

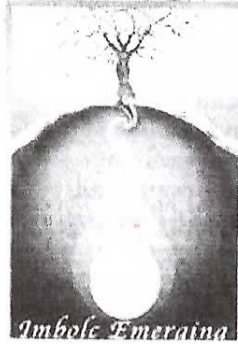
Bolinas Hearsay News

Monday, January 30, 2012

46 ¢ + tax



From *The Complete Idiot's Guide to Wicca and Witchcraft*



Imbolc (IM-bolk), which is often called Candlemas, is the time when Wiccans celebrate the renewing fertility of the Earth. The Goddess is seen as recovering from childbirth, and the God is a small child. This is also the time of "fire in the belly."

There is the feeling that spring is coming, but a certain restlessness or cabin fever can set in. This can also be the bleakest time of the year when we start to fear that spring will never arrive. It's no coincidence that many people celebrate Ground Hog's Day on this date. What is Ground Hog's

Day but a way to let Nature reassure us that spring really will come? Sometimes, even though it is still cold, you can see early buds on trees on this date. This is another way that Nature reminds us to hang on; life is getting ready to burst forth.

Imbolc is a time to celebrate with seeds, with a newly germinating idea. Some covens like to initiate new members at this time of year. Imbolc is a holiday of purification and of the renewed fertility of the Earth. It's a great time for some early spring cleaning, too. Get rid of things you don't need. Get ready for the spring season to come.

WHAT'S HAPPENING?

Tuesday, January 31

BOLINAS/LAGUNITAS/SHORELINE SCHOOLS

Special joint meeting of three district boards @ West Marin School, Pt Reyes, 4pm

Thursday, February 2nd

IMBOLC/CANDLEMAS/ST BRIGID'S DAY

Celtic Feast Day celebrating the beginning of spring; marks the halfway point between the solstice & equinox

COAST CAFÉ CONCERT SERIES

Dale Polissar & Bart Hhopkin play lamp-lit eclectic jazz @ Coast Café, 6-8pm

ART & GARDEN FAIR

Organizational meeting for this year's big Community Center fundraiser, at Community Center, 4-6pm.

Info: Lia, 2128

FREE FAMILY CAREGIVER SUPPORT GROUP

Share your story and support friends. Calvary Presbyterian Church 6:30-8pm Info: Beth Carusillo: 415-663-8148x108

Friday, February 3

BOBOLICIOUS OPEN MIKE 6-9 PM,

Singers/songwriters and poets, come early to sign up.

MARIJUANA: IS IT MEDICINE YET?

Donald Abrams, MD, at Commonweal, 10am-1230pm. the-new-school.org

RIBBON-CUTTING RE-OPENING CEREMONY

At the corner of Terrace & Overlook, 1:30 pm

Tuesday, February 7

FULL MOON

BOLINAS/STINSON SCHOOL

Regular monthly meeting of the Board of Governors, Bolinas campus, 6:30pm

Thursday, February 9

KINDERGARTEN OPEN HOUSE

And registration, at Stinson campus, 6-8pm. Child-care (3+) provided. RSVP Kara, -1603

HAPPY HAPPY BIRTHDAY!!!

January 30: Sandra della Valle

**January 31: Kate Sanders
Chou-Chou O'Hare
Lynn Murray (remembered)
Charlie Winstead**

February 1: Don Smith

**February 2: Lauren Henderson
Kara Blake**

**February 3: "Elfriede" Paoletti
Al Molina**

**February 4: Eva dellaAlle
Michelle Logan**

**February 5: Toby Salz
Mary Beth Braun
Barbara Henley
Jackson Shea Kent**

pasteup
ads/books
press

Ned Riley
June McAdams
Jeff Manson

MONDAY MONTHLY REVIEW

from jenniefieffer@earthlink.net

Here we are at the end of January, 2012, amazing as that might seem, and as promised, I will be starting an end of month review of some around town highlights. I thought about moving to Wednesday's because, alliterative person that I am, I like the sound of Wednesday Weekly Wrapup, but I decided to stick with Monday's for a monthly column, not only because I like the "m"'s of Monday Monthly and Monday Meetings, but mainly because, in reorganizing Hearsay News staff, Wednesday is a pretty full paper, what with StuArt and Steve Heilig editing alternately. Friday's always have plenty of contributions, with Vanessa Waring's Children's Corner, a lot of weekend items, and alternating editors Rafferty and Manson with lots to report. Monday Monthly it will be, as well as Monday Meeting reports as warranted.

2012 started quietly, with some beautiful weather, so beautiful that it made residents a little nervous. It seems we're so prepared for wind, rain or fog, with a smattering of perfect days, that conversations kept returning to the strangeness of the sunny winter and what does it mean for the summer dry months? Is it a Hunab Ku event? Is it going to lead to an influx of **OUTSIDERS**? Can we not relax and enjoy the easy winter? Maybe if we could do that we would be living in someplace like Palm Springs.

The last weekend of the month had the Community Center jumping Saturday night with a smash of a Bash, 70th birthday party, that Jan Broek gave the town. It was his rock star night, and there were three sets worth of outrageous Jan originals, backed up by Will Kahn of *Sambada*, Jericho Broek of *What the Funk*, Marcos Biddle of the *Woodsmen*, Lex Razon of *Vinyl*, Garland Savoy Wilson and some 3rd set songs with Adrienne Pfeiffer, and Ben Pfeiffer on bass. Who knew Jan had three sets worth of material? He's had a busy 3 score & 10.

In between the parties, there were meetings, musical events, museum and gallery art, and a month of reflection. Happy to report, I heard of no deaths in the community. We lost Etta James in the larger world, a big musical loss. We had a Bolinas-Stinson Community meeting to discuss use of space, the value our two preschools play, and a segue to Leo's grand dream of a combination gym, visual and performing arts center, and pre kindergarten space. Lots to prioritize.

Work on the Local Directory is coming along and will be out in February, and otherwise, it looks like it will be a Wabi Sabi year, which, according to Wikopedia, represents a comprehensive Japanese world view or aesthetic centered on acceptance of transience. The aesthetic is sometimes described as one of beauty that is "imperfect, impermanent, and incomplete". Characteristics of the wabi-sabi aesthetic include asymmetry, asperity (roughness or irregularity), simplicity, economy, austerity, modesty, intimacy and appreciation of the ingenuous integrity of natural objects and processes. Looking forward to February and a continuing Wabi Sabi year, Jp



COMMUNITY &
CULTURAL CENTER

dance palace

February

BLOOD DRIVE 2012

Saturday, February 4, 8 AM-1 PM

If you are aged 17 or older, weigh at least 110 pounds, and are in good health, please consider donating blood. You will be contributing to a vital community service.

Sponsored by West Marin Community Resource Center / 663-8361

STEVE LUCKY AND THE RHUMBA BUMS FEATURING MS. CARMEN GETIT

Saturday, February 4, 8 PM

Tickets: \$19, \$17 seniors, \$9 teens
Sponsored by Britt and Susie Stitt

Born in Seattle and raised near Detroit, Steve Lucky started playing piano at age eight and was playing and singing professionally by the time he was 13. While attending the University of Michigan in Ann Arbor, he founded and led the six-piece Blue Front Persuaders through the '80s, playing jump-blues, '40s and '50s R&B, and swing. Sticking to his musical roots, Lucky formed his own band in New York City and toured Europe extensively until he moved to the San Francisco Bay Area in 1993. Culling the best of the Bay Area's musicians, Lucky started the Rhumba Bums in 1993 as a quintet but the band really took shape in '94 with the addition of Ms. Carmen Getit. In Getit's powerful sound, one can hear echoes of her idols Ruth Brown, T-Bone Walker, Etta James, Dinah Washington, and Tiny Grimes. Ms. Getit is also a versatile vocalist, swingin' or shoutin' the blues.

WEST MARIN DANCE PARTY

Friday, February 10, 7:30 - 10 PM / \$6

Come one come all to the best teen dance in West Marin in grades 6-8. Featuring a professional disc jockey from Portable Party Crew-West. Song requests can be made at www.portablepartydj.com

SWEETHEARTS OF THE RADIO

Saturday, February 11, 7 PM

Tickets: Visit online at www.kwmmr.org or call 663-8068

This benefit concert for KWMMR Community Radio is a long-standing tradition in Point Reyes Station, and this year is no exception. From roots to bluegrass to folk and beyond, the line-up never ceases to amaze those who attend. Save the date and come and show your love for

www.dancepalace.org

The Dance Palace, 5th & B Streets
Point Reyes Station

Tickets at www.dancepalace.org

BOLINAS FIRE PROTECTION DISTRICT
PO Box 126 100 Mesa Rd Bolinas, CA 94924

January 30, 2012

Steve Kinsey, Supervisor
Marin County Board of Supervisors
3501 Civic Center Drive, Room 329
San Rafael, CA 94903

Re: Terrace-Overlook Bluff Stabilization Project

Dear Steve:

When it became apparent that upper Terrace Avenue really was sinking and the bluff becoming increasingly unstable, there was a pervasive feeling that little within economic reach could be done to save this essential public thoroughfare. Now, resting on a meticulously restored and erosion-resistant bluff, the freshly paved roadway is reopened to traffic, providing a crucial second route for emergency services and access to scores of homes. This is an enduring testament to your leadership.

Thank you, and all the participants, for an awesome project. Bolinas Fire Protection District and its Board of Directors wish to express a special note of appreciation to the following:

William McCormick and Terence Craven, for the peerless engineering design. Sometimes less really is more, and their profound understanding of both the geology of the site and its relationship to the surrounding environment is reflected beautifully in the completed work;

Ernest Klock, for many valuable contributions to the success of the project, both visible as well as unseen, including his incisive project presentation at last summer's public meeting at the Bolinas fire station;

Bob Beaumont for tenacity and ingenuity in the face of long odds. For decades Bob has lived with seemingly insurmountable problems countywide, working tirelessly for practical solutions despite the severe economic constraints that have forced an emergencies-only implementation of public works projects;

Maggiora & Ghilotti for the actual physical work. In a time when such projects generally attract little attention, and only then to inquire when they'll be finished and how much they'll cost, the Terrace-Overlook Bluff Stabilization Project was riveting from day one.

The professionalism of Maggiora & Ghilotti's crew, under pressure to complete the project on time and doing inherently dangerous work, was amazing to watch. The coordinated movement of men, machinery and a good-sized mountain made it look like just another day at the office. Please extend our heartfelt appreciation to every member of the crew for a job well done.

It's a great relief to Fire Chief Anita Tyrrell-Brown, the Duty Officers and Volunteers, that the always-challenging task of responding quickly and effectively to community emergencies now has one major barrier removed. A disaster-in-waiting for hundreds of residents and visitors has been averted because of County of Marin's timely action. We greatly appreciate all that you and your colleagues have done to bring this about.

Thank you,



Philip Buchanan
President, Board of Directors
Bolinas Fire Protection District

**BOLINAS COMMUNITY
PUBLIC UTILITY DISTRICT** 
BOX 390 270 ELM ROAD BOLINAS CA 94924

**CEREMONY AT TERRACE AND OVERLOOK TO
CELEBRATE THE COMPLETION OF THE
TERRACE AVENUE SLIDE REPAIR – FRIDAY,
FEBRUARY 3RD AT 11:30 A.M.**

To the Bolinas Community:

The County of Marin's Department of Public Works has scheduled a ceremony to celebrate the completion of the Terrace Avenue Slide Repair for Friday, February 3, 2012 at 11:30 a.m. and the community of Bolinas is cordially invited to attend. Representatives from the County – including Supervisor Steve Kinsey – the contractor, and the geotechnical engineers will be on-site to officially acknowledge the completion of the project and opening of the road. Representatives of the Bolinas Fire Protection District and the Bolinas Community Public Utility District also are scheduled to attend.

Please come and join us in this opportunity to express the community's appreciation for this tremendous public works project!

Jennifer Blackman
General Manager

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

2nd Prize \$25

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

READ THE HEARSAY ONLINE

Tell your friends and families that they can stay connected 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!

Go to Health: Luteolin – Another fascinating compound in plants

Luteolin is a flavonoid – a compound in plants that gives yellow or red/blue pigments designed to attract pollinators. Flavonoids also fix nitrogen, regulate plant physiology and inhibit plant diseases. When we humans eat plants, the flavonoids therein may have many beneficial effects. Research on luteolin is an example.

Dr. Daniel Hwang is a molecular biologist at UC Davis. He has studied the ways in which luteolin (and other plant compounds – quercetin, eriodicytol, hesperetin, naringenin) apparently act as anti-inflammatory agents. These compounds target an enzyme in humans that can increase inflammation. Luteolin was found to be the most effective inhibitor of this enzyme. Since unchecked inflammation is associated with heart disease, cancer and problems of aging, this finding is a step on the way to prevention.

Researchers at the University of Illinois, led by Dr. Rodney Johnson, study anti-inflammatory compounds and their effects on the brain aging. They have found that luteolin can reduce inflammation in the brain as well as in other parts of the body. When infection occurs anywhere in the body, brain cells called microglia produce inflammatory chemical messengers that help to fight off the infection. This process is beneficial if it is limited to the acute infection. The inflammatory response is associated with sleepiness, loss of appetite, fever and lethargy, and sometimes a temporary diminishment of memory and learning. Some neurons may self-destruct in this process. Inflammation in the central nervous system can be serious if it goes on too long. Luteolin was found to diminish this inflammatory response, by shutting down a key component in the inflammatory pathway. When aged mice were fed a diet supplemented with luteolin, they did better on tests of learning and memory tasks than the aged mice controls; the levels of inflammatory markers in their brains were similar to younger adult mice. The researchers concluded that natural compounds in fruits and vegetables, by being anti-inflammatory,

could inhibit cognitive aging. Johnson thinks that his team's results are applicable to other conditions with an inflammatory component, including diabetes and obesity.

Just published research by Professor Jung Park in Korea has shown that luteolin inhibits cell signaling pathways important for the growth of colon cancer cells. Blocking these pathways can stop colon cancer cells from dividing, and can lead to cancer cell death.

Dietary sources of luteolin include celery, green pepper, thyme, chamomile, carrots, olive oil, peppermint, rosemary and oregano. Note that these foods and herbs can all be grown locally. Luteolin is also being sold as a supplement, and should not be taken as such. You may remember the study showing that smokers taking beta-carotene supplements developed more lung cancer and had higher death rates than those without such a supplement. It was felt that taking an excess of one carotene may have inhibited the absorption of other carotenes from food. There are many flavonoids in plant foods, and they may act synergistically with each other. Taking any one of these as a supplement is unwise and untested. Earlier in this article I wrote about quercetin – found in apples, capers and onions, and eriodicytol, hesperetin, and naringenin – found in citrus fruits. The take home lesson from research on flavonoids is – keep eating a wide variety of vegetables and fruits. Remember what Michael Pollan said: *Eat food, not too much, mostly plants.*

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

THREE MORE GREAT THINGS ABOUT THIS PLACE...

- (1) Imbolc, The Celtic feast day celebrating the first signs of spring and the end of the darkest quarter of the year.**
- (2) Pink and white plum blossoms all over town!!!**
- (3) ESPN3. If you're a sports nut and have a good computer, you can stream video of almost any event you choose.**

--Ned Riley

ROAR en Español

ATENCIÓN a todos poetas y lectores de la poesía de habla hispana: Como coordinador de ROAR (Reach Out and Read – algo así como Extienda la Mano y Recite), busco poetas o cantantes de habla hispana (o maya o cualquier lengua de Latinoamérica) para recitar su poesía original, poesía de otros poetas, cantos o canciones, o simplemente los que quieren participar en venir y escuchar la poesía. Quisiera tener el primer evento en febrero o marzo en Point Reyes Station. Si tiene interés en honrar la tradición oral de Latinoamérica que viene de antiguo para crear una comunidad de poesía en español en West Marin, favor de llamar a Brian Kirven (415) 663-9042, o la oficina de West Marin Literacy 663-1849, o correo electrónico bkincanyon@gmail.com.

CALLING all poets and readers of poetry in Spanish: as a coordinator of ROAR (Reach Out and Read), I'm looking for Spanish-language (or Maya or any other language of Latin America for that matter) poets or singers to recite or sing their original poetry, poetry of other authors, chants or songs, or those who simply want to come and listen to poetry. I'm looking to set up a ROAR event in February or March in Point Reyes Station. If you have any interest in honoring the long-standing Latin American oral tradition by creating a Spanish-language poetry community in West Marin, please call Brian Kirven (415) 663-9042, or the West Marin Literacy office 663-1849, or email bkincanyon@gmail.com.

- Joanne Kyger



Friday, Feb 3
10am - 12:30pm

Don Abrams, MD
Marijuana: Is it
Medicine Yet?
Cannabis for Pain
and Palliative Care

Please join us for a science-based talk and conversation with Donald Abrams and Michael Lerner on the medicinal uses of this ancient herbal remedy.

Donald Abrams, MD, is one of the world's foremost experts on the medicinal uses of marijuana, especially for cancer. He is professor of clinical medicine at the University of California, San Francisco, and chief of hematology/oncology at San Francisco General Hospital. He provides integrative oncology consultations at the UCSF Osher Center for Integrative Medicine.

RSVP to TheNewSchool@commonweal.org
No charge for the event; donations accepted

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

Progress?

Should I worry about big things:
War, Unemployment, Environmental Disaster
or small things: no more school busses,
bad neighbors, deteriorating English?

How can one learn to spell when one
can't get to school?
School is now full of crime and
defense from same.

Yes, I worry about deteriorating English.
U r rite - computer speak, license
plate language shortened to mini-sound bites.
Text, tweet or twitter.
Language speeds up with mega messaging.

Gone is lovely cursive.
Gone are flowery romantic words.
Pardon me, gentle lady, may I
lay my cape across this puddle
for thy elegant convenience?

Today's words would read:
Kick rocks, bitch or
Watch it, girl.
Civility lost in tech.

A little problem can become a big
part of the big problems.
No matter how you say it
clear hearts speak the Truth.

Are you listening?

By Sandy Stephens
Jan. 2012



90.5 FM + 89.9 FM
WWW.KWMR.ORG



	Tue	Wed	Thu	Fri	Sat	Sun
6	KWMR Night Music	Weekly Feed 12-1 am	KWMR Night Music	S Sunspots to 1:30 am	Grateful Dead 12-1 am	5:30 am As It Happens (CBC)
7	6:30 am WM Report Day 6 (CBC)	6:30 am WM Report As It Happens (CBC)	6:30 am WM Report As It Happens (CBC)	6:30 am WM Report As It Happens (CBC)	6:30 am WM Report As It Happens (CBC)	6:30am WMReportWrap Morning Glory
8	8 am WM Report	8 am WM Report	8 am WM Report	8 am WM Report	8 am WM Report	# Gregory DeMascio # Anneke van der Veen
9	With Eyes Open! Peter Asmus	Good Morn. West Marin Susan Deixler	Wake Up West Marin Ann Gessert Raul Gallyot	Hump Day Jimmy G Dave Cook	Morning Blunder Howard D Mary S Charlie D	Swimming Upstream Amanda Eichstaedt Mike Litchfield
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Joy Maulitz	Turning Pages The Vinyl Café (repeat from Sunday)	Turning Pages COMING Erik Bauersfeld	Turning Pages # Bilingual Storytime # Specials	Original Minds Elia Haworth
11	TEMN Environment Specials	#1/3 Love is on the Air McGee & Taylor	Making Contact	An Organic Conversation	Nuestros Niños	Viewpoint The Place We Live
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions Michael & Justine Toms	Alternative Radio David Barsamian	Attunement Anthony Wright	NEW Voces de Nuestro Mundo TBA	Americana Saturday # Will Minor # Guest Hosts # Specials
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	NEW SLOT Your Own Health and Fitness Layna Berman	Philosophy Talk Ken Taylor John Perry	Parent Talk Susannah Baldwin PhD	Happy Days Marcie Judelson
2	Cruisin'.....	What's New?	Classical Wednesday	Classical Thursday	Classical Friday #1 Susanna Henderson	Riverwalk Jazz David Holt and Jim Callum Jr.
3	Rick Clark	#1 Jimo & Tammy # Specials	#1/2/4/5 Specials #3 Susan Deixler	# Susan Santiago # Leland Robins	#2/4 N Masonson NEW DAY for Norman	The Vinyl Café (CBC) Stuart McLean
4	# Aztec Pride Jorge Ramirez # Latin Alternative Lechner & Norek	Art of the Song John Dillon and Vivian Nesbit	NEW SLOT # Krista Tippet On Being #5 Coastal Airwaves Vickisa	TeaTime Books Mimi Calpestri Howard Dillon	#3/5 Specials	Learnin' Kirven To Hell & Bach
5	COMING Moyers & Company Bill Moyers	Sabrina Artel's Trailer Talk	Open House	Open House: Tómas de inmigración; Story Shed	Happy Hour	Brian Kirven Beth Underwood
6	Trash to Treasure Hope & Shulander	# ViewPoint (repeat) Ellen Shehadeh	Epicenter: #1 Pt Reyes Dialogues, Needleman # 4/5 Health Topics Anna O'Malley MD	NEW SLOT # Art's Desire # Hot Tech/Cool Science Julie Motz	Liberacha	The Celtic Universe
7	6:30 pm WM Report	6:30 pm WM Report	6:30 pm WM Report	6:30 pm WM Report	6:30 pm WM Report	# Loretta Farley # Lyons Filmer
8	The Hippie from Olema	Musical Varieté	Ridin' the Rails: The Americana Express	Bakersfield & Beyond	Shorty's Bunkhouse	Ears Akimbo's Elbow Room
9	Jerry Lunsford	Charlie Morgan	The Roots Gang: Will, Pat, Mike V, Amanda	Amanda & Mike V	Shorty	Between Rock and A Jazz Place
10	Reggae Radio	Faultline Radio	Coast Highway Blues	Story Hour Hearing Voices	Professor Kosmo Plays....	Paul Flowerman Grey Shepard
11	DJ Zoro	Jaimo Crespo	Larry Rippee	Stuck in the Psychedelic Era with the Hermit	Chris Breyer	Rick's Jazz Café
12	Monday Night Mixtape	The Amateur's Guide to Life	Sonic Sunspots Tony Palmer			Rick Clark
1	Jacoba Charles	Christian Anthony				The Celtic Universe
2	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report	Saturday Night Function
3						# Mark Potts # Marc Matheson
4						Coming: Radio Goethe
5						The Weekly Feed Kyle Meredith
6						Professor Kosmo Plays...
7						1.12.12

Office 415/663-8068 **STREAMING on KWMR.ORG** Studio 415/663-8492/8317

Bolinas Fire Protection District
11 Fire Calls and Emergencies for December 2011
7 Medical Aid
2 Alarm Sounding
1 Extinguished Fire
1 Structure Fire

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 9-11am. 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!

SERVICES

TREE SERVICE

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

SR/x

Bilgart Design

Interior design
Kitchens
Baths



Paulette Bilgart
415 868 0108

bilgartdesign.com

HANDYMAN: Carpentry, painting, home repair,
Hauling too! 27 years experience. Local refs.
Steve Hill -2310

SHx

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

MCx

BRUSH TO MEADOW TRANSFORMATION.
Heavy duty tractor mowing/backhoe/rototiller/post-hole
drilling/discing/plowing. Don Murch -0921

DMx

Community Mediation Board
868-0493

Involved in a conflict?
We have trained mediators.
Free, Confidential, Effective

x

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SCHOONER SALOON & HOTEL

- INTERNET ACCESS • CHECK CASHING
 - WESTERN UNION • ATM & CREDIT CARDS
- COLOR COPIER (B&W too)

41 Wharf Rd., Bolinas 415-868-1311



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Professional and Economical
Call 415 868 1098 for free estimate

CA 2/1

FRUIT TREE PRUNING

Director of **Apple Tree International**
back in Bolinas for the winter/spring
and available to prune your fruit trees
with expert care. Call Sasha: 868-9330

SG 3/21

June McAdams, RN
Compassionate and Skilled

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Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience

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• EMT experience • 215 • Farming & Gardening: raised beds,
compost, greenhouses • Trimming • Chainsaw * Light
construction and useful space design • Demolition • Dump runs
For honest, reliable personal help leave a message for
Kent Sutherland. 868-2228 Thank you

KS2/24

TAX PREPARATION!

Susan Hewlett Johnson
8681134

SJ 3/31

art - web design - free press - software

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BASIC WEBSITE PACKAGES - ~~FREE~~

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CH 2/12

CAREGIVER AVAILABLE

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

CH 2/8



ANNOUNCEMENTS

ROOM / BATH IN SHARED HOUSE
ON THE BIG MESA IN EXCHANGE FOR
CARE GIVING - PLUS SALARY
415-868-2712

MC 1/27

HOUSING WANTED

ROGER AND FLOWER SIERRA SEEK
long term housing. Please call-669-7041.

FS 2/1

HELP: GELUS, EVAN AND ISAAC NEED HOUSING
starting in the Summer. Shared, creative, suggestions?
Thank you. (916) 752-1243

RA 2/24

WANTED

Wanted: Materials for my new garden in Bolinas!
Old windows/sliding glass doors, lumber, rock, straw, bricks,
gopher wire, compost, planters, anything! Please call Isabel -
503-688-0990

IS 2/1



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.

FOR SALE

MUST SELL NOW SWEET, ECLECTIC WELL-LOVED COUNTRY HERBAL APOTHECARY & SUNDRIES.

A favorite Bolinas spot for seven years with established steady local customer base as well as enjoying international acclaim.

A fun place from which to interact and view Bolinas.

Please call Judith Elliott 868-1428.JC 1/13

JE2/1/

ORDER BEES NOW!

Italian, Carniolan or Survivor Stock • Packaged Bees or Local Nucs • Beekeeping Supplies, Classes & Support.

www.beekind.com •

Bee Symposium March 10th! Details on website

KV2/30

BARE ROOT 'SEASCAPE' STRAWBERRIES'

for sale at Gillyflower Nursery 440 Overlook - Discounts on 50 or more. Call -2531 to order. Veggie starts coming soon.

AP2/8

GOOD THINGS

Charlie Docherty's new album is available at....

Bolinas People's Store, Don's Liquors, Kaleidoscope, Uniquities, Bolinas Bay Hardware, and Point Reyes Books.

Or call 415-868-2758

CD 2/13

Uniquities Variety, Thrift, and Really Good Pet Food Emporium

Assorted wonderful objects loved and released, art, artifacts, antiques, collectibles, albums of stamps, guitar, mandolin & uke strings. January Sale- 20% off all yarn, women's golf clubs now \$10 and select top quality dog food.

OPEN DAILY NOON to 5PM in old Video Store location behind the BOOK EXCHANGE

Jan 1/30

LOST & FOUND

LOST ON MONDAY (1/16) KIDS WALLET WITH robots on the front. ID and \$ inside, on a route from the post office to the top of Terrace to Poplar.

Please call Lucian -0473

LT 1/20

FOUND: SMALL CUTE DOG

By lagoon, a brownish white female with black nose and ears. Sofi - 8844

SA 1/11

LOST AT NEW YEAR'S EVE PARTY - Ron's prescription glasses with with dark blue frame. Did something pick them up thinking they were theirs??. Actually - he lost another pair somewhere too. Check around please and call - 1898

MG1/5

MISSING: 2 FOLDING TABLES WERE TAKEN

from where they were stored at Mesa Park. The tables are used for the Sunday Food Program. Please be kind and return in kind.

SA 1/11/12

MISSING FROM COMMUNITY CENTER:

a 10 ft folding table. Please return if you have borrowed it.

Thanks BCC

1/11

CLASSES

QI GONG

Coming - To the lounge downstairs at the Stinson Church.

Starting Feb. 14, Tue. & Thur. 9:30 - 10:30 AM.

\$15 suggested donation. - Call Debra 868-1638

2/10DZ

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 (starts 1/15/12) 9:00 - 11:00 a.m.

Brazilian Dance w/Anna (once a month call 868-0697)

11:00am-noon

Jujitsu w/Julian

6 - 7:30pm

Monday

Pilates w/Lisa (pre-register 868-0473)

5:30 - 6:30 p.m.

Jujitsu w/Julian

7:00 - 8:30 p.m.

Tuesday

Yoga w/Trishna (starts 1/3/12)

9:30 - 11:00 a.m.

Arial Arts for Youth w/ Joanna

3:30 - 5:30 p.m.

(For registration 868-8821)

Wednesday

Pilates w/Lisa

8:30 - 10:00 a.m.

Yoga Basics w/Trishna

5:00 - 6:15 p.m.

Biblia en Español

8:00 - 9:30 p.m.

Thursday

USDA food bank

12 noon

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.

(info 868-0473)

Check the marqué by the Library for special events at the Community Center. For Info. 868-2128 or Bocenter.org

RIDE SHARE

WEST MARIN SENIOR SERVICES

has a new volunteer driver program.

Please call Chloe Cook, at 663-8148 ext. 114 to sign up.

hearsaynews@yahoo.com

Submit articles and drawings by midnight for publication the next day. Request a link to the password-protected website. Thank you.

-- Michael Rafferty, Online Editor