and let your babies crawl, roll or just have fun, @ Community Center, noon -2pm

"FUNNYMAN"

Free Community Night movie, directed by John Korty, at Community Center, 7pm

JUST FRIENDS

at Sweetwater, Mill Valley 8pm. \$5

Thursday, September 13

JUDITH ELLIOTT MEMORIAL-Community Ctr 4PM

ROBERT BELLAH in conversation with Michael Lerner, Presbyterian Church, Pt Reyes Station 7PM. New School

COAST CAFÉ CONCERT SERIES

Live music, food & drink specials @ Coast Café, 7-9pm

THE CRUX

New band showcase @ Smiley's, 8:30pm

Friday September 14

JUST FRIENDS Old Western Saloon, Pt Reyes Stn 9pm

HONEYDUST

Live rock @ Smiley's, 9pm. Cover

Saturday September 15

DIANA O'HEHIR, poet/novelist, Bolinas Fire Station meeting room, 2PM

CALIFORNIA MEETS BALI, David Edmunds, Koming Sardana art opening, Bolinas Gallery, noon-5PM

TOXIC AWAY DAY free, Mesa Park parking lot, 9am-1PM, by appointment. only - 800-207-8222x1

TRUE STORIES

Personal stories written and read by friends and neighbors, @ St Aiden's, 7pm, \$5-\$10 suggested donation

CASEY NEIL & THE NORWAY RATS

Live rock @ Smiley's, 9pm. Cover

Sunday, September 16

MEMORIAL FOR GREG PEACOCK

At Vanishing Point Ranch, 1pm. Please bring a dish to share.

Tuesday, September 18

FOOD: BUSINESS, MOVEMENT, OR BOTH? William Rosenzweig & Michael Lerner, Commonweal, 2-4PM

Happy Happy Birthday!

September 10 Cathy Tiller
Jerry Dunn
Ed Pohlman
Laurie Riley
Silvia Nakkach (remembered)
Baraca Brock

September 11 Rio Patton

September 12 Belle Weston Wood
Karly Zeno
Natasha Gubert
Heidi Adrienne Ford

Pasteup Ned Riley
Ads/books June McAdams
Press Jeff Manson

cont
inside



COMMUNITY & CULTURAL CENTER

dance palace

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

September

INNER RIDDUM

Inner Riddim is a dynamic, high-energy reggae band. Their "Roots Dance Hall" sound is complete with cool grooves, intense breaks, and subtle rhythms. The sound they create is an excellent environment for lead vocalist Emilien "Sky-I" Deschamps of Martinique to express himself in English, French, and his native Creole patois. An inspired vocalist and performer, he brings consciousness and dignity to the dance hall scene. Sky-I addresses issues of social justice, spiritual connectedness, and planetary stewardship in his lyrics, touching on issues important to us all. Burton Eubank on 'riddum' guitar!
Friday, September 14, 7:30 PM
\$10 general/\$8 seniors/\$6 youth

FUNK 'N' FLASH—A RUNWAY EVENT

Don't miss Funk 'n' Flash—A Runway Event featuring fashions from local designers and boutiques and the West Marin Thrift Store, plus handmade fashions—all worn by gorgeous local models of all ages. A Silent Auction, and a DJ. Hors d'oeuvres and desserts will be passed. A no-host bar with cocktails. Funk 'n' Flash is a benefit for an essential community organization, West Marin Community Services. More information at westmarincommunityservices.org.
Saturday, September 15, 6-9 PM
\$25 in advance at Zuma and Point Reyes Books in Point Reyes / \$30 at the door

Cont from front page

September 13 Judith Elliott (remembered)
Angela Vernon
Dominique Jackson
Abey Nasra
Bobby Saberi


September 14 Malcolm Ponder
Gene Abbott (remembered)
Suzie Senk
Gerrund Bo Jeste
Alan Maxey
Cheryl Stough
Danielle Vincent
Cheryl Batson

September 15: Pamela Jane Lewis
Laura DiStasi
Elnora Mae Phillips

September 16: Laurie Patton
Megan Matson
Marion Webber
Zephyr Forest
Lori Morgan
Jeerrye Sean
Raven Angelica

LIVE MUSIC AT THE BEACH

Fri., Sat. & Sun Nites SEPT.
Open Mic Sun. 8-12
DJ Spin Mon. 9-12:30
Pool Tourney Tue. 8-12
Karaoke Wed. 8-12:30
New Bands Thur. 8-12



HOTEL ROOMS
off the beach
\$89-\$99

Thur. Sept. 13, 8:30-12:30,
THE CRUX
Fri. Sept. 14, 9-1, rockn' roll
HONEY DUST
Sat. Sept. 15, 9-1, **CASEY NEIL & The NORWAY RATS**
Sun., Sept. 16, 8-12, **OPEN MIC w/Eli**
Mon. Sept. 17, 8-12, reggae, spin, **Monday Night Live**
Tues, Sept. 18, 7-11 **GRAND POOL** Tourny
with Jesse
Wed., Sept. 19, 8-12 **LARRY'S KARAOKE**
Thurs., Sept. 20, 8:30-12:30,
PICKLED LIVERS

SMILEY'S SCHOONER SALOON & HOTEL
41 Wharf Road, Bolinas 415-868-1311

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



Balancing Act
BOOKKEEPING PLUS

Christine Cunha, Owner
415.868.2700

- Full-Charge Bookkeeping
- Payroll
- Year-End Prep
- Mail Service
- Plus More...

Confidentiality Assured

48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

Free Toxic Away Day - Bolinas

40 Cars Maximum - By Appointment Only*

Dispose of your Residential Household hazardous waste **Safe & Free**
Also, bring all your old computer monitors, all AAA - D size and cell phone batteries



Saturday, September 15, 2012 - 9 am to 1 pm

Next to Bolinas Fire Station, 100 Mesa Rd, Mesa Park Parking Lot

DISPOSAL OF MATERIALS SUCH AS

- Paints, stain, shellac, solvents, thinners, roof patch
- Garden sprays, fertilizers, ant traps, pesticides, herbicides, rat poison
- Adhesives, caulk, motor oil, batteries, antifreeze, pool chemicals, bleach, cleaners

**Maximum deliverable amounts: 15 gallons liquid or 125 pounds dry.
For combined loads, liquids weigh 8 1/2 pounds per gallon.**

Please keep these quantities in mind and help your neighbors with their waste.

Sponsored by: Marin County Hazardous and Solid Waste Management Joint Powers Authority, City of San Rafael Fire Department, Bolinas Fire Department, Bolinas Community Public Utility District

* If you do not have an appointment, your waste will not be accepted.

THE POOL in Bolinas



WE WILL BUILD IT IF YOU WILL SWIM!

Dear Citizens of Bolinas and Stinson Beach,

Check your mailboxes for The Definitive Survey regarding our Pool in Bolinas. Your responses to this piece will determine if we have the user base to sustain the maintenance of a state-of-the-art swim facility that is more affordable than the over-the-hill alternatives. Our aim is to use the results of this survey to show funding sources that there are enough people who will pay to use the pool. We won't seek to raise taxes.

Kids can take swim lessons locally, lap swimmers, seniors and those with mobility challenges will have an optimum choice for exercise; a recreation option will open for teens and families.

Our quality of life will be that much sweeter! Without your response, we will never know if the pool is possible for our communities. Send it in, drop it off at either the Stinson Beach or Bolinas Library, or take it online at the poolinbolinas.org.

Your pool steering committee: John Bryant, Kathy Bustamante, Anna Mohn Gade, Brenda Stine, Donna Andrews, John Hutchinson.

Thursday, Sept 13 7pm

Robert N. Bellah
Religion in Human Evolution



Conversation with Michael Lerner

Part of the Point Reyes Books Soul Food Series, this conversation will be held and recorded at the Point Reyes Presbyterian Church.

Robert N. Bellah is a renowned author, international speaker, and Elliott Professor of Sociology Emeritus at the University of California at Berkeley. His latest book, *Religion in Human Evolution: From the Paleolithic to the Axial Age*, is a work of extraordinary ambition—a wide-ranging, nuanced probing of our biological past to discover the kinds of lives that human beings have most often imagined were worth living. In it Bellah offers what is frequently seen as a forbidden theory of the origin of religion that goes deep into evolution, especially but not exclusively, cultural evolution. Robert's website has more information.

No reservations required for this free event.
More information at www.the-new-school.org.

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

THANK YOU

To everyone who made Labor Day the absolute success that it was. It sure takes a village to make it happen!

A special thank you to all the hard-working volunteers, the wonderful musicians and bands, the silent auction donors and bidders, the fabulous dessert table bakers and Chop-volunteers and all the BCC Board Members.

A big thank you to La Teregra Farm, Fresh Run Farms, Star Route Farms, Paradise Valley Produce, Bobolicious, Walter Hoffman's fantastic garlic and Bolinas Peoples' Store.

Thank you Julie for doing such a fabulous job organizing and coordinating the food, Julia Maxwell for helping in the kitchen all day Labor Day, Sean Thakrey for your delicious wine, Steve Hodges for coordinating the stage, Randi for everything you do, George Marzocchi for driving the shuttle the whole day long.

Thank you everyone who came down to party, to work a shift or two or just hang out making the vibe what it was. It definitely was The Best One Yet!

THANK YOU!!!

Lia Kourula Sabbatini, BCC Manager

MOSTLY MEETINGS & MISCELLANY

Monday Morning Recap & Week in Review for 9/10/12

From Jenniepeiffer

LABOR DAY WAS MONDAY & NO BOLINAS HEARSAY, SO NO RECAP/REPORT LAST WEEK.

Labor day was perfect: weather was great, everything was well organized, thanks to the Community Center's wonder women, Lia and Randi, and the only big bumble I saw was at the dessert table, being served up by June McAdams and her valiant volunteers, who out did themselves this year. Barbecue and food service went easily and quickly, music was non stop, and the ribbon cutting/dedication of the park was pretty on time for this town, with everything working properly and the "windows" on the Market wall looking spiffy and fresh, thanks to Harriet and her crew. Jim Vest and his painters (many of them former students of Harriet's), put the new color on the wall and Harriet, StuArt, Kale, and a host of others got the art perked up and redone just in the nick of time for what was basically an awesome day. The silent auction had some major sales and did really well, (with the leftovers making their way over to the Brighton Square 2nd Saturday Sale) and while the kids had fun in the kids' corner that Vanessa organized, the adults were able to visit and dance and bid on auction items. At one point, I was dancing in the street and looked up to the Big Mesa and saw fog, I looked down toward the lagoon and saw fog, but right where we were dancing, eating, and partying, it was all sunshine and beautiful. Thanks to everyone who participated, in whatever way that was, especially Jan and his Green Team, who stayed and did the clean up and put away, not as much fun, but a most important task. Power to the Workers on Labor Day!

The weekend was busy, with the Brighton Square Royal Rummage Sale Saturday, and then that night, the Bo Stock musical reunion, put together by the members of the band of long ago, *Living Proof*, who came together to play their same set list from 32 years ago. Such an evening. It felt like being on the Star Ship Enterprise, stepping through a time warp and seeing the same folks I saw when I came here in 1980, playing the same fine music, only with more maturity. The Ridella's were in town and John at 83, is still blowing a bodacious sax. Such a great night, complete with food and slideshow. Thanks to all those who participated - it definitely is a keeper and next time I'd love to see a *Night Food* band reunion, along with all those other fine bands Bolinas has produced over the years. Keep On Dancing, jskpr

I think the idea of a pool, enclosed to use all year round and even when it's foggy out, is such an exciting idea. What a contribution to our communities and our families!

I started thinking of all the ways that the pool could be used. Swim groups, senior excersize swim, theraputic swim, the school having an expansion on physical education...maybe a swim team, pre-school safety swim classes, and the list goes on. I think it's just such an exciting idea!

By the way, and I know you tried to get it right, the website to take the survey is thepoolinbolinas.org. The Hearsay did print the "the", but not in the email address so I couldn't follow that link.

I hope everyone completes this survey. It's very short and to the point.

Think of it...swimming without a wetsuit in December!

Mace Marie Alexander

Go to Health: Olive Oil

New studies show some surprising benefits for olive oil, including a possible protective effect on bone. Spanish research, to be published in the October issue of the *Journal of Clinical Endocrinology and Metabolism*, shows that consumption of a Mediterranean diet enriched with olive oil is associated with increased serum osteocalcin and other bone formation markers. Osteocalcin is produced by bone cells called osteoblasts, and is used as a marker for bone formation. Prior to this study, it had been noted that the incidence of osteoporosis in Europe was lower in the Mediterranean basin. All subjects in this study were instructed to eat a Mediterranean diet, rich in fruits and vegetables, lean protein from fish, poultry, and beans, and whole grains instead of white flour bread and pasta. Olive oil was their added fat.

Another Spanish study in 2010 showed that the phenolic compounds in extra virgin olive oil change how genes function. Phenols are chemical compounds found in plants that have many unique properties. In conjunction with a Mediterranean diet, genes related to atherosclerosis were down regulated, and there was a positive impact on oxidation of fats and DNA, insulin resistance, inflammation, carcinogenesis and tumor suppression. Atherosclerosis is a disorder that occurs when fat, cholesterol and other substances build up in the walls of arteries and form hard structures called plaques. This diminishes blood flow and can lead to heart attack and stroke.

Breast cancer risk may also be modified by virgin olive oil. Spanish scientists at the University of Barcelona decoded the signals within breast tumor cells activated by olive oil, concluding that benefits include decrease in activity of an oncogene, and stimulation of tumor cell death. An oncogene is a gene that has the potential to cause cancer, if activated by mutations in another gene or certain environmental factors. Olive oil also showed ability to prevent DNA damage. Corn oil and some other vegetable oils high in polyunsaturated fatty acids, can increase the aggressiveness of cancers.

Virgin olive oil is oil produced by crushing olives mechanically, with no chemical treatment. It has an acidity of

less than 1.5%. Extra virgin olive oil comes from virgin olive oil and is lower in acidity (less than 0.8%) and is judged to have the best taste. Virgin olive oils contain the highest levels of phenolic compounds and anti-oxidants that have been linked with better health.

Using olive oil or canola oil on your salads will give you the best absorption of carotenes from colorful vegetables, according to a new study from Purdue University. Low fat and non-fat salad dressings resulted in minimal carotene absorption. Carotenes are pigments that occur in vegetables and fruits and have multiple healthy properties. Avocado is another healthy fat that enhances carotene absorption. If you do use canola oil, make sure that it is organic. Otherwise you will be using genetically modified canola that may be high in pesticides and herbicides, as 'superweeds' have evolved to make the application of Roundup less effective. More spraying is necessary.

Your vote in support of Proposition 37 in November will help to ensure that GMO food products are labeled in California. This is a huge issue for food companies, who have raised millions against the proposition. Stay tuned, and read the arguments on your ballot carefully.

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

COMMONWEAL seeks full-time Office Manager/ Executive Assistant. Mon.-Fri., 9-5 (some flexibility). Special person who likes to be at center if high-functioning and highly regarded nonprofit in Bolinas. Go To www.commonweal.org for detailed job description. Send resume with cover letter to Arlene Allsman -- Arlene@commonweal.org.

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) The annual Labor Day Block Party. Never disappoints.
- (2) The Bo-Stock Band Reunion on Saturday. What a trip down memory lane.
- (3) The first of the clear autumn mornings—breakfast on the deck in the sun.

--Ned Riley



90.5 FM + 89.9 FM
WWW.KW/MR.ORG



	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
6	DeepWaking 12-1 am KW/MR Night Music	Weekly Feed 12-1 am KW/MR Night Music	KW/MR Night Music	S Sunspots to 1:30 am KW/MR Night Music	KW/MR Night Music	Grateful Dead 12-1 am 6:00 am As It Happens Morning Glory	KW/MR Night Music Daybreak	
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	# Gregory DeMascio # Anneke van der Veen	# Gregory DeMascio # Anneke van der Veen	
8	With Eyes Open! Peter Asmus	Good Morn. West Marin with Guest Hosts Risa and Shine Mary Sledman	Hump Day Jimmy G Dave Cook	Morning Blunder Howard Dillon Charlie Doucherty	Swimming Upstream Amanda Eichstaedt	Barrio Vibes Augusto Conde through Aug 17	Original Minds Ella Haworth	Vicious Traveler Vicki Leeds
9	KT's Kitchen	Park Wave-lengths Loretta Farley	Fish Tales Dave Cook	Turning Pages Readings by Erik Bauersfeld	Turning Pages # Bilingual Storytime # Specials	Elia	Sunday Celebration of Sacred Music Rick Clark	
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Joy Maulitz	Turning Pages The Vinyl Café (repeat from Sunday)	An Organic Conversation	Nuestros Niños	Krista Tippet On Being	10 am BirdNote	
11	Open House The Bioneers	#1/3 One-sided Radio Alden Bevington #2/4 Questing Calpestri & Mickelson	Making Contact The Bioneers (repeat from Monday)	Attunement Anthony Wright	Commonweal Conversations	Viewpoint Ellen Shehadeh	The Place We Live Marc Matheson	
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions	Alternative Radio	Voces de Nuestro Mundo Interviews by Raul Gallyot	Forms and Feelings	Happy Days Marcie Judelson	Jazz with Kendrick Rand	
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	Your Own Health and Fitness	Philosophy Talk	Specials TEA	Jim Bennett	Jazz Rhythm LAST SUNDAYS	
2	Cruisin'..... Rick Clark	What's New? #1 Jimo & Tammy # John Larch / Specials	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Daxler	Classical Thursday # Susan Santiago # Jeffry Wilkinson	Classical Friday #1 Susanna Henderson #2/4 Norman Masonson	World Playground #1/3 Hawai'i Calling Susanna Henderson #2/4 Africa & Diaspora Mark Potts	Riverwalk Jazz The Vinyl Café (CBC)	
3	# Aztec Pride Jorge Ramirez # The Latin Alternative	Art of the Song	Krista Tippet On Being #5 Coastal Airwaves Vickisa	TeeTime Books Mimi Calpestri Howard Dillon	#3/5 Specials	Circulo musical	Learnin' Kirven To Hell & Back	
4	Moyers & Company	Sabrina Artel's Trailer Talk # The Feminine Mystic Wendy McLaughlin	Open House Epicenter: #1 Ft Reyes Dialogues, Needleman	Open House: Temas de Inmigración; Story Shed # Art's Desire # Hot Tech/Cool Science	Happy Hour	Jesus Martinez	Brian Kirven Beth Underwood	
5	Trash to Treasure Madelaine Hope	# ViewPoint (repeat) Ellen Shehadeh	Ridin' the Rails..... on The Americana Express with the Roots Gang Mike V, Amanda, Will, Ken, Liberacha	Julie Notz	Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbe's Elbow Room Between Rock and A Jazz Place Paul Flowerman Grey Shepard	
6	Release Me— New Music with Amanda & The Roots Gang	Musical Varieté Charlie Morgan	Coast Highway Blues Larry Rippee	Bakersfield & Beyond Amanda & Mike V	Shorty's Bunkhouse Shorty	Rick's Jazz Café Greg's Groove	Professor Kosmo Plays..... The Kitchen Sink	
7	El Barrio	Silver Dollar Jukebox	Faultline Radio	Story Hour Hearing Voices	Magic Radio	Rick Clark	Gregory DeMascio	
8	Gus Conde	Peter Martinelli	Jaimo Crespo	NEW SERIES	Chris Breyer	Saturday Night Function	# Mark Potts # Marc Matheson	
9	Monday Night Mixtape	Amateur's Guide to Life Christian Anthony	The Latin Alternative Ernesto Lechner and Josh Norek	L.A. THEATRE WORKS	Professor Kosmo plays.....	Stuck in the Psychedelic Era with the Hermit		
10	Jacoba Charles	Professor Kosmo plays...	Sonic Sunspots Tony Palmer					
11								

Office 415/663-8068

STREAMING on KW/MR.ORG

Studio 415/663-8492/8317

8/

Saturday evening about 5 Lily was walking Billy and he was viciously attacked by a pit bull whose owner never materialized. He has cuts swelling all over his neck and shoulders and a huge bleeding puncture wound. I am leaving tonight for a funeral on the east coast and Molly is going to take him to the Point Reyes vet on Monday. Someone staying in my house will take care of him.

The dog was big with a white face and orange/brown spots. I want to protest the proliferation of pit bulls in town and on the beach and the downers who always the dog is fine and not cruel. It is wrong to have killer dogs on the beach not on a leash. Can we do anything?

sadly, liz grace

FOR SALE

MATERIALS AND PLANS FOR 12X16' "ECO-SHED".
No permit needed for accessory building per 2010 county code.
Double paned windows, sliding doors with attached greenhouse
or separate stand-alone glasshouse. \$1000.

Domed Yurt, 14' diameter spa space, bamboo floors, white
cover, with redwood decking for platform \$2,000 delivered.
415-342-6347

SS 9/14

SATURN SC2 2000 3DOOR MANUAL TRANSMISSION,
136,000 city miles. \$2,250 or best offer. Great commuter car,
good gas mileage, & convenient 3rd door. Needs sunroof repairs
& clutch service & will run like new. Oil change every 3000
miles, Hate to see my car go, Hope to pass it along to someone
else in Bolinas. Andrew 717-5342

AC 9/19

FREE

PARAKEETS WITH CAGES & FOOD.

Call soon, please. 868-0415

JB 9/14

I am moving at the end of the month and have good
furniture available for **FREE**- Two reclining chairs, upright
piano, dresser with mirror, double futon, misc. chairs. Call
Nancy at 1905 if interested

NK 9/14

LOST & FOUND

LOST

On Labor Day-a pair of prescription glasses-Furlas brand,
grey in color with grey striped bows. Also lost- green silk
shirt. Please call 808-457-9054 if found.

SC 9/10

missing @
black, brown, white shirt hair
tubby cat named "Boots" *we miss him*
call Albert 2409
AH 9/5

FRONT WHEEL FOR MOUNTAIN BIKE

& a pair of sunglasses-off road across from Randell trail
between Olema and Bolinas-last Tuesday-8/14. 868-8969

WB 8/20

ABANDONED PURPLE BIKE

found 3 days ago @ Alder/Iris. Call 1578 to claim

DJ 8/29

MOTHER OF TWO LOST CHANGE PURSE

Mon. 8/27, blue with floral pattern. \$950 only contents.

If found please return to Community Center.

8/28

READ THE HEARSAY ONLINE

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

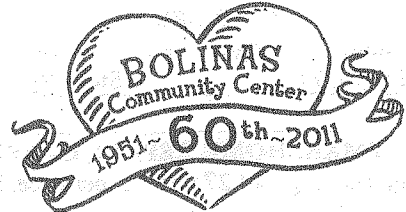
IT'S EASY: email hearsaynews@yahoo.com
and request the password and link to the site.
Michael will put you on the list and will send you
reminders as new issues come out.

Keep reading The Hearsay News!

CLASSES

**DON'T MISS WHAT'S GOING ON AT
THE NEW SCHOOL AT COMMONWEAL!**
sign-up free at the newschool@commonweal.org. Download past
podcasts at www.commonweal.org/new-school/events.html

NSx



Class Schedule

Sunday

Yoga w/Trishna	9:00 - 11:00 a.m.
Brazilian Dance w/Anna	11:00 a.m. - noon
Ninjutsu Martial Arts w/ Martin	Kids Class 5:30 - 6:30 p.m.
	Adult Class 6:30 - 8:00 p.m.

(Info 868-9236) Drop-ins welcome)

Monday

Pilates w/Lisa (pre-register 868-0473)	5:30 - 6:30 p.m.
--	------------------

Tuesday

Yoga w/Trishna	9:30 - 11:00 a.m.
Arial Arts for Youth w/ Joanna	3:30 - 5:30 p.m.
(New class starts in September, for registration call 868-8821)	
CommUnity Nights	7:00 p.m.

W/ free movies, games or music. Call -2128 for details

Wednesday

Pilates w/Lisa	8:30 - 10:00 a.m.
Yoga Basics w/Trishna	6:15 - 7:30 p.m.
Biblia en Español	8:00 - 9:30 p.m.

Thursday

USDA food bank	12 noon
Yoga w/Lisa Brendel	4:00 - 5:30 p.m.
Congolese Dance & song w/Sandor	6:00 - 8:30 p.m.

Friday

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

Saturday

Yoga w/ Lisa Brendel	9:00 - 10:30 a.m.
Creative dance for kids 3 thru 4 w/ Lisa	11:00 - 11:45 a.m.
(5 week series June 30 - July 28 info 868-0473)	
Ballet w/Erika	Teens and Adults 12:00 - 1:30 a.m.
(6/30-7/28/12) Ballet/Soft shoes required. Call (209) 523-4305)	

Check the Library marquee or Calendar in BCC Foyer for
special events at the Community Center.
For More Info call 868-2128 or visit Bocenter.org



LOST

Big white plastic bag of laundry on Mesa near Alder &
Cedar. Onica 415-272-1457

OM8/15

MISPLACED MY TWO 6' X 8' APPLIQUÉD

Rajasthan tent partitions seen often at parties and festivals.
Stored somewhere I'm sure in someone's shed. Yours?

Ananda -0285

AB8/3

FOUND

Foster Grant prescription glasses found on Brighton Ave
across from the Grand Hotel 8/15, Wednesday AM. Call
868-9052 or Hearsay office @ 868-0138 M, W, or Fri. 9-
12AM to claim.

JM 8/15

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

BRUSH TO MEADOW TRANSFORMATION

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

DMX

TREE SERVICE

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

SRX

HANDYMAN: HOME REPAIR, CARPENTRY,
painting. Hauling too! 27 years experience. Local refs.
Steve Hill -2310

SHX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING

Dump Runs, Cow Manure, Recycling, Humane animal removal
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

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

Community Mediation Board
868-0493

Involved in a conflict?

We have trained mediators.
Free, Confidential, Effective

X

PERSONAL ASSISTANT: GIRL FRIDAY,

experienced. Offering housekeeping, laundry, shopping, meal
planning, cooking, light bookkeeping office work and household
organization services. Free consult. 415-686-6534

GA 9/10

* HAVE YOUR HAIR PROFESSIONALLY STYLED

at home * For your catered haircutting appointment call
868-1840 * Angela *

AR 9/14



HOW TO PLACE AN AD IN THE HEARSAY

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

HEARSAY ADS WORK!

HEALTH AND HEALING

CAREGIVER AVAILABLE

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

CH X

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

WANTED

MARIN HOMEOWNERS SEEK HOUSESIT

Late September availability to stay 3-6 mos. Happy to contribute
to home expenses. We are professionals seeking a break after
having launched a company & published a book.

Contact Maureen 415 381-5115

MS 10/3

HOUSING WANTED

LOOKING FOR PLACE TO PARK SMALL SHASTA
camper with access to kitchen and bathroom. Female, 30's,
quiet, professional. 415-374-1324

AM 9/14

ANNOUNCEMENTS

THANK YOU FROM THE LABOR DAY DESSERT TABLE

Thanks to everyone who so generously provided delicious
Baked goods for the dessert table, those who helped set-
up, break down and tend the table all through the day.
Also, thanks to all the people who bought these goodies!
Helpers include: Suzanne Bartlome

Nina Bellak
Pam Fabry
Barbara Finnigan
Anna Gade
Dotty Garone
Maria Garrigues & Erin
Stacey Henderson
Kathy Kimball
Judith Lowry
Jill Moore
Sheryl Ruggiero
Karen Sexton
Susie Stewart
Penny Van Dyke
Schehera Van Dyk

It was a big success and lots of fun! My sincere thanks,
June McAdams

