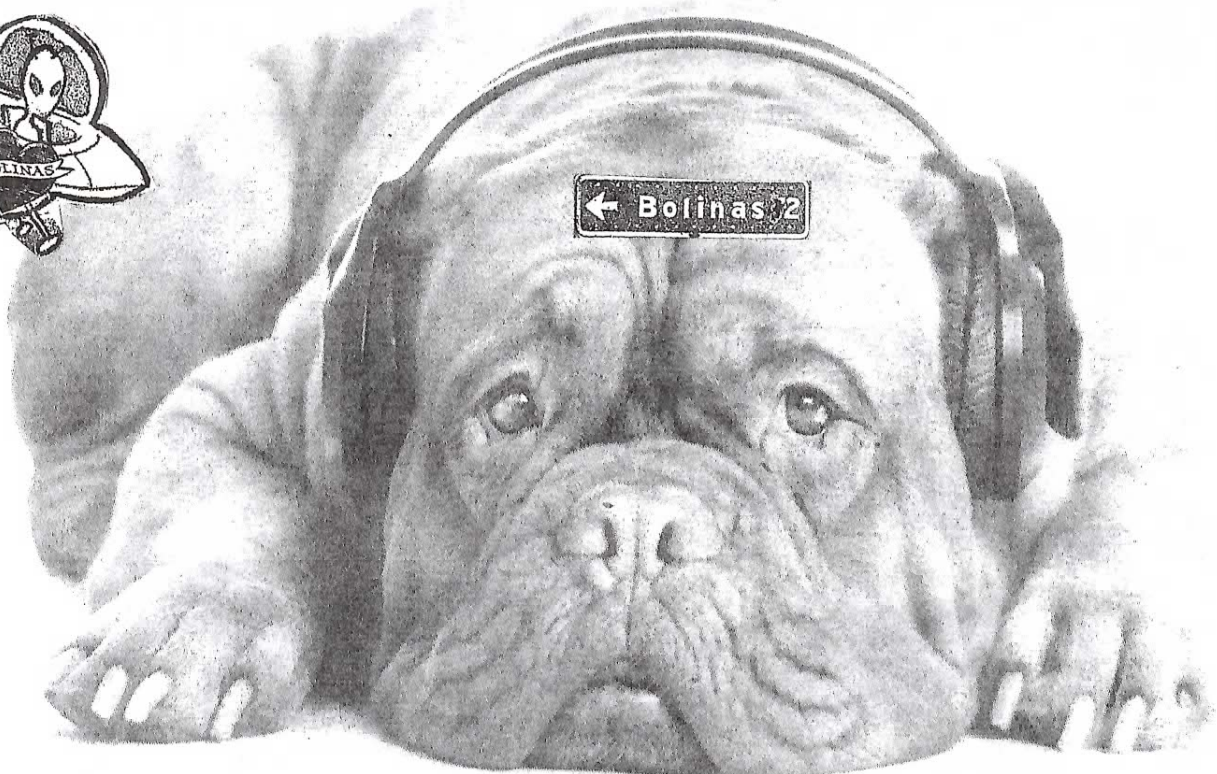


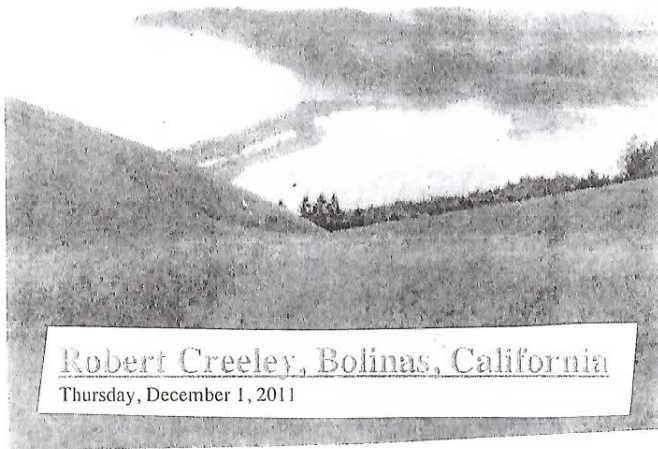
T H E W E D N E S D A Y H E A R S A Y N E W S

*elitist, snobbish, ingrown, unfriendly and not the world's greatest place for food." - Herb Caen

50 cents
with tax



December 7, 2011



When he lived in Bolinas, Robert Creeley was the most accessible of poets.

The place wasn't that easy to get to then, in the early 1970's, as it isn't now: to get there you have to really want to go there.

From near the top of Mt. Tamalpais, where you can see almost everything, Bolinas looks like its own little country: as seen from a distance on an atmospheric autumn afternoon, there's something Japanese about the vista.

Creeley was kind to a kid living in Berkeley who called him out of the blue, asking if he the poet would talk to him about poetry. They met in town and walked to the beach. While they were sitting and talking, one of Creeley's poet friends showed up

with a six-pack of 16 oz. Budweiser. He said he was a poet, but not as good a one as Creeley: in retrospect, he might have been a synchophant .Creeley said his poem, "The Rain", without reading from the book of his poems the kid had in his possession. He said Robert Lowell of all people had liked the poem, that they'd read together at some lit festival and that Lowell was funny, nice, with no trace of eastern bias. There was some talk about objective verse, Charles Olson, baseball, the differences between living on the east coast and the west, but the conversation happened so long ago and the kid's lost his notes.

Near sundown, still sitting on the beach, the Budweiser kaput, Creeley suggested they all meet up in the bar downtown for a game of pool. He had to check first with his wife to see if it was ok, but it shouldn't be a problem. He never showed, though he rang the bartender to say he wouldn't be coming.

- IF SF publishing (actual author unknown)

WHAT'S HAPPENING?

Thursday, December 8

WEST MARIN SENIOR HOLIDAY LUNCHEON

For all West Marin elders, @ Church Space, Dance Palace, Pt Reyes, 11:30am. Please bring side dish.

COAST CAFE CONCERT SERIES

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

COURTNEY JANES country music, Smiley's, 8:30pm

Friday, December 9

WINTER FAIRE

@ Community Center; opening 5-10pm

MAGICA HILLS bluegrass music @ Smiley's, 9pm

CHROME JOHNSON

w/ bassist Ben Pfeiffer @ Peri's, Fairfax, 9:30pm

Saturday, December 10

TOTAL ECLIPSE OF THE MOON Starts @ 4:45am

FULL MOON @ 6:36am

WINTER FAIRE Continues, w/ SANTA CLAUS

present @ Community Center, from 11am-4:30pm

TOM FINCH GROUP rock/funk/blues, Smiley's, 9pm

Sunday, December 11

WINTER FAIRE continues 11am-5pm

FAMILY ADVENT SERVICE 10am, St. Aidan's Church: The Mystery of Christmas; children's reflections.

SHA SHA HIGBY "Folds in the Sea" performance

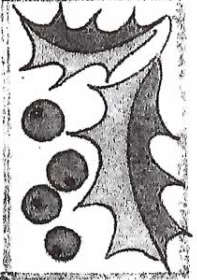
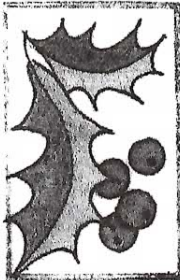
@ 142 Throckmorton, Mill Valley, 8pm



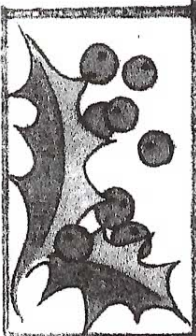
ARTS: Stefano Resta, who grew up in Paradise Valley and is known as the host of KWMR's Gypsy Radio, shows "Mythos: Language Paintings" at the Bolinas Gallery, with an opening from 4 to 7 p.m. Saturday, December 10.

SANTA CLAUS

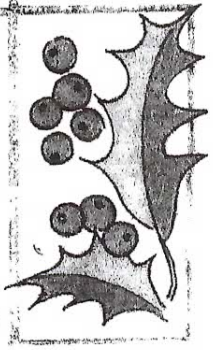
IS COMING TO BOLINAS!



KRISS KRINGLE
 WILL BE AT
 THE **BOLINAS WINTER FAIRE**
 ON **Dec. 10th** FROM 11:00AM-4:30PM.
 SATURDAY
 ONLY

**FAMILIES, ADULTS, CHILDREN, EVEN PETS
 CAN MEET SAINT NICHOLAS AND TELL
 HIM WHAT THEY WANT FOR CHRISTMAS
 PICTURES TAKEN WITH YOUR CAMERA OR OURS
 \$5.00 TO BENEFIT THE COMMUNITY CENTER.
 DON'T MISS THIS LEST YOU GET A LUMP OF COAL
 IN YOUR STOCKING!**



CHRISTMAS NOTICE:

Please donate canned goods to help the needy of Bolinas at Christmas. (The collection barrels are at the markets.) And don't forget to buy your Santa raffle tickets to win a personal visit from Santa at your home or event. (Tickets available at businesses and the Community Center.)

--Santa

**MIGUEL
 BUSTAMANTE
 DENTAL
 CORPORATION**



24 WHARF RD. BOLINAS
 415 868 0911

Smiley's Is

The Oldest Continuously Operating Saloon in California

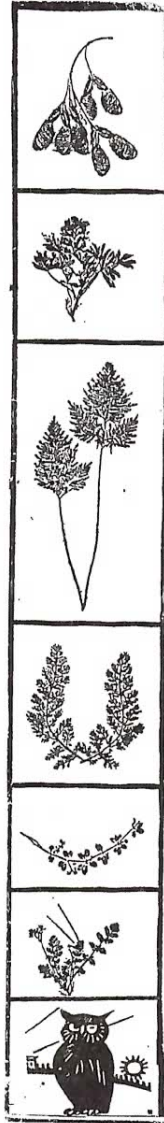
- Great Live Music
- Open Mic
- Karaoke
- Pool Tournaments
- Coffee Cafe
- Luncheon Spot
- Small Hotel
- Western Union
- Check Cashing
- Color Copying
- Scanning/Faxing
- Internet
- Wi-Fi Hot Spot
- Port in the storm
- Surfers Refuge
- 3 minutes to the beach and kayaking, surfing, swimming
- 5 minutes to hiking
- 15 minutes to horseback riding
- 30 minutes to golf
- 40 minutes to HW 101
- 50 minutes to SF
- 60 minutes to the East Bay
- 4 hours and 40 minutes to NYC

Before Lincoln was President...
Before baseball was a game...
Before Jingle Bells was a song...
There was

SMILEY'S

...the legend lives

41 Wharf Rd., Bolinas, Ca
94924, 415-868-1311



ON THE 12TH DAY OF CHRISTMAS MY TRUE LOVE GAVE TO ME

- 12 Redwood Planter Boxes, 11 Yards of Compost,
- 10 Gardeners Weeding, 9 Electricians Wiring,
- 8 Plumbers Laying, 7 Floor Guys Stripping,
- 6 Carpenters Hammering, 5 Golden Screws,
- 4 Double D Batteries, 3 French Knives,
- 2 Vintage Quilts, and a 10-foot Noble Fir Tree

OPEN WEEKDAYS 8-5:30 | WEEKENDS 9-5
OLEMA-BOLINAS ROAD | BOLINAS | 415.868.2900
WWW.BOLINASBAYHARDWARE.COM

Thank You from Bo Gas

To thank the community for its generous support, Bo Gas is offering a holiday promotion.

Come into Bo Gas during attendant hours, spend \$20 on gas. And while we fill your tank, we will buy you a cup of coffee at Bobolious.

Thank you, hope to see you down here.

- Al B Foreman



2 MORE SPIRIT HOUSE TENDERS NEEDED

We now have five volunteers to tend the space for all of 2012. With two more tenders, each of us will only need to tend the Spirit House every 2 months. Of course that includes me, the coordinator, taking my turn as well. If you would like to help with this, call June@ 9052 or email me @ junemcadams@gmail.com

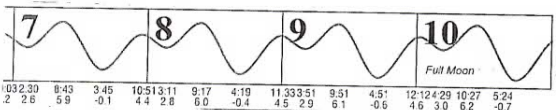
Thanks, June

Humungous Garage Sale

Sunday, Dec. 11
10AM to 4PM

Woodville Ranch
5755 Highway 1, Dogtown

Housewares
Furniture
Sports Equipment
Much More



TODAY'S HEARSAY brought to you by :
Steve Heilig, June McAdams, David Cattell

Wednesday

BOLINAS 5:50 p.m. A tree fell.

BARBARY COAST BISTRO And Pirate Pizza To-Go

Well folks, we had a small snafu with the Community Center equipment on Tuesday. We should know by the end of the week if Pirate Pizza will resume next Tuesday or if a major remodel will be needed in the BCC kitchen before more food preparers will be able to use the space. We will keep you informed!

In the meantime Barbary Coast Bistro will be catering the *Bolinas Winter Fair* December 9, 10 and 11. Hope to see you there!

Happy Holidays
Lia Kourula Sabbatini

This Week @ The Dance Palace

415-663-1075
 Tickets at: www.dancepalace.org



POINT REYES SENIOR CLUB ANNUAL CHRISTMAS LUNCHEON
 Thursday, December 8, noon

SLAVYANKA

MALT HOLIDAY PARTY

Marin Agricultural Land Trust (MALT) has protected 41,000 acres of farmland on family farms and ranches in West Marin. Join MALT staff, board members, farmers, ranchers, and other special guests for a taste of the delicious food produced on some of those local farms, and get a preview of what's in store for next year when MALT will celebrate its 30th anniversary. No-host bar.
Friday, December 9, 5:00–7:00 p.m. / Free; contact 663-1158 to RSVP

KITKA, WINTERSONGS 🏠 🎵

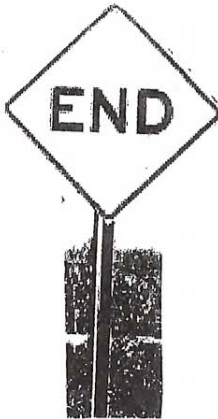
Few things evoke the magic of the winter holidays as the transcendent splendor of the human voice raised in song. KITKA has researched and discovered a treasure-trove of seasonal music, from a wide variety of Eastern European ethnic and spiritual traditions. "Wintersongs" showcases material ranging from rousing Slavic folk carols to lush, meditative Eastern Orthodox sacred choral works...from mesmerizing pre-Christian incantations for the longest nights of the year to Hebrew chants for Chanukah to original new pieces inspired by the beauty and mystery of wintertime.
Saturday, December 10, 8:00 p.m. / Advance tickets \$28 general, \$26 seniors, \$12 kids; At the door \$31 general, \$29 seniors, \$15 kids



Blue November

folk art inspired by Melville, Bolinas and the Spirit...

by Janis Loewengart Yerington
 at Wells Fargo in Point Reyes



DRAFT COPIES OF THE BOLINAS HEARSAY NEWS LOCAL ZONE PHONE DIRECTORY WILL BE AVAILABLE AT FRIDAY'S FAIRE

There will be some draft copies of the *LOCAL ZONE PHONE DIRECTORY*, available for updates, in case you haven't had a chance to check your information.

As memory serves, and that's always tricky, the first 868 Directory came out when Charlie and Marylu Ross were working on the Hearsay News. StuArt worked on it's publication, then it had some other incarnations, and for many years Franis did the mighty work of getting it to us. Franis moved to Hawaii, where the laid back lifestyle of the Islands can sometimes make Bolinas time seem like a Timex ad. The Hearsay staff took note that the 2010 issue came out in 2011 and now we are approaching 2012 and the thought was that maybe it wasn't going to happen. We are stepping in, certainly not to undermine Franis, but because it is a tool we use daily. The plan is to put out some DRAFT copies now, have them at the Faire and make ourselves available to those who want to make changes or add numbers. We have calls in to Franis to see about working together on this, and have gotten so far as to be "Friends" on Facebook, but have not heard what her plans are. For now, we will be putting out THE HEARSAY NEWS LOCAL ZONE PHONE DIRECTORY, which will be including more of West Marin, and cell numbers for those who desire. The updates will be ongoing and will be put out more formally this spring. For now, the limited draft copies will be available for donation. I will be next to StuArt's "Occupy Ties", or "Occuties" at the Faire this weekend. *jenniepfeiffer*

Have you been to the Bolinas Hardware & Mercantile lately? WOW what a store. All the hardware and help you need, great gift ideas, sweet things to look at and just fun! Oh did I mention beautiful Christmas trees.

The wonderful folks at the store donated a great tree for the Bolinas Community Center's Winter Faire and I would like to thank them.

If you haven't checked it all out, go on in.

Great store filled with wonderful people.

See you at the Winter Faire.

Randi Arnold
 Development Director
 Bolinas Community Center

HAPPY HAPPY BIRTHDAY...

December 7: **Eric Nilsson**

December 8: **Nancy Alfsen
 Christina Della Valle
 Liana Rose Willis**

December 9: **Albert Hettich
 Kate Marsh (remembered)
 Phil Ginolfi**

December 10: **Dale Polissar
 Leonardo Ferlinghetti**

December 11: **Serena Castaldi
 Laura Lennie**

Remembering Pearl Harbor

It was only a few days after the attack in December 1941 that the phrase "Remember Pearl Harbor" first appeared in The New York Times. It took barely a week for Hollywood to register it as a movie title. Today that film is justly forgotten. The phrase lives on, and 70 years have not dimmed the meaning and memory of that day.

There was something paradoxical in that instant call to remember. It wasn't as if any American then living could forget. Certainly not those who were there, who smelled the blazing oil on the water, heard the shriek of sirens and planes, the frantic tapping of men trapped in the capsized Oklahoma. Certainly not those who heard the news that day of the lives lost and of world war.

"Remember Pearl Harbor" was first a call to do battle, of course, to keep fresh the shock and rage and to sum-

mon the unity needed to win a long, exhausting war. Today, Japan is a democracy and a close ally — proof that extremism and historic grievances can be overcome.

The youngest of the survivors are in their late 80s now. Our direct connection to that day will soon flicker out. Yet we will still remember, to pay respect to sacrifice to honor bravery, to note the dear price of peace.

Remembering in this way — nurturing a flame, not a grudge — elevates both the memory and the rememberer. Just as Americans will do today with flowers tossed into the oil-speckled waters of a peaceful harbor outside Honolulu, and as they do each September in New York, Washington and Pennsylvania, they are summoning the memory of people cherished and dearly missed — and strengthening the unity of a nation well loved and worth defending.

DIRECTOR'S NOTES

The 60th Anniversary Celebrations at the Bolinas Community Center

I have delayed writing this as I was waiting to see if the sense of community I felt at the 60th celebrations would wear off. It has not. I was so amazed by the multi-generational sense of respect and admiration that prevailed throughout the entire 2 days.

I loved seeing the hall packed, the line for food going out the door, the camaraderie of all the folks who love their village and the heart of that village, the Bo Center. I felt a renewal of sorts. And the beginning of a new chapter in the center's life. I saw 3 and 4 generations of families sharing food, stories and love for one another. Now really, does life get any sweeter than that?

I felt persons from the past smiling on all of us as we celebrated the history of the center and Bolinas itself. As a fairly new person here I truly enjoyed being "schooled" in the history of the village and her people and reminded of the glory of her beauty. Amazing!

Ilka and Barbara, wow! Thank you for all the work on your part and pleasure you gave us. John, Lia and Mikaela, thank you for the great eats, really.

Steve Wrenn, thank you for putting up all the posters and then patiently taking them all down again.

Michael Rafferty, thank you for all the research and great charts of all occurrences past. Very fun.

Pam Dake, thank you for herding all the disparate energies it took to make this happen.

Susan Tacherra, thank you for your wonderful speech and great work.

Kathleen O'Neil, thank you for commandeering the membership table & all the million things you do.

StuART, you make great hot water and better coffee. Thank you for all your help and beautiful energy.

Jeff Manson, (I truly believe that there is more than one of you) Thank you for all you did.

Elia Haworth, thank you for the stories, story boards and your unique lovely persona.

June McAdams and her baking team, thank you—you did it again and it was wonderful.

To all the volunteers and board members, a huge thank you, we cannot do these great events without you.

To Bolinas, thank you for letting me settle here.

Love to you all and Happy Holidays.

Randi Arnold
Development Director
Bolinas Community Center

ERNIE AND CHRISTINA'S
EPIC POEM
OF
BOLINAS!

by: Christina Elias

We wander from
the Northland
A Nomadic life
we lead
Meandering down
Hwy 1
Looking to rest
and feed.

A mysterious
curley-locked woman
Pulled along side us
in her truck
"Are you looking for
a safe place?
Down the road
you'll find
your luck!"

"Drive until you
see the water
And to the right
you'll find
A tiny town,
Smiley's Bar,
A place to park,
Where no one will
pay you
any mind!"

She drove away
heading South
Never to be seen
again by us
And that is how
we discovered
the miracle of
Bolinas!

Looking to help
We met Ilka
who exclaimed
"This year YOUR
the ones!"
So we cooked,
and laughed,
and flowers
arranged,
and turkey -
we had tons!

Together we dined
sprinkled with wine!
We learned stories
of this town
All over a Thanks-Giving
meal
The most beautiful
one around!

We hiked the next day
with the lowest tides
And when we looked up
on the cliff
Two deer stood still
(We know they had
seen us)
Probably laughing at
our new tie:
"I found myself
in Bolinas!"

So we Thank You for this peaceful
place
That many call Bolinas
But don't think that this is
GoodBy
We may just occupy the
Free Box!

Health Policy Perspective

Steve Heilig, MPH; George Fouras, MD; Donald Abrams, MD; and David Pating, MD

Cannabis and California's Physicians

There has long been a "drug war" surrounding marijuana, not only in terms of the plant's legal status but also in words. As the California Society of Addiction Medicine observes, "Reasonable dialogue regarding marijuana use has historically proven extraordinarily difficult." The result is a long-standing stalemate and various symptoms of "reefer madness," but with a growing consensus that our nation's marijuana policy has not served us much better than the failed experiment with alcohol prohibition did many decades ago.

Most recently, there was this headline: "California Medical Association calls for legalization of marijuana." It was a cover story in the Sunday *Los Angeles Times* in October. As the CMA is a large, mainstream medical society, this caused quite a stir.

The four authors of this article served as San Francisco's representatives on the CMA's Technical Advisory Committee (TAC) tasked with drafting "a comprehensive white paper recommending policy on marijuana legalization and appropriate regulation and taxation." The TAC was "selected to represent CMA in the areas of science, ethical affairs, public health, addiction medicine, and expertise in the use of cannabis." We met five times; the deliberations were sometimes contentious but each member agreed sufficiently to endorse a final report to the CMA board of trustees.

Our fourteen-page report, "Cannabis and the Regulatory Void," was submitted to the CMA's board of trustees and approved, unanimously, in October. Reactions from all sides were immediate. The CMA was called "irresponsible" and at least one opponent used the cliché "What are they smoking?" But there has been much positive response as well, with editorials saying we took "a bold step" toward "a prescription for the medical pot mess" and that the CMA's "traditionally conservative doctors" are "simply acknowledging the obvious: Our current laws and the resulting war on drugs aren't working."

Impact on Cannabis use: The primary concern regarding legalization or any lessening of legal penalties regarding cannabis is that it might increase use, particularly among teens. We share such concerns, especially in light of growing evidence regarding negative effects on neurodevelopment. But there is no good evidence that laws have much effect on use; in fact, long evidence is that our punitive approaches have little deterrent effect. Thus we should seek approaches that maximize knowledge about the impacts of cannabis use, and that do not worsen the problem by criminalizing otherwise law-abiding people, kicking kids out of schools to no productive end, wasting resources, and hampering research. Evidence-based drug education is difficult but likely to be at least as effective as legal approaches—and likely more so.

Resources and costs: Enforcing largely futile laws is expensive, especially when prison is involved. Appropriate treat-

ment and education is far more cost effective. While our report recommends an approach closer to that taken toward alcohol, at least for adults, we have no illusion that such an approach is easy or ideal, or that the taxation we endorse will be a simple matter or will yield massive funding. But we are confident that it will be more cost effective than a longtime failed "drug war" or prohibition-type policies. And, very importantly, the funds saved and generated should be directed toward treatment of addiction.

Medical Marijuana: We join the many experts and organizations holding that cannabis be placed in a less restrictive category that would facilitate more research. And while we support some legal medical use of cannabis, such as has been allowed since 1996 in California, we note that a decriminalization approach would have the salubrious effect of lessening or even eliminating the need for physicians to serve in the oft-uncomfortable middleman role of "gatekeeper" for medical use of cannabis—and it would allow for more rigorous regulation of questionable practices at "cannabis dispensaries."

An ever-growing roster of medical, legal, political, and other authorities of all political stripes feel that the time has come for a serious change in our drug laws, especially with respect to cannabis. We have joined them, as has the CMA.

Interestingly enough, another new CMA policy was independently adopted this year, which could have served as a preamble to our own report:

MEDICAL VS. LEGAL SOLUTIONS TO DRUG ABUSE: *CMA encourages the federal government to reexamine the enforcement-based approach to illicit drug issues ("war on drugs") and to prioritize and implement policies that treat drug abuse as a public health threat and drug addiction as a preventable and treatable disease.*

We agree, and know that many others do as well. We hope our elected leaders will listen.

Steve Heilig is on the SFMS staff and is editor of the Cambridge Quarterly of Healthcare Ethics. George Fouras is a child and adolescent psychiatrist and president of the SFMS. Donald Abrams is chief of hematology-oncology at SFGH and is a leading medical cannabis researcher at the UCSF. David Pating is an addiction psychiatrist and past-president of the California Society of Addiction Medicine. Their opinions here are their own.

WWW.SFMS.ORG

DECEMBER 2011 SAN FRANCISCO MEDICINE 31

Marijuana from page A1

just safety, Abrams said. He added that scientists don't yet understand how, exactly, marijuana and opiates interact in humans, but "our results support that the relationship between cannabis and opiates is synergistic." Multiple studies of medical marijuana have shown that the drug can be beneficial in treating pain. A drug called Sativex that combines the two main compounds of marijuana — cannabidiol (CBD) and delta-9 tetrahydrocannabinol (THC) — is currently in clinical trials for treatment of pain in cancer patients in the United States, and is already used in Europe and Canada.

Stands to reason

With what's already known about marijuana's pain-relieving effects, it's not surprising that the drug, when used with narcotics, would increase pain relief, said researchers not associated with the new study.

"There's already tons of data on cannabinoid pain relief and opiate pain relief, and it only makes sense that you'd get more pain relief from two drugs instead of one," said Dr. Daniel Nomura, an assistant professor in the nutritional sciences and toxicology department at UC Berkeley.

Abrams himself pointed out that because his study is small, and because all of the patients knew they were inhaling marijuana and therefore could have experienced some pain relief from a "placebo effect," it would be premature to start widely prescribing cannabis to pain patients. Still, the results were promising enough that he intends to attempt a second study to look more closely at pain relief.

But getting another study off the ground will be tough. The bar has been set high for acceptable uses of medical marijuana, Abrams said, and getting money and other resources — notably, the drug itself — to conduct research can be very difficult. Abrams' study was funded by the National Institute on Drug Abuse, which also supplied the marijuana.

The patients in Abrams' study were taking twice-daily doses of either morphine or oxycodone to treat chronic pain associated with a variety of conditions, such as arthritis, neuropathy, cancer and multiple sclerosis.

Patients stayed at San Francisco General Hospital during

MEDICINE Narcotics and pot together can safely ease pain

By Erin Alliday
CHRONICLE STAFF WRITER

Inhaled marijuana appears to be a safe and effective treatment for chronic pain when used in addition to narcotics like morphine and oxycodone, according to a small UCSF study that is the first to look at the combined effects of the two classes of drugs in humans.

The study, published in this month's edition of *Clinical Pharmacology and Therapeutics*, was designed primarily to look at whether taking marijuana with narcotics is safe, and researchers reported that there were no negative side effects from combining the drugs.

Overall, the 21 men and women in the study reported a roughly 25 percent reduction in pain after inhaling vaporized marijuana several times a day for five days.

If the results can be backed up in further studies, marijuana could prove an important means of augmenting the effects of narcotic drugs for the millions of people who suffer from chronic pain associated with cancer, AIDS and a variety of other conditions, said study author Dr. Donald Abrams, a UCSF professor and chief of the hematology-oncology division at San Francisco General Hospital.

"If we can get funded, we should do a study now with pain as the endpoint" and not

Marijuana continues on A17

Dr. Donald Abrams hopes a second study can focus more on how pot relieves pain.



Wednesday, December 7, 2011 | SAN FRANCISCO CHRONICLE - cover story in today's Chronicle concludes at sfgate.com. look for a possible local talk by Dr. Abrams in 2012... - Steve Heilig

SERVICES

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

HANDYMAN: Carpentry, painting, home repair, 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 Jacket. Carl Henry 868-1782

CH1/3/12

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

DMx

TREE REMOVAL & TREE TRIMMING
Professional and economical. Call 868-1098

CA 12/16

SERVICES

Tré can do it! 13 year old looking for tasks that pay \$9 per hour . Tré-0892

TS 1/2.

Community Mediation Board
868-0493

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

X

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

MDx

Bilgart Design

Interior design
Kitchens
Baths

Paulette Bilgart
415 868 0108



bilgarddesign.com

**The Illusion of
Space**

making small spaces feel

BIG

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

HEALTH & HEALING

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

**TAI CHI: HARMONY
IN THE ART OF LIFE**

- Balance Polarities
- Personal Instruction

www.TaiChiNature.us
CA 10/30 415-669-9720

Caregiver available-10 years experience, great references-
compassionate & professional & positive-call 415-609-0025.

EW 12/19

HOUSING WANTED

WE ARE LONG-TIME BOLINAS RESIDENTS LOOKING
for a two-bedroom house in town. We want to foster children but
our current place, two bedrooms, wonderful garden, but divided
into two buildings making it unsuitable. Possible swap...
perhaps our place works better for you and vice versa...
Any leads please call Jennifer & Martin 868-9236

MB X

WANTED

I need kittens to grow & keep the mice away-
Christine-0892

CS 12/9

NEEDED

MOVING BOXES from 1 sq ft to around 24", square and
rectangular. -8818

UZ 12/2

RIDE SHARE

MOVING TO PORTLAND DEC. 8
Looking for rider & help driving truck. Una -8818

UZx

Ride wanted to East Bay-Thursdays, December 8 after
5pm or Friday, December 9, the earlier, the better.
Lafayette would be perfect, but any Bart station
would help. Thanks! Tina-2523.

TA 12/5

WEST MARIN SENIOR SERVICES
has a new volunteer driver program.
Please call Chloe Cook, at 663-8148 ext. 114 to sign up.

X



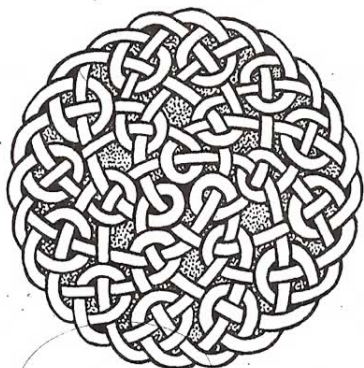
HEARSAY NEWS CLASSIFIEDS

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.

ANNOUNCEMENTS

THE BOLINAS HEARSAY NEWS

is a community service, publishing articles, letters, and columns of local interest to Bolinas residents. The editors are not responsible for opinions expressed in signed articles. Articles should be signed with first and last names. This is the only requirement. Otherwise, it would be helpful if articles submitted are column width--3 1/2 inches. Thank you.
--The Editors



LOST & FOUND

FOUND: FLOPPY CLOTH SUNHAT, LAST WEEK
On Bolinas Olema roadside.. Call Martine -9036

11/23

FOUND: DUSTY-PINK FLUFFY JACKET
Call 868-2006 to claim

EH-11/16

LOST: MY SILVER FAKE FUR HAT
at the Bolinas Community Center or Coast Café or somewhere in between. Patrice 868-2758

LB 11/25

MISSING: Children's Outerwear
navy/teal reversible down vest (size 6); red toddler jacket, red check inside (size 2). Please call or text--15-747-4088 if found.

CC 11/14

LOST A SET OF KEYS DOWNTOWN
this past Tuesday PM. If found please call -2405

J 10/28

Leather-bound journal found
It has some water damage "Operation Bloodhound"- this last week on beach below Palomarin Trailhead. Please call Steve @ 415-9022434 to identify/claim.

SH 10/17



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

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.
	Jujitsu w/Julian	7:00 - 8:30 p.m.
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 kids w/ Joanna	3:30 - 6:00 p.m.
	(Info 868-8821)	
	Zumba - Latin Dance Fitness w/Diane	6:30 - 8:30 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	5:00 - 6:15 p.m.
	Biblia en Espaiiol	8:00 - 9:30 p.m.
Thursday	USDA food bank	12:00 noon
	Congolese Arts w/Sandor	6:00 - 8:30 p.m.
Friday	Pilates Mat Class w/Lisa	6:00-7:30 p.m.
Saturday	Yoga w/ Lisa Brendel	9:00- 10:30a.m.
	Children's Movement 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