

Bolinas Hearsay News

Monday, August 29, 2011

46 ¢ + tax

HAPPY HAPPY BIRTHDAY!!!

- August 29: Mark Harmon
Ron Applin
Jeremy Dierks
Ron Brown
- August 30: Bill Berkson
Susan Murphy
Michael Della Valle
Orrian Elijah Willis
- August 31: Brook Sierra
Helen Sirica
Cyrus Harmon
- September 1: Dean Hutchinson
Chenoa Erickson
Sarah De Berry
Melinda Mills
Una Zakas
- September 2: Jessica Danielle Maxey
Gary Rosenblatt



WHAT'S HAPPENING?

Monday, August 29

RESOURCE RECOVERY PROJECT
meeting, 270 Elm Rd., 3:30pm

Wednesday, August 31

MIDNIGHT ON THE WATER

Acoustic contradance music for Smiley's celebration of all August birthdays, 7:30pm. Free. Free cake too.

Thursday, September 1

COAST CAFE MUSIC:

Dale Polissar and Bart Hopkin, 7-9pm

FIRE DISTRICT BOARD

Special closed meeting, 10am

Saturday, September 3

GUSHING WOMAN

Celebration of the Divine Feminine and the Consciousness of Water, Brighton Beach, noon

TRUE STORIES

7pm at St. Aidan's; more info: Camilla Ford -1336, or bajacamilla@yahoo.com; suggested don: \$5-10

Sunday, September 4

33D ANNUAL GYMKHANA & HORSE SHOW

@ Vanishing Pt Ranch, 9-5. Register @ 456-7516

DAVID GLEASON MEMORIAL

Paddle-out & potluck, 11am, then adjourn to Soccer Field 2pm. Info: Ed Pohlman, -2727

Monday, September 5

LABOR DAY FESTIVAL All day block party downtown: live music, BBQ, beer, wine, dessert table, Silent Auction; benefit for the Community Center, noon to dusk

September 3: Jared Robinson

September 5: Chime Serra
Madelyn Sobel

September 6: Kit Keigwin
Luke Allen-Walmisley
Janice Tweedy
Paul Elliot
Lisa Glueck

September 7: Harmony Cipollina
Lynn O'Hare Berkson
Jonathan Korty
Patty Bradford

September 8: Laurel Hammermann
Kathleen O'Neill
Molly Brown

September 9: Brannigan Waycott
Ann Shea Kent

September 10: Cathy Tiller
Jerry Dunn
Ed Pohlman
Laurie Riley
Silvia Nakkach
Baraca Broek

September 11: Rio Patton

SAVE THE DATE!

Friday, Sept. 16, 8pm
Bolinas Community Center

Saturday, Oct. 1, 8pm
Dance Palace, Pt Reyes

DEJA VU

(So What's New?)

A TRAGIC/COMIC MUSICAL REVUE

BY DALE POLISSAR

Dynamite Singers! Dynamite Songs!

West Marin Review seeks art, prose, poetry for its Volume 4 to be published in 2012. Submission deadline is September 1 this year. Important submission details are at <http://westmarinreview.org/submissions.html>.

BOLINAS BAY HARDWARE & MERCANTILE HAS SCHOOL SUPPLIES!

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SPECIAL CLOSED MEETING AGENDA
BOLINAS FIRE PROTECTION DISTRICT
BOARD OF DIRECTORS
Thursday September 1, 2011 at 10:00am
Location: Bolinas Fire Department
100 Mesa Road

(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. Closed Session – The Board will go into closed session at this time with Legal Counsel regarding potential litigation per section 54956.9(b)(3) of the Brown Act
4. Public Expression (The public may address the board regarding matters not on the agenda.)
5. Adjournment



Marin County Pony Club's 33rd
Annual Gymkhana & Horse Show
Sunday, September 4, 2011, 9-5

Vanishing Point Ranch, 581 Evergreen Rd,
Come out to Vanishing Point Ranch in Bolinas for a fun day of horses, events, mounted games, barbecue, and a raffle sponsored by The Friends of the Marin County Pony Club. Hope to see you there, but please leave the dogs at home! To register visit: marincounty.ponyclub.org or call Jane at (415) 456-7516.

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

pasteup
ads/books
press

Ned Riley
June McAdams
Jeff Manson

Memorial for David Gleason

Aloha,

There will a Surfer's Paddle Out Memorial for David Gleason on Sunday September 4 on the Bolinas Beach at the end of Brighton Road. The gathering time is 10:00 AM with the Paddle Out beginning at 11:00 AM. There will a potluck following the Paddle Out until 2 PM when the group will migrate to the soccer field for Sunday Soccer. Those wishing to attend are asked to bring either flowers, a potluck dish or a fondness for David. Anyone wishing more information or wanting to help in any way, may call Edward Pohlman -2727

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



BCC Board Meeting-July 23, 2011

Present-Randi Arnold, June McAdams, Max Brimhall, StuArt Chapman, Steve Wrenn, Jennie Pfeiffer, Gabe Lowry, Don Read, Susie Stewart, Pam Dake, Lia Sabbitini, Eleanor Lyman, Una Zakas, Jan Broek

Visitor-Dale Polissar, Beth Carusillo

Minutes and agenda approved as submitted.

Meeting called to order at 10:15

Gabe spoke about need for some financial support. We moved to forgive one time the rent up to \$200 for the jujitsu classes. Motion passed. Second motion passed- to create a scholarship fund with the money remaining from funds raised for jujitsu classes.

Beth who is the west Marin Senior Service case manager for Bolinas spoke about wanting to connect with the BCC to better serve Bolinas.

Dale Polissar-Requested a 501c conduit from the BCC to obtain donated funds to produce a musical show .

Motion made and approved to act as conduit for funds raised by Dale to do this musical.

President's report-StuArt welcomed Randi and Lia, our new development director and manager respectively.

Treasurer's-Max said he cannot attend the board meetings due to his new business but would like to remain treasurer, be dropped as a check signer and become an associate board member. He will be in the office once a day and communicate with Lia and Randi and will prepare a financial report for each board meeting. Current fiscal state is fairly sound. Balance sheet circulated.

Jan talked about redoing the floors as is usually done at this time and asked if the funds, \$2,400, were available.

August 1st will be the start date. A motion made to move forward with this floor reconditioning for \$2,400 with the condition that the building and grounds committee first obtain another bid. The building & grounds committee is authorized to go forward with the floor refinishing pending obtaining another bid. A motion was made and passed to this effect.

Manager's Report-Lia-Mesa Park work will begin and the park will be closed for about a year. Stock transfer through the bank will be investigated (donations). If the Gibson House and People's Store approve, a party will be held in the plaza for Tom D'Nofrio's , and other Leo's Birthday.

The Kitchen committee met-worked on schedule, how much to charge for use. Bobolicious and BOBO Burrito are currently using the kitchen. These issues were passed to the financial committee to decide how much to charge kitchen users. We have a \$1,000 grant for new refrigerator and one will be sought. Finance committee will meet this week.

StuArt-introduced the plans for the People's Store project including resurfacing of the plaza which the People's Store will pay for.

MONDAY MORNING WEEK IN REVIEW 8-29-11

JENNIEPFEIFFER-RILEY RECAP

SUMMER VACATION OFFICIALLY ENDED THIS WEEK AS BOLINAS-STINSON SCHOOL STARTED ITS 2011-2012 SCHOOL YEAR ON WEDNESDAY. Both campuses looked lovely and staff seemed enthusiastic and ready to get back to work as they gathered with board members at Monday's beautifully sunny Back-to-school Barbecue held beyond the fog line at the Horseshoe Hill home of principal Leo Kostelnik. Superintendent Larry Enos flipped beef and veggie burgers masterfully as everyone shared potluck dishes and stories of vacation adventures.

Tuesday there was a special meeting of the Board of Trustees where we reluctantly accepted a letter of resignation from much loved art teacher Harriet Kossman. Harriet was one of the founders of the art shop program in the mid 1970's and has been the mainstay and guiding force ever since, receiving a Golden Bell Award for teaching excellence and statewide recognition as an outstanding art teacher. Under Harriet's leadership the shops have grown to an award winning art program receiving many regional and state awards as well as national attention in the 1980's when it received a grant from the Rockefeller Brothers' Foundation. It is the only elementary program of it's kind in the state and one of only a handful nation wide. Harriet will stay on this year in an advisory role, working with the new teacher (who will be hired in the next two weeks) and in the middle school classes on special projects. It is difficult to accept the retirement of such a valued long time member of the Bolinas-Stinson School staff and we are happy to have her stay on in this transitional capacity.

Harriet had the concept many years ago to offer our students an Art History lesson each rotation, as students moved from one shop to another, leading to a project in clay, wood, metal, or paper, as students entered one of the four shops. It is still in place and I stopped in on Thursday to see David VanLeeuwen's slide presentation on clocks and other historical methods of keeping time. It was excellent and I look forward to seeing what work the students produce on this theme.

After-school classes start this week and you can find out what's available by checking the Backpack mail or by going on line to the school's website. Molly Maguire is the coordinator.

Remember to slow down in front of Bolinas and Stinson campuses and around bus stops as students race to or off of the bus.

Hope to see everyone Downtown Labor Day this weekend. Jp

Eleanor-Made a motion was made and passed to go forward with the kitchen project-with the finance committee and building & grounds committee given the power to authorize no more than \$4,000 to complete this current project.

Labor Day-Randi reviewed what was needed. Julie is planning food, Susie, membership table, Music all scheduled, including an acoustic stage near the Free Box. Jan is picking up the beer-5 kegs-and returning them. June will do the dessert table. Pam will take care of the shuttle arrangements. Jan will organize green team(clean-up).

Meeting adjourned at 12:45

Submitted by June McAdams

Go to Health: the link between fiber, overweight and cancer

You may be confused, and skeptical, about the importance of a high fiber diet. The connection between dietary fiber and a reduced risk of colon cancer has been disputed because of conflicting studies and differing measurements of dietary fiber. However, according to the American Institute for Cancer Research (AICR – a non-profit that fosters research on diet and cancer), a diet high in whole grains, fruits, legumes and vegetables is valuable to reduce both overweight and several cancers. AICR looked at over 7,000 studies worldwide, finding evidence that whole grains in the diet do lower the risk of colorectal cancer. In a large prospective cohort study, subjects who ate the most whole grains had a 20% lower risk of colorectal cancer than those who ate the least.

As readers know – whole grains include minimally processed wheat, spelt (an ancient variety of wheat) oats, rye, corn, barley, millet, quinoa and amaranth. When buying these grains as bread, crackers or pasta, it is important to read the label, and make sure that your product does not contain a deceptive sprinkle of whole grain but is 100% what you are looking for - the whole grain.

Foods high in fiber are relatively low in energy density; they contribute to a feeling of fullness and reduce the risk of overweight. Here is another way that whole grains prevent disease. Overweight is related to an increased risk of several cancers, including colon, uterine, breast (in women post menopause), esophagus, pancreas, gall bladder, liver, and kidney. A study from Tufts University showed that the distribution of body fat varied with whole and refined grain intake. Subjects with the highest intake of whole grains had the lowest amount of deep abdominal fat – known as visceral adipose tissue. Around our waists and in our buttocks and thighs fat lies under our skins, which we can feel by pinching ourselves gently. This fat poses less of a problem in normal-weight people. However, visceral fat lies inside the abdominal cavity, packed in between the stomach, liver, intestines and kidneys. This visceral fat has been shown to be a risk factor for insulin resistance, type 2

diabetes, cardiovascular disease and a shorter life. Visceral fat is associated with chronic inflammation in the body, and higher insulin levels – both linked to an increased risk of cancer. It is also linked to higher total and LDL cholesterol, and lower HDL (good) cholesterol.

Obviously, fat in the diet is essential – for the absorption of vitamins A, D, E and K from foods, for essential fatty acids like omega-3s, for taste, satiety and maintenance of stored energy reserves. Healthy fat intake is good, but having excess amounts of visceral fat is dangerous.

Here's advice from Harvard Medical School on how to reduce visceral fat.

*Regular moderate intensity physical exercise – 30 to 60 minutes a day. This would include brisk walking, biking, and gym workouts. Check with your MD or NP before beginning a program if you have not been active.

*Reduce portion size and emphasize whole grains and lean protein over white flour, rich desserts, sugary food and drinks, and alcohol.

It's that simple – in theory at least – and such a program will work. Many people welcome the help of a program such as Weight Watchers or Overeaters Anonymous to get started and keep going. You can find such programs in Marin County.

Marion Nestle, a professor in the Department of Nutrition at New York University and the author of many books on food and food policy, has a daily blog which you may enjoy:

www.foodpolitics.com. She has short, humorous and cogent posts on the latest in food science, how to eat, and how to improve our food system.

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

THREE MORE GREAT THINGS ABOUT THIS PLACE...

(1) Phil's retirement party: music in the late afternoon sun on the patio.

(2) Wednesday afternoon open-play soccer--we've had a lot of the kids coming out.

(3) Planning the autumn garden. Now I've got to actually dig it.

--Ned Riley



DSL Problems in Bolinas

-Lloyd Kahn

I had been having DSL problems on and off for 3 years. Typically, we'd get knocked off line, usually get back on by restarting the modem and/or the router and/or computer. At times none of these things worked and I'd call AT&T. They'd do remote testing, have us perform in-house tests, such as plugging another phone into the DSL line to see if there was a dial tone. Once in a while a technician would come out, but as you might guess, it would always be working by the time he got here.

In response to my inquiry in the *Hearsay*, I got the following messages from other people in Bolinas (who I'll keep anonymous):

1. "I have terrible time with DSL and slowness..."
2. "we buy dsl from sonic who relies on AT&T to service the infrastructure. three times we have had to bring them out to 'plug the card back in'. there's a box, I think called a dslam, at the fire station. we are ports on a card that sits in a rack. rebooting the router only fixes it sometimes. other times, the link light won't sync and they have to come out. before they do, they lay on this stuff about it could be internal wiring which would cost you \$75. it never has been that. I test from the outside box for them on that. I think they sold more slots than they have, so rely on some kind of rotating outage as the guy in the truck moves plugs around to make the 611 calls go away.... commonweal just upgraded using cbeyond in sf. they were able to get the truck out to trace the problem down the poles. at&t treats cbeyond better than they ever treated commonweal, and sonic does not have the cojones to wage a complaint. we were out for 2 weeks the last time. sonic advised me to be patient with them. after the last fix, my netflix stream worked for the first time out here. so far it still works we are beholden to att&t for largesse out here. they get some payment to buy the trucks and hire the pole climbers. I wonder how much that adds up to. Is it possible for us to form a Bo Telephone to get that rake and buy our own truck and pole climber / card pluggin inner? short of that, we would need to get the PUC to tell them to fix this. If you get a lot of responses on this, I would be happy to sign on to a petition to the PUC. I told Sonic I thought these guys were trying to put them out of business, but maybe they're just trying to put themselves out of business....."
3. "I am have been having those problems for some time now, on a daily basis, sometimes several times a day..."
4. "For sure there is a DSL problem in Bo. The phone company repairman finally wrote a report stating that he had been to my place many times and it was never my problem. He asked them to put in a new cable and they did. It worked good for a while then not. The DSL guy came out again and told me the problem was at the spot off Mesa Road. He came back and said I was plugged into a fouled plug and that he plugged me into the only slot left. I said, "Yikes, what

happens if that one gets fouled?" He said, "I don't know." Yes indeed, we need to do something about the DSL. I was paying for the very high speed and mostly not getting it anyway but needing it with all the legal and other research I do...."

5. ">Hi Lloyd, "I have had the 'restart' problem ongoing, sometimes more than others, since I got online service about a year ago. I called ATT and she checked my line and said it was being sent at the correct high-speed rate. However it is not being received at that rate. Plus I have to often make several tries to get online. I assumed it was my computer, and have another coming. The person who services several computers in town and teaches special classes at the school (voluntarily I believe) is Kevin of www.marintellect.com. He raised an issue. He said that ATT is supposed to wrap 2 lines as the phone line enters your office/home if you have online service. This is because the wind and elements interfere with the signal. However I just have one line, so he said it would be worth trying to get ATT to double it. Being very busy I have not had time to pursue this. I am wondering if you have had many responses to your Hearsay note. The library is on it's own system and has excellent reception. Also the offices in the Bolinas Museum building have good reception. I wonder if it is just the Mesa?"
6. "I live two blocks from you and often lately my computer says "cannot reach server" and do you want to reboot system...so I think you might be right that something is off in the neighborhood...."

Our problem, after all these years, seems fixed -- they changed a card at the fire station and "...removed bridge taps on F2 pairs," which is something like terminating lines that went nowhere, but caused the signal to take a circuitous route before reaching us.

It used to be you could call Mike Ford, AT&T lineman at Stinson Beach, and he could issue a work ticket, and come out and solve problems. Now, with what one lineman told me is the "...new AT&T," the only way to get someone to come out is to call 1-877-722-3755 for tech support. *Hot tip:* to avoid much of the android voice and automated steps (and weird little clicking noises while you're on hold), dial "0" or say "operator" to get a human. If they can't solve it remotely, they'll send out a technician. There are a bunch of technicians out here, and the three that I've encountered—2 Steves and Tom have all been savvy and helpful.

I hope some of this is helpful. I'd suggest you persevere until you get the service you're paying for. It's doable.

By the way, I hereby retire from organizing DSL problems, too much other stuff to do... If you have info, I suggest using the *Hearsay*.

NOTICE:

The Bolinas Hearsay News will not be published on Monday, September 5, due to the Labor Day celebration.

--Ned Riley, Monday editor

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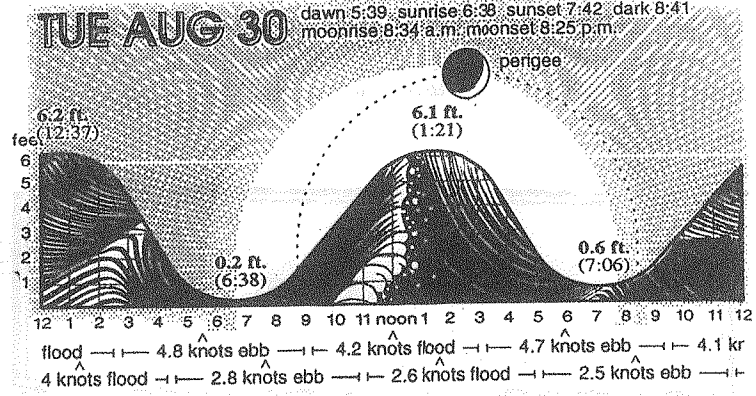
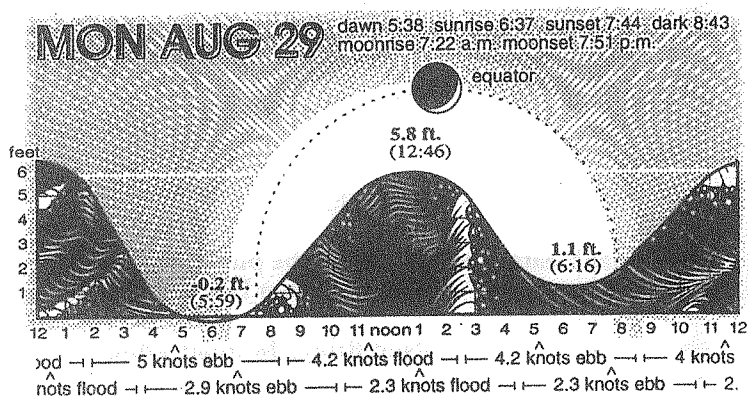
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
6	KWMR Overnight Music	The Weekly Feed 12-1 am	KWMR Overnight Music	Sonic Sunspots to 1:30 am.....then, KWMR Overnight Music	Grateful Dead 1-2 am KWMR Overnight Music	KWMR Overnight Music	KWMR Overnight Music		
7	Democracy Now!	Democracy Now!	Democracy Now!	Democracy Now!	Democracy Now!	Morning Glory	Daybreak		
8	With Eyes Open	Good Morning West Marin	Wake Up West Marin	Hump Day	Morning Blunder	Barrio Vibes	# Gregory DeMascio # Annaeka van der Veen # Guest Hosts		
9	Peter Asmus	Ann Gessert Raul Gallyot	Jimmy G Dave Cook	Howard D. Mary S. Charlie D.	Mike Litchfield Amanda Eichstaedt	Augusto Conde	Original Minds Ellis Haworth	Vicious Traveler Vicki Leeds	Sunday Celebration of Sacred Music Rick Clark
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Nechama Franklin	Turning Pages # Joy Mauiltz # Vinyl Café	Turning Pages # Kerry Wingsten	Turning Pages # Bilingual Storytime	Krista Tippett On Being	10 am BirdNote		
11	# Park Wavelengths L. Farley # Specials	#1/3 Love is on the Air McGee & Taylor	Making Contact	NEW An Organic Conversation	Nuestro Niles	Viewpoint	The Piece We Live		
	The Bioneers	#2/4/5 Queesting Calpestri & Mickelson	Public Affairs Specials	Heige Hellberg & Mark Mulcahey	Marisol Muñoz	Ellen Shehadeh	Marc Matheson		
12	Farm & Foodshed Report Robin Carpenter	New Dimensions Michael & Justine Toms	Alternative Radio David Barsamian	Attunement Anthony Wright	Your Own Health and Fitness Layna Barman	American Delights	Happy Days Marcia Johnson	Jazz with Kendrick Rand	
1	West Marin Matters #1 Stock #2/4 Gang & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	A World of Possibilities Mark Semmer	Philosophy Talk Ken Taylor John Perry	Parent Talk Susanah Baldwin Ph.D.	# Will Minor # Guest Hosts	Jazz Rhythms Dave Radlauer	LAST SUNDAYS	
2	Cruisein'	What's New?	Classical Wednesday	Classical Thursday	Classical Friday	World Playground	Riverwalk Jazz David Holt and Jim Callum Jr.		
3	Rick Clark	#1 Jimo & Tammy # Specials/Guest Host	#1/5 Specials #2/4 Norman Masenson #3 Susan Debder	# Susan Santiago # Leland Robins	#4 Susanna Henderson	#1/3 Susanna Henderson #2/4 Mark Petts	Vinyl Café Stuart McLean		
4	# Aztec Pride Jorge Ramirez	Art of the Song	Julie Metz: #Art's Desire #Tech/Science	TeaTime Books		Circle musical Jesus Martinez	Rhythm & Muse		
	# The Latin Alternative Norek & Lechner	John Dillon and Vivian Nesbit	#5 Vickie Coastal Airwaves	Mimi Calpestri & Howard Dillon			#1/3 Learnin' Kirven Brian Kirven		
5	Morning Shows (repeat) # Raul Gallyot # Mike Litchfield & Amanda Eichstaedt	Sabrina Arta's Trailer Talk	Open House	Open House #1: Tomas de Inmigracion	NEW TIME	Happy Hour Liberacha	#2/4 To Hell & Back Beth Underwood		
6	Trash to Treasure Hope & Schulander	#NEW Feminine Mystic Wendy McLaughlin	#4/5 Coastal Health Alliance, Anna O'Malley	Krista Tippett On Being		The Celtic Universe	Evening Buffet		
7	The Hippie from Olama Jerry Lunsford	Musical Varieté Charlie Morgan	Ridin' the Rails: The Americana Express	Bakersfield & Beyond	NEW TIME	# Loretta Farley # Lyons Filmer	#1/3 Ears Akimbo's Elbow Room Paul Flowerman		
8	Radio Nachi	Fauktine Radio Jaime Crespo	The Roots Gang: Mike V, Amanda, Pat, Will	Sherty's Bunk house	Friday Funk Fest Fairfax Funkateer	Rick's Jazz Café	#2/4 Between Rock and A Jazz Place Grey Shepard		
9	Silver Dollar Jukebox		Coast Highway Blues Larry Rippee	Amanda & Mike V		Rick Clark	NEW The Ol' One, Sink		
	Peter Martinaelli			Sherty			Patrick Kleeman		
10	Mixtape # Something Sound Jacoba Charles	The Latin Alternative	Sonic Sunspots Tony Palmer	Story Hour Hearing Voices	Magic Radio Chris Broyer	Professor Kosmo Plays The Blues	Reggae Radio		
11	# Amateur's Guide to Life Christian Anthony			NEW MUSIC SERIES Stuck in the Psychedelic Era with the Hermit			DJ Zora		

7.6.11

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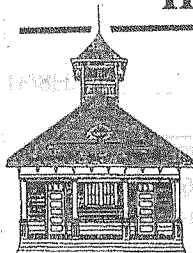
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9-16

HELP WANTED



BOLINAS-STINSON UNION
SCHOOL DISTRICT

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(415) 868-1603 FAX (415) 868-9406

ANTICIPATED POSITION OPENING

.34 FULL-TIME EQUIVALENT

CERTIFICATED ART TEACHER

TEMPORARY ASSIGNMENT, GRADES K-8

(Anticipated dates: August 22/11– June 14/12)

COMPETITIVE SALARY TO BE DETERMINED

Bolinas-Stinson School is a K-8 elementary school district. Student enrollment is 122 for the 2011-12 school year. Average class size is 14 students.

APPLICATION DEADLINE:

All application materials must be received by noon- August 31, 2011

DEMONSTRATION LESSONS MAY BE ASKED OF SELECTED CANDIDATES

QUALIFICATIONS

- Current California multiple subjects credential or equivalent and/or California single subject credential in Art
- K-8 Art teaching experience is highly preferred.

A COMPLETE APPLICATION PACKET WILL INCLUDE:

- District Application form (Call 415 868-1603 for application or visit <http://bolinas-stinson.org>)
- Personal letter of application that includes your specific strengths, reasons for interest in teaching in the Bolinas-Stinson School and briefly your philosophy of education (maximum two pages)
- Current resume
- Photocopy of current credential(s)
- Three current letters of recommendation or
- College/University placement file

APPLY TO: Lawrence H. Enos, Superintendent
Bolinas-Stinson Union School District
125 Olema-Bolinas Road
Bolinas, CA 94924

Bolinas-Stinson Union School District is an equal opportunity employer and maintains a smoke and alcohol/drug-free environment.

8/31

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.

WANTED


Wanted 1 Burning Man ticket-Scott-2209
SS 8/29

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415-868-1370 • Cell 415-342-4075 • H 415-868-1578
X

LOST & FOUND

FOUND: A COUPLE WEEKS AGO,
Red bicycle at gate on Alder, between Fern & Evergreen.
Call 96661 to claim.
PB8/10

\$200 Reward-Prescription metal frame ICH Berlin Sunglasses
RD 8/19

LOST: 13 INCH MACBOOK PRO
around July 26th, while confused. Reward. 868-2312
LL8/5

YELLOW SCRAMBLER-TYPE KAYAK
may have drifted off on a high tide. please call 868-9067 with any info. Thanks
KB 8/3

FOR SALE

POST CONSTRUCTION -
Cabinets, doors, lighting fixtures, wood, etc. Bedding, clothing, furniture, knick-knacks, horse tack, blankets, saddle, bits, etc
Sat. & Sun., Sept. 3 & 4, 60 Mesa Rd. upper dr.
NM9/2

YARD SALE * SUNDAY, Sept 4th * 9 - 5
at the Franklin Farm - 71 Olema-Bolinas Rd
great stuff!!... come check it out!!
LE 9/2

ANNOUNCEMENTS

SCRABBLE-LET'S PLAY
CALL ILENE, 868-1043, CELL-990-9043
ID9/5


KITTEN UPDATE
All 4 gorgeous grey kittens are now eating on their own and fully conversant with litterbox. #5 kitten moved in with friends in North Beach. Please call by Thursday, 9/1, if you would like to adopt a great companion. By Friday-9/2, they will go to SPCA in SF(no kill). 868-0831-Annabelle
AL8/31

WHILE THE BCPUD OFFICE IS BEING REMODELED

THE HEARSAY NEWS WILL BE FUNCTIONING OF COURSE!
AT IT'S USUAL LOCATION AT 270 ELM ROAD-- OPEN MONDAY WEDNESDAY AND FRIDAY MORNINGS 9-12 READY FOR ADS AND ARTICLES. Phone 868-0138

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
NS*


BOLINAS COMMUNITY CENTER
CLASS SCHEDULE 2011

Day	Class	Time
SUNDAY	Yoga w/Trishna	9:00 - 11:00 a.m.
	Afro Brazilian Dance w/ Anna	11:00 a.m. - Noon
MONDAY	Pilates w/ Lisa (Info 868-0473)	5:30 - 6:30 p.m.
TUESDAY	Yoga w/Trishna	9:30 - 11:00 a.m.
	Arial Arts for kids w/Joanna (Info 868-8821)	3:30 - 6:00 p.m.
	Zumba - Latin Dance Fitness w/Diane	6:30 - 7:30 p.m.
WEDNESDAY	Pilates w/Lisa	8:30 - 10:00 a.m.
	QiGong for Aching Joints w/Tania	10:30 - 11:30 a.m.
	Yoga Basics w/Trishna	4:30 - 5:45 p.m.
	Biblia en Español	8:00 - 9:30 p.m.
THURSDAY	Figure Drawing	9:00 a.m. - noon
	Guest teachers for evening class	6:00 - 8:00 p.m.
FRIDAY	Pilates Mat Class w/Lisa	9:00 - 10:00 a.m.
SATURDAY	Yoga w/ James Fox	9:00 - 10:30 a.m.
	Children's Movement w/ Lisa	11:00 - 11:45 a.m.
	Children's Movement (info 868-0473)	11:45 - 12:30 a.m.

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