

Bolinas Hearsay News

Monday, August 1, 2011

46 ¢ + tax

WHAT'S HAPPENING?

Monday, August 1

MESA PARK

Board of Directors meeting, Firehouse, 7pm

Tuesday, August 2

LUGHNASADH

Celtic celebration of the beginning of autumn & the harvest season.

OPENING RECEPTION: VICKISA

"Rosebud the Rescue Dog," mixed media, @ Book Depot Cafe, Mill Valley, 6-7pm

DONALD GURAVICH

Reads from his new book "World at Large" w/ Kevin Opstedal @ Moe's Books, Berkeley (2476 Telegraph), 7:30pm

Thursday, August 4

COAST CAFE CONCERT SERIES

Free live music & food & drink specials @Coast Cafe, 7-9pm.

THE JAUNTING

Live alt rock @ Smiley's, 8:30pm

Friday, August 5

DEBRIS

Opening reception for art by Jeff Manson @ Gospel Flat Farm Stand, 5pm

BIG B & THE SNAKE-OIL SAVIORS

featuring featuring Bolinas singer "Li'l A" (Adrienne Pfeiffer) @ Rancho Nicasio, 8:30pm

BUXTER HOOT'N

Live music @ Smiley's, 9pm

Saturday, August 6

ZEN MEDITATION

Monthly half-day Zen meditation. All welcome. Dharma talk at 10:30 by Zen priest Meg Levine. St. Aidan's Church, 9am - noon. Come for all or part

LEO PARTY

free, at the Bolinas Community Plaza, 3-6 pm
any questions contact Lydia Correia, 328-0579

ON THE WATERFRONT

Opening reception for: "Shipyards, Docks, Coves and Beaches;" New Paintings by Judy Molyneux, @ Bolinas Gallery, 52 Wharf

SOUL PIE

Live music @ Smiley's, 9pm

Sunday, August 7

GRAND OPENING

Bolinas Bay Hardware & Mercantile, food, drink, prizes, music by Midnight on the Water, 1-4pm

Saturday, August 13

FULL MOON

at 11:58am; rises 7:52pm

PERSEID METEOR SHOWER

peaks today



HAPPY HAPPY BIRTHDAY!!!!

- August 1: Emmy Rhine
- August 2: Eric Festin
Phil Hoffman
- August 3: Miranda (Young) Joseph
Mikel Jay
Janet Mattingly
Amelia Straton
Marialidia Marcotulli
- August 4: Bob Grenier
Bob Bates
Sam Blake
- August 5: Tom D'Onofrio
Judy Buchanan
- August 6: Karina Salenger
Rhiannon Broek
- August 7: Mechelle Cattell
Danny Harrington

pasteup
ads/books
press

Ned Riley
June McAdams
Jeff Manson



**The Dance Palace
Community Center**
503 B St., Ft Reyes Station

For more information, to volunteer,
or to join call 415-663-1075
Tickets at: www.dancepalace.org

AUGUST

DANCE PALACE SUMMER STOCK PLAYERS

The Dance Palace Summer Stock Players, a teen theater group directed by Sam Fisher, is planning to present a classic theater play (to be announced) for their annual summer production. Auditions are Saturday, May 14, 11:00 a.m.–1:00 p.m. Rehearsals start June 21 and are on Tuesdays, Wednesdays, and Thursdays, 5:00 p.m.–7:00 p.m. Be on the lookout for more information about these aspiring actors and their inspiring production.

Friday, Saturday, and Sunday, August 5, 6, 7 and 12, 13, 14, 7:30 p.m. / Tickets \$10 general, \$8 seniors, \$5 teens and kids at the door

THE BOLINAS CHILDREN'S CENTER

has space, starting in Sept., for children aged 3-5 in our Preschool Program. We are also accepting new two year olds into our Toddler Program. Scholarships are available for low income families. For more information please call Ward Young at 868-2550.

Saturday July 23

BOLINAS 4:49 PM. Report of white male in his 30's walking around almost naked. Upon further investigation, man found to be legally dressed. He agreed to move on.

Dear Neighbors,

Please join us for Bolinas Bay Hardware & Mercantile's
GRAND OPENING
Sunday August 7 from 1-4 pm.

"MIDNIGHT ON THE WATER" is playing and there's, food, drink, fun for all and a game or two!

Plus you can enter into a drawing to win:

- Grand Prize - A Gas BBQ Grill
- Second Prize - Paint & Supplies for an Entire Room
- Children's Prize - A Basket of Toys & Doggie Items
- And More...

We've spent our first 10 weeks LOWERING PRICES, INCREASING STOCK & ADDING FUN GIFT ITEMS, LOCAL CRAFTS, QUILTS, TOYS & HOUSEWARES.

So, stop by and see what we've been up to – we'd love to meet you and find out how we can better be of service. See you there!

Robin Bradford & Bill Hamilton
Karen & Tom Dibblee

COAST CAFE

43 Wharf Road, Downtown Bolinas
(415) 868-2298

music every Thursday from 7-9pm
5\$ wine & 4\$ draft beer specials

Reservations recommended (415) 868-2298

Via hearsaynews@yahoo.com

Once again, on Saturday evening from 6-7 at St. Mary Magdeline's a very lucky audience experienced a superb musical offering from Bill Quist at the keyboard and the vocal septet, MarinSingers including our Molly Maguire and Bill Q. These singers exquisitely set forth madrigals, rounds (including "Farmer in the Dell" in an entirely charming fashion), a tune in which their voices became pure onomatopoeia (dogs, cats), and "What a Wonderful World" which left us romantically drifting out into the dusk. There were fewer than a score of fortunate listeners. Please check the Hearsay for the notice of the next of these summer treats.

-- Anna Gade

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

Hearsay News ONLINE

LIMITED ACCESS

EMAIL HEARSAYNEWS@YAHOO.COM FOR PERMISSION TO VIEW

EVERYONE IS A REPORTER

hearsaynews@yahoo.com

The Bolinas Hearsay News is printed every Monday, Wednesday, and Friday afternoon at
240 Elm Road, Bolinas, CA 94924 P.O. Box 327 - 868-0138

Subscribe to The Hearsay News Online -- \$5.00 per month/\$50 per year and/or buy the real
thing in downtown Bolinas for 50¢ an issue.

Advertising rates are surprisingly reasonable: [click here](#)

The Current Hearsay (click)

pdf ARCHIVES

August, 2011
JULY, 2011
JUNE, 2011

ANCIENT ARCHIVES

The Beginnings of the
Hearsay News
February - May, 1974
&
1969, 1970, 1971 & 1973
Bolinas Lagoon TV News
Videos

A FEW LOCAL WEBSITES

(please send missing links to
hearsaynews@yahoo.com)

- Audubon Canyon Ranch
- Bolinas Lagoon
- Bolinas Lagoon Path
- Bolinas Library
- Bolinas Museum
- Bolinas-Stinson Union School District
- Bolinas Community Center
- Bolinas Fire Department
- Bolinas Land Trust
- Bolinas Coast Cafe
- Bolinas Realty
- Bolinas Rod and Boat Club (members only)
- Bolinas 2-Mile Surf Report
- Bolinas Community Public Utility District
- Bolinas Gallery
- Bolinas Surf Shop

Save Gas and Time

EMAIL SUBMISSIONS

Signed electronic
submissions received by me
at hearsaynews@yahoo.com
before midnight will be
formatted, printed, delivered
to and published in the paper-
and-ink Hearsay News the
following day. Otherwise, late
and last-minute submissions
will have to be hand-delivered
by you the old-fashioned way
to the Hearsay News
production offices at 240 Elm
Road - on the West side of
the BCPUD building.
Deadline for same-day
publication is 10:00 am
Monday, Wednesday, and
Friday. Thank you. -- Michael
Rafferty

Access to the Bolinas Hearsay News online is limited. If you want to see it
before subscribing, send an email to hearsaynews@yahoo.com, and I will put
you on the approved list. Thank you. -- Michael Rafferty

Go to Health: Garlic

Garlic has been used by humans for over 4000 years; it originated as a wild plant in Central Asia and spread all over the world. It has been found in the tombs of Egyptian pharaohs dating back to 3200 B.C.E. Garlic is a rich source of organosulfur compounds, which are thought to be responsible for its aroma and flavor as well as its potential health benefits. Garlic supplements are among the best selling in the US today; I will try to explain the evidence behind its popularity as an herbal medicine. Its use in enhancing the flavor of food must be experienced: "*and there was a cut of some roast...which was borne on Pegasus-wings of garlic beyond mundane speculation*" C.S. Forester.

Heart Disease: Many randomized controlled trials have looked at the effect of garlic and garlic supplements on people with elevated cholesterol, LDL cholesterol and triglycerides.

Some trials showed an improvement in 3 months, but no lasting effects by 6 months. However, most studies have shown that garlic supplements significantly decrease platelet clumping, which is a first step in the formation of blood clots. Because of this effect, people on blood thinners should talk to their doctors before taking garlic supplements. There is no solid evidence so far that garlic supplements reduce blood pressure or prevent the progression of plaque in the arteries, leading to heart attack or stroke. However, some studies do show benefits in these areas, and research continues.

Cancer of the stomach and colon: Studies from China, other Asian countries and Europe show that people eating raw or cooked garlic have a lower rate of cancers of the stomach, colon and rectum.

However, the amount of garlic eaten, either raw or cooked, and the variable amount of vegetables also eaten made it difficult to be precise about rates of reduction, which were 30 to 50%. Aged garlic extract in high doses was also found to decrease the number of precancerous polyps in the colon. These are important benefits.

Effects of cooking: the organosulfur compounds that give garlic its beneficial effects can be inactivated by heat. The protective effects of garlic can be partially conserved by crushing or chopping garlic and letting it stand for 10 minutes before cooking.

Powdered or dehydrated garlic is made from garlic cloves dried at low temperatures to prevent

inactivation; the dried garlic is pulverized and made into tablets.

The beneficial compounds vary greatly among commercial products – enteric coated tablets that pass the USP 'allicin release test' are likely to be the best.

Garlic supplements are also made from fluid extracts, garlic oil and aged garlic extracts. In my opinion, the most beneficial way to use garlic for health and pleasure is to eat it raw in salad and cooked in many dishes. Follow the 10 minute rule for cooking – crush or chop garlic and let it stand for 10 minutes before cooking, to preserve its benefits.

Adverse Effects: Some people report gastrointestinal symptoms after eating garlic, some have allergic responses such as asthma, and some have skin rashes. Occasional cases of serious bleeding have been reported. However, these reactions are rare. For most of us, garlic is a strong, or subtle, delight.

There are many miracles in the world to be celebrated and, for me, garlic is the most deserving. Leo Buscaglia (the love doctor)

Sadja Greenwood, MD - back issues at sadasacolumns.blogspot.com

COASTAL HEALTH ALLIANCE | BOLINAS COMMUNITY HEALTH CENTER

YOUR LOCAL MEDICAL HOME

Call to make an appointment at the **Bolinas Community Health Center** a part of the Coastal Health Alliance!

Phone: 415-868-0124
Location: 88 Mesa Road
Hours: Monday to Friday, 9am to 5pm
Web: www.coastalhealth.net

Our Services

Primary health care for the whole family
Prenatal and obstetrical care
Podiatry
Mental health
Laboratory services

Our Providers

Dr. Anna O'Malley
(Family Practice, Integrative Health)
scheduled on Wednesdays
Dr. Kristin Kalmbacher
(Family Practice)
scheduled Tuesday, Thursday, Friday
Patty Bradford
(Family Nurse Practitioner)
scheduled on Mondays

HOW ARE WE DOING?

Provide feedback on our services by contacting us at:
quality@coastalhealth.net
415-663-8781 ext. 316

THREE MORE GREAT THINGS ABOUT THIS PLACE...

- (1) Fresh whole local salmon at the market--first time in three years, says Perry.
- (2) Lughnasa, the ancient Irish festival marking the beginning of autumn and the harvest season--this Tuesday.
- (3) Naked ladies blossoming & poison oak leaves turning red, reminders that the end of summer is in sight.

--Ned Riley

The SCRAP METAL MAN COMES THIS WEDNESDAY, AUG. 3RD. CALL TANIA IF YOU HAVE STUFF TO PICK UP-(SAVE ON HAULING & DUMP FEES!)

TANIA

BEDFORD

MONDAY MORNING WEEK IN REVIEW 8-1-11 JENNIEPFIFFER-RILEY RECAP

MONDAY MORNING RECAP IS MOSTLY ABOUT MEETINGS OF THE WEEK. The Resource Recovery committee met Monday, taking a look at how things are going. The report is that the Resource Recovery Project continues to be an invaluable resource for the communities of Bolinas and Stinson Beach. It reduces fire fuel by giving a place to deposit garden and yard waste as an alternative to dropping it over a cliff, on some vacant lot, or alongside the road. It then miraculously, through the wonders of nature and the vigilant tending of staff and many hours of Mike Aiken's volunteer time, turns into compost for your yard and garden, (can be purchased there at a very reasonable price) which starts the cycle all over again. Winter maintenance requirements have put a financial burden on the project, so a small increase in tipping charges has been required. The project was started as a joint venture by the Bolinas fire board, the Bolinas Utility District, along with the Stinson Beach fire board and water district. At the outset, a representative from each organization formed the committee. It seems to be time to go back to that original model. Over the years, I have somehow managed to remain on the committee, even though it has been over 10 years since I served on the BCPUD Board and my connection has become more of a major cheerleader for the project than an informed participant. Maybe time for a change.

The Bolinas Fire Protection District meeting was that same Monday, 7/25, after the Resource Recovery meeting. It did not have conversation about the cell towers, that item having been put off for another month. There was conversation about the budget for 2011-12, which was approved and discussion of road access regarding Surfer's overlook repair work, top of Terrace repair, and emergency alternate route between Mesa and downtown. Two incidents closing the road in and out of town, both involving fallen trees, have shown the need to find ways for fire protection to get downtown if Mesa is blocked. This has also pointed out a need to address the problem of mature trees. The one that fell recently at the Buell's, came down with no wind, no rain. An arborist has indicated that wet ground and mature trees will be causing potential danger from trees falling with no warning. There needs to be a culling of dangerous trees. Other issues included: parking: \$99 fines and road signs are in place; and a report that the sheriff's office is requesting the use of space at the Firehouse for administrative tasks such as writing reports. There will be a contract written and brought to the Board, addressing potential negative impacts, if any exist.

Formal minutes of these meetings will be posted in the Hearsay after they are accepted at the next month's meetings.

HAPPY FOGUST , jskpr

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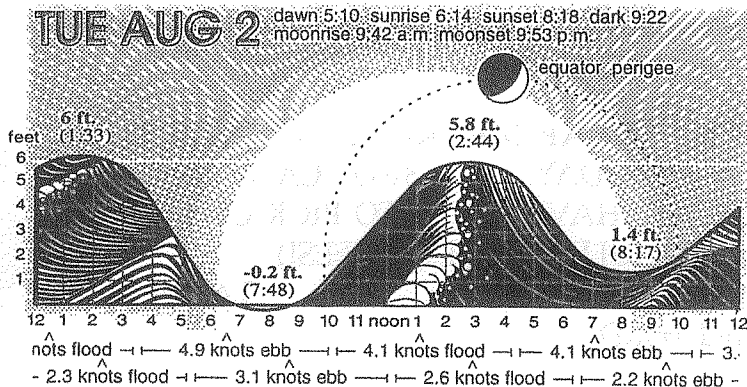
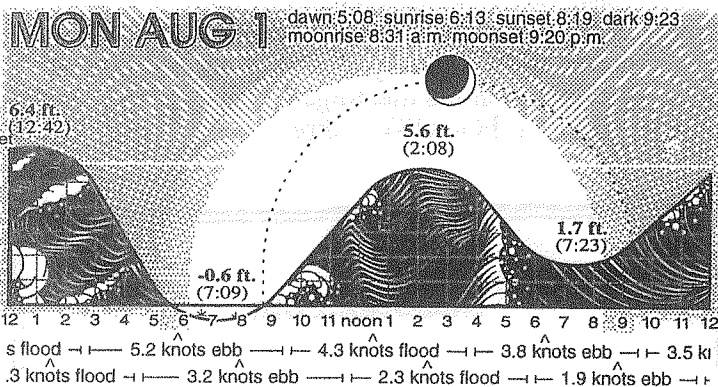
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
6	KWMR Overnight Music	The Weekly Feed 12-1 am	KWMR Overnight Music	Sonic Sunspots to 1:30 am.....then, KWMR Overnight Music	Grateful Dead 1-2 am KWMR Overnight Music 6-7 am Classical Music	KWMR Overnight Music 5-7 am Classical Music	KWMR Overnight Music 5-7 am Classical 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	Swimming Upstream	Barrio Vibes	
9	Peter Asmus	Susan Debler	Ann Gessert Raul Galiyot	Jimmy G Dave Cook	Howard D. Mary S. Charlie D.	Mike Litchfield Amanda Eichstaedt	Augusto Conde	# Gregory DeMascio # Annaeke van der Veen # Guest Hosts
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin	Turning Pages # Joy Maulitz # Vinyl Café	Turning Pages # Kerry Livingston	Turning Pages # Bilingual Storytime	Original Minds Ella Haworth	Vicarious Traveler Vicki Leeds	Sunday Celebration of Sacred Music Rick Clark
11	# Park Wavelengths L. Farley # Specials The Bioneers	#1/3 Lova is on the Air McGee & Taylor #2/4/5 Questing Calpestri & Mickelson	Making Contact Public Affairs Specials	NEW An Organic Conversation Helge Helberg & Mark Mulcahey	Nuestros Niños Marisol Muñoz-Kiehne	Viewpoint Ellen Shehadeh	The Place We Live Marc Mathason	10 am BirdNotes
12	Farm&Foodshed Report Robin Carpenter	New Dimensions Michael&Justine Toms	Alternative Radio David Barsamian	Attune-ment Anthony Wright	Common-wealth Conversations Layna Berman	Americana Delights # Will Minor # Guest Hosts	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	A World of Possibilities Mark Sommer	Philosophy Talk Ken Taylor John Perry	Parent Talk Susannah Baldwin Ph.D.	Jazz Rhythm Dave Radlauer	LAST SUNDAYS	
2	Cruisin'	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 Masonson #3 Susan Debler	# Susan Santiago # Leland Robins	#4 Susanna Henderson #1/2/3/5 Specials	#1/3 Susanna Henderson #2/4 Mark Potts	Vinyl Café Stuart McLean	
4	# Aztec Pride Jorge Ramirez # The Latin Alternative Norek & Lechner	Art of the Song John Dillon and Vivian Nesbit	Julie Motz: #Art's Desire #Tech/Science #5 Vickian Coastal Airwaves	TeaTime Books Mimi Calpestri & Howard Dillon	NEW TIME	Circulo musical Jesus Martinez	Rhythm & Muse #1/3 Learnin' Kirven Brian Kirven	
5	Morning Shows (repeat) # Raul # Mike Litchfield & Amanda Eichstaedt	Sabrina Artel's Trailer Talk # ViewPoint (repeat) Ellen Shehadeh #NEW Feminine Mystic Wendy McLaughlin	Open House Epicentar: #1 Pt Reyes Dialogues, Needleman #4/5 Coastal Health Alliance, Anna O'Malley	Open House #1: Témas de Inmigración	Happy Hour Liberachs	The Celtic Universe	Evening Buffet #1/3 Ears Akimbo's Elbow Room Paul Flowerman #2/4 Between Rock and A Jazz Place Grey Shepard	
6	Trash to Treasure Hope & Schulander		Ridin' the Rails: The Americana Express The Roots Gang: Mike V, Amanda, Pat, Will	Bakersfield & Beyond Shorty's Bunk house Amanda & Mike V Shorty	NEW TIME Friday Funk Fest Fairfax Funkateer	# Loretta Farley # Lyons Filmer		
7	The Hippie from Olema Jerry Lunsford	Musical Varieté Charlie Morgan		Story Hour Hearing Voices Offramp Comedy Improv	Magic Radio Chris Brayer	Rick's Jazz Café Rick Clark	NEW The Ol' One, Sink Two Aimée Reed	The Kitchen Patrick Kleeman
8	Radio Nachi	Silver Dollar Jukebox	Faultline Radio Jaime Crespo	Coast Highway Blues Larry Rippee				
9	Nachi Conde Farley	Peter Martinaelli						
10	Mbtape # Something Sound Jacoba Charles	The Latin Alternative	Sonic Sunspots Tony Palmer	NEW MUSIC SERIES Stuck in the Psychedelic Era with the Hermit		Professor Kosmo Plays The Blues	Reggae Radio DJ Zero	
11	# Amateur's Guide to Life Christian Anthony							

7.6.11

Office (415)663-8068

STREAMING on KWMR.ORG

Studio (415)663-8492/-8317





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.

MESA PARK AGENDA
MONDAY, AUGUST 1st, 2011
AT THE FIREHOUSE @ 7pm

- Call to Order
- COMMUNITY EXPRESSION
- DOWNTOWN PARK-status
- MAINTAINANCE REPORT
- POOL DEVELOPMENT-status
- IRRIGATION PROJECT-status
- TREASURERS REPORT-status
- OTHER
- Approve Minutes of Last Meeting
- Approve Warrants
- Schedule Next Meeting, (September 12th)
- ADJOURN

HELP WANTED

Help wanted-Horse stable-feeding/cleaning, etc.-\$15-Phone Sally-9019

SP 8/5

LOST & FOUND

LOST & FOUND ADS ARE FREE

all others, including free items, at a very reasonable rate. Stop by the office behind the BPUD Mon. Wend. & Fridays 9:30 - 11:00 or call 868-0138 during those same hours.

Lost-set of keys on plain key ring-July 4th
Call 541-315-1027 if found.

SH 7/11

Lost-Wrist watch-timex with metal band. If found call 868-1018-Thanks.

SL 7/11

LOST: Pin made from old Irish coin. Great sentimental value;. Kerry at Bolinas library or 669-7706

KL3/21

Found: On the beach this weekend, a pink & white & green beaded barrette. Call Mary, -0902

MB6/20

LOST: MAGI'S HEATHER-BLUE WOOLEN handknit scarf, about 4 ft. long & 6 inches wide. Also new green/brown plaid umbrella with brown handle.

REWARD. Call Mary @868-0902

MB5/13

LOST: STERLING SILVER BRACELET with multiple blue stones - 415-306-1906

MF5/16

LOST: NEW PRESCRIPTION SUNGLASSES white/black, plastic frames - Lost downtown. Please call -0527 if found.

RT5/2

IF YOU ARE MISSING YOUR MALE CAT (brownish-grey and white) not neutered, he seems to want to live at my house. Please claim him. Ilka -0419

IH6/10

FOR SALE

Sit on top kayake with backrest, paddle-nice, \$200 obo. Pro. Steele Weight Set with heavy duty bench include. leg lift \$100 415-578-8739

SH 8/1

JUDITH'S HERBALS STORE

Must sell store immediately. Judith Elliot -1428

JEx

STINSON BEACH YARD SALE: Sat, Aug. 6, 9am-3pm, on Calle Del Mar, uphill from Stinson Market. Goods from around the world, jewelry, pottery, carpets & more.

SL8/5

ANNOUNCEMENTS

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 x



CLASS SCHEDULE 2011

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.
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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.
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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

SERVICES

SMILEY'S

SCHOONER SALOON & HOTEL

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

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

SHx

TREE WORK Lic • 676399

Fine trimming & removal of large and small trees, brush chipping, stump removal, hedges and landscape maintenance. Free estimates / compare prices. Steve Ryan 868-1584 insured.

SRx

Firewood • Hydraulic log-splitting
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Cow Manure • Recycling • Metal Detecting
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Skunk, Raccoon, Opossum & Yellow Jacket
Carl Henry 868-1782 • Cell 259-7222

X

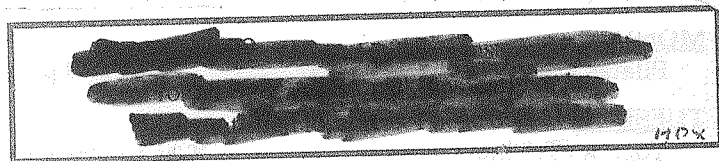
BRUSH TO MEADOW TRANSFORMATION. Heavy duty tractor mowing/backhoe/roto-tiller/post-hole drilling/discing/plowing. Don Murch -0921

DMx

Community Mediation Board
868-0493

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

X



MDx

The Illusion of
Space

making small spaces feel

BIG

architectural renovation
design consultation ... ZAKAS ...868.8818

RIDE SHARE

RIDESHARE

Check out the new Bulletin Board outside Michael's Bookstore across the square from the Post Office.

SERVICES

MARITA STEFFE IS AVAILABLE for your interior decorating needs: casual drapes, roman shades, pillows, cushions, slipcovers, upholstery, staging, furniture placement, indoor and outdoor fabrics. 20 years experience. Check my work maritasteffe.com

MSx

HEALTH & HEALING

 **Wellness Works**

Massage
Health Guidance
Doula Service

Dale S. Johnson

RN, BSN, NP, CNP

Wellspring Center For Healing

3425 Highway 1 • Stinson Beach, CA

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

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

RENTAL

For Rent-Studio(non-live-in)-600 sq. ft., Clean, quiet, beautiful light, \$550-\$600/mo.Heat & electricity included. Perfect for artist(s),writer(s), yoga/pilates studio,storage or ? Bolinas Mesa-415-233-2745
PB 8/10

HOUSING WANTED

LONG TIME LOCAL HOMEOWNER

Suddenly homeless. Bank eager to evict w/out 5 day notice, keeping me from going back to court to stop them again! Fled w/dogs & few belongings. Need place, temporary O.K. Can write, edit, tutor computer & cook. Quiet and respectful of space. If you have room for me & good dogs and/or storage, pls. call. Have some \$. Jody Angel 415-264-5541

JA8/1

Looking for a Housesit, Sublet, or Vacation Rental (reasonable) for some very special friends of mine who need a retreat space for a few months (starting as soon as possible). Husband and wife, mid-sixties, responsible, loving, extraordinary people. All leads appreciated! THANK YOU! -Lea (9330 or 272-9598)

8/1