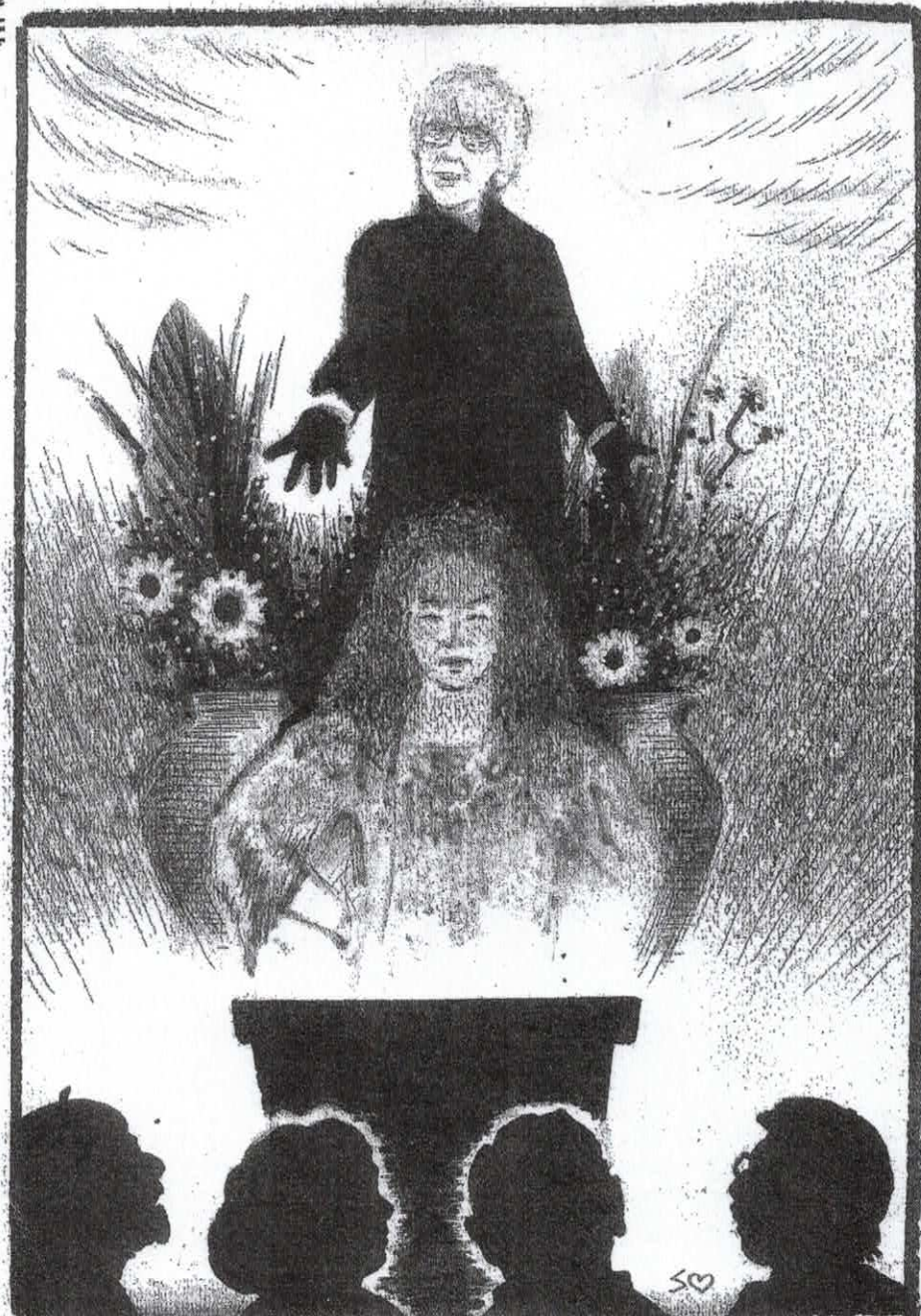




# THE EARSAY



## Joanne, Simultaneity & the Big Room

The Joanne Kyger Memorial Tribute was held on Saturday in the Big Room at Commonweal.

At one time the Big Room was filled with huge transmitters that powered the RCA/Marconi ship-to-shore radio. The Big Room is still a Transmission Station, except the transmissions come from the beyond, and they often come during memorials.

At Mary Bruce's memorial I distinctly heard her voice reassuring me that death was a natural and beautiful part of life. And during Arthur Okamura's memorial some force compelled me to lead the group in singing "Arthur"

So I was prepared for a mystical experience at Joanne Kyger's Memorial Tribute.

The memorial began with the screening of "Descartes" an old video that featured Joanne waving her arms while her voiceover recited poetry. The video had been subjected to extreme feedback so that Joanne waving her arms was pixelated into dozens of arms flapping, reflecting and leaving beautiful trails.

The motion of Joanne's arms reminded me of a beautiful white bird or an angel. I realized with a start that it could be Joanne waving at her friends from the beyond.

Yes, I was convinced that Joanne was waving and signifying in "real time" At the same time it was just a youtube video, obviously a case of "simultaneity."

Joanne was young and radiant in the video, and her message was one of joy and release. It was such a joyful transmission from Joanne at her memorial. Her message felt like reassurance from the afterlife, like Mary Bruce.

I was filled with gratitude and love.

After the video Anne Waldman stepped up to the podium. Ann Waldman, the raven-haired bohemian, summoned up the wild, untamed spirit that is so much a part of poetry. (Of course Joanne was absolutely brilliant in the way she juggled the wild and the refined)

Like Joanne in the video, Anne also waved her arms around as she invoked the wild nature that lay close at hand, just outside the walls of the Big Room.


Three large photographs of Joanne were mounted on the wall behind Anne. One picture caught my eye of Joanne smiling with her arm outstretched. I decided to include Joanne in the sketch I was making, and I drew her rising beatifically above Anne with her joyful smile and outstretched hand signifying, "It's OK."

"The naysayers will never believe this experience of the afterlife in the Big Room at Commonweal." I thought to myself. "I'll just call it simultaneity - one event can have more than one meaning.

But I knew deep down that once again I had received a transmission from beyond in the Big Transmission Room at Commonweal.

Everything really is OK. Thanks, Joanne. —StuArt



EST. 1851  BOLINAS

# SMILEY'S SALOON

& HOTEL

## LIVE MUSIC THIS WEEK

**Wednesday, July 26**

**Larry-Oke!** belt out your favorite tunes. (FREE, 9pm)

**Thursday, July 27**

**TV Heads and Samvega.** A steady diet of post-punk riffs, raw vocals, and electro textures; Psychedelic and Experimental Rock. (FREE, 9pm)

**Friday, July 28**

**Laura Benitez and the Heartache.** Country. (\$5, 8pm)

**Saturday, July 29**

**High Tide Collective.** Blues, Funk and Soul. (\$10, 8pm)

**Sunday, July 30**

**Hannah Judson.** Original alt/folk with an edge. (FREE, 8pm)

**Monday, July 31**

**Epicenter Sound System.** (FREE, 9pm)

We make advance tickets available online and for popular shows, at the bar, so please join our email newsletter for ticket sale alerts, [www.smileysaloon.com/music](http://www.smileysaloon.com/music)

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**TODAY'S HEARSAY**

Brought to you by Steve Heilig, June McAdams,  
and Nicole Lavelle, plus some dogs and  
Everyone Who Is A Reporter

## WHAT'S HAPPENING?

**Wednesday, July 26**

**FLAGSHIP LIBRARY BUS** bilingual story-time, music, games for kids under 5 @ library, 1:15-2:30pm

**MIDNIGHT ON THE WATER** has cancelled their monthly birthday celebration at Smiley's because of the death of beloved fiddler Lewie Likover.

**Thursday, July 27**

**TV HEADS W/ SAM VEGA**

Live post-punk rock music @ Smiley's, 8pm, no cover.

**Friday, July 28**

**NO PLACE LIKE HOME**

Free brunch @ Community Center, noon. All are welcome.

**LAURA BENITEZ + THE HEARTACHE**

Live country music @ Smiley's, 9pm, \$5

**Saturday, July 29**

**HIGH TIDE COLLECTIVE**

Live West Marin blues & surf rock @ Smiley's, 9pm, \$10

**Sunday, July 30**

**HANNAH JUDSON** post-rock @ smiley's, 8pm, no cover

**Tuesday, August 1**

**BCLT QUILTING PROJECT MEETING**

6:30-9pm at the Bolinas Commons

**Wednesday, August 2**

**LUGHNASA** celtic celebration marking halfway point between summer solstice/fall equinox; summer is passing.

## SAVE OUR MARINE SANCTUARY

Tonight, 9PM, is the deadline to call to protest the opening of coastal areas to more oil drilling, including the Farallones. Call (202)208-3200.

- Pam Duke



COMMUNITY &  
CULTURAL CENTER

**dance palace**

**Point Reyes Community Lunch Jul-Dec 2017**

07/27/2017 - 12:00pm to 1:00pm

Suggested donation \$3 (over 60 years old) / \$6 (under 60 years old)

**POINT REYES COMMUNITY LUNCH—HOSTED BY WEST MARIN SENIOR SERVICES**

Break bread with friends at the community lunch every Thursday. Plus live music the first Thursday of each month. The organic food is prepared by Good Earth Natural Foods. Make reservations by 11 AM on the prior Monday. Contact Cathy Bleeker, Nutrition Program Manager at West Marin Senior Services, 415-663-8148, x.104.

## STAR ROUTE FARMSTAND

**Cool Coastal Greens  
and then some!**

**Friday 12 - 5 PM • Roadside In Our Field**



## BCLT WAITING LIST UPDATE

The BCLT is in the process of updating our waiting list. We don't currently have any housing available but would like to add you to our list if you are someone looking for housing now or who may be looking for housing in the future. We will be maintaining a list both of people who are looking to rent and people who may be eligible to purchase a home at below market rate. If you are at all interested in getting housing from us in the future it is important that you get on our list. While fair housing laws will make it hard for us to prioritize based on solely on this list we may be able to use it to help determine occupancy in case of multiple qualified applications.

The BCLT does not act as match making service between tenants and landlords at this time however we would like to make our list waiting available (with tenant approval) to homeowners who are looking for long term tenants. If you have a home for rent please stop by and see who may be looking for a place to live.

\*\*\*

La BCLT (Administración del inmobiliario comunitario en Bolinas) está en proceso de actualizar nuestra lista de espera. No tenemos actualmente ninguna vivienda disponible, pero nos gustaría añadirle a nuestra lista si usted es alguien que busca vivienda ahora o que puede estar buscando vivienda en el futuro. Mantendremos una lista tanto de personas que buscan alquilar como de personas que pueden ser elegibles para comprar una casa a un precio inferior al del mercado. Si usted está interesado en conseguir vivienda con nosotros en el futuro es importante que usted esté en nuestra lista. Mientras que las leyes de vivienda justa harán difícil para nosotros priorizar basándonos únicamente en esta lista, podremos utilizarla para ayudar a determinar la ocupación en caso de múltiples solicitudes que califiquen.

El BCLT no actúa como servicio de asignación de inquilinos con propietarios en este momento, sin embargo, nos gustaría hacer nuestra lista de espera disponible (con la aprobación del inquilino) a los propietarios que están buscando inquilinos a largo plazo. Si usted tiene una casa para alquilar por favor visítanos y vea quién puede estar buscando un lugar para vivir.

## Affordable Housing - Community Development Agency - County of Marin

The Board of Supervisors is scheduled to provide direction for the following outstanding work plan items at a regular meeting on Tuesday, August 1, 2017 at 5:30 PM:\*

- Voluntary rent guidelines
- Ordinance to require just cause for evictions
- Second unit amnesty
- Re-evaluation of Housing Overlay Designation (HOD) Policy
- Data collection
- Mandatory mediation

-EVAN WILHELM

...a socially-acknowledged  
nature-loving town because to like  
to drink the water out of the lakes to like to  
eat the blueberries to like the bears is not hatred  
to hotels and motor boats. Dakar. Temporary and way to save life,  
boats and foves (airplanes in p) over the ocean and to make it  
beautiful.

2

## Walk with the Elder Brothers

*So who are the Elder Brothers? Why do they want to come to Bolinas?*

The Kogi are one of four tribes of the Sierra Nevada of Colombia. They are an intact pre-Colombian civilization that first came out to engage with us in the late 1980's, what they call the Younger Brothers, to deliver their message to humanity - **to reconnect with the heart of nature and our connection to our hearts.** The mamas, these shamans, spend the first 9-18 years of their lives in darkness, in a cave, to connect with the original earth energies, to learn how to focalize with what they call the Divine Mother.

They are coming to work with the ancestral spirits of this land. They have learned about this sacred place and you over my past three years living here.

For more information, contact Stephanie Hilborn about the workshop happening in early August. [shilborn@gmail.com](mailto:shilborn@gmail.com) or 415.509.4115

To be continued in the next Hearsay...

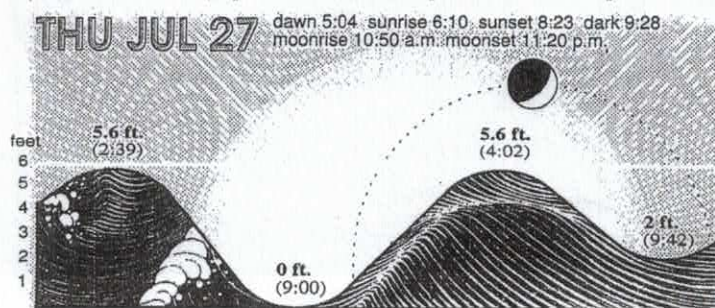
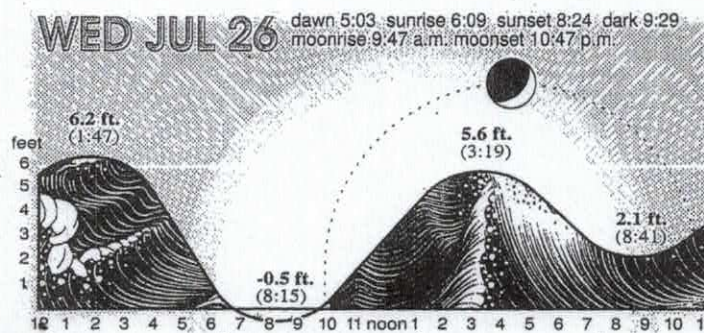
-STEPHANIE HILBORN

"TELL ME JOANNA  
OF THE THREE birds  
OF HAWKS AND OF VULTURE  
IN LESS THAN THREE WORDS

"EAGLES" said she.

TRIBUTE TO JOANNE K →

SKYE 1984





# PUBLIC HEALTH IN MARIN

## An Interview with Matt Willis, MD

In November of 2010, a forty-four-year-old Matt Willis was sent from his job at the Centers for Disease Control in Atlanta to Marin County to study the outbreak of pertussis (whooping cough). A graduate of Harvard's School of Public Health, with a medical degree from Temple University, Willis grew up in Marin. He'd previously returned to the county as a pro cyclist on the racing circuit, but it was during this visit that he started to think about moving back with his wife and three kids.

His next assignment for the CDC that year was a trip to Haiti, after the earthquake that displaced millions, where he reported on outbreaks of vaccine-preventable disease—a situation clearly brought on by lack of access. He thought back to Marin County, where, ironically, residents were facing the same outbreaks by choice. Fast-forward three years to his relocation in Marin, where one of the first items on his agenda as the county's Public Health Officer was to find out why so many Marin parents were choosing to not vaccinate their children—at a rate four times greater than in any other county in the state. He decided to do something about it.

Willis and the rest of the team in the Public Health Department, trying to devise forward-thinking approaches to Marin residents' health issues, have already created a handful of protocols that have been shared with agencies across the country. The latest project, a partnership with other County of Marin departments called Hack4Health, wrapped up this month.

### How is the health of our county residents?

Marin has been ranked the healthiest county in California seven years in a row by the Robert Wood Johnson Foundation, has the longest life expectancy of any county in the nation, and was named the country's healthiest county for children by U.S. News & World Report. When I took this job, I wasn't interested in being the Maytag repairman of public health, and when we dig deeper we see that we have plenty of work to do to. We're at risk of outbreaks because of low vaccination rates. We have huge disparities in health status between communities across the county, with much higher rates of preventable illnesses like heart disease in some low-income neighborhoods. And we stand out year after year as having high rates of substance use and have been deeply impacted by the national epidemic of opioid painkiller abuse. These problems are the focus of Hack4Health.

### What are you hoping for with Hack4Health?

The County of Marin is committed to using technology in innovative ways and this program was created by the Information Services and Technology Department here. They have important data, such as on the 15,000 calls that came through 911 last year, as well as community information on vaccinations, childhood obesity and opioids. To make sense of this information they have asked us here at Health and Human Services to analyze it. Think of it like CSI Marin. We brought in high school and college students to come up with innovative solutions to some of our biggest [health] challenges here in the county. Ideally, we will end up with important information such as where bike crashes might occur most often, or is there a city where seniors are having more issues. Our goal is to come out with a few ideas such as an app for a patient with pain. For instance, because of the opioid epidemic, doctors are prescribing fewer narcotics for pain; we'd make even more progress if we had an easy way to access healthy alternatives like physical therapy, acupuncture or chiropractic. An app could help with that.

### Can you describe your work with the vaccination issue and tell us what the current status is here in the county?

When I came on board we had the lowest vaccination rate in the Bay Area and were about four times lower than the state average. The message that vaccines were safe and effective just wasn't penetrating, and our first step was to understand why. We did a survey of parents to ask what their beliefs were when

really been done at a community level before, and it added nuance to the conversation. One of the big factors, we learned, is that parents really didn't understand that vaccination is not just a personal decision. When we vaccinate our kids it protects their friends, neighbors and classmates. When they see it as part of community well-being, I think more people opt in. A local measles outbreak, understanding of the risks of non-vaccination and changes in vaccine policy have all played a role in improving our rates. Since 2012 our rates have improved every year.

### Can you talk about the crisis surrounding opioid abuse?

The leading cause of accidental death in Marin is prescription drug overdose. Opioid painkillers are driving most of this. They're highly addictive and even one too many pills can end a life. In the years 2012 and 2013 one person overdosed accidentally every two weeks in Marin, one in five high school juniors reported they'd taken painkillers recreationally, and the problem was getting worse. To me, this data was a real call to action, and we convened a town hall-style meeting in early 2014. One hundred or so people including doctors, police officers, elected officials, educators, and parents came, and we spent five hours designing a game plan. Out of that grew RxSafe Marin, our countywide prescription drug abuse coalition. This has been



one of the most rewarding projects, since I've gotten to work with great people who share responsibility for protecting our community inside and outside of government. Now we're sharing our coalition model with other communities as people are looking for solutions to the opioid epidemic nationally.

Our positive health scores are off the charts,

but we seem to be on the opposite side of the scale when it comes to substance abuse. High rates of substance use are really inconsistent with the other health norms in Marin and it's a concern. In California, the Healthy Kids Survey says eighty percent of high school juniors report that alcohol and marijuana are easy to access, and half that number report using these in the past month. With changing laws and the likely increased availability of marijuana, we approach this a lot like alcohol. Whatever our beliefs about adult marijuana use, we should all agree that it's not safe for young people. In considering dispensary locations and practices, we're working with the county to help ensure that kids are protected. We're also learning more and more about adolescent brains, and it's clear that use at that age impairs development and increases risk of lifelong addiction. I also see how hard Marin parents and kids work to set themselves up for success. While substance use threatens that goal of high performance, we're also hearing from kids that stress is one reason they're looking to alcohol and other drugs. The county health rankings are a stark reminder of our substance abuse problem. While we rank far above most counties in almost all established indicators of community health, we rate near the bottom in three: adult binge drinking, DUI rates and accidental drug overdoses.

### How can parents who like to have that drink or two at the end of the day model good behavior?

It's important to me to show our kids that we can be together and celebrate with friends without alcohol. There's a big difference between a beer or wine with dinner, versus sneaking a flask into a high school soccer game. I don't think it helps our kids to pretend they don't have choices—but we can help them navigate the real choices they have by modeling good judgment.



continued from p.4

### Are you concerned about losing Affordable Care Act benefits?

Totally. We have made such positive gains with this program. Under the ACA, 14,000 uninsured Marin residents gained health insurance. We saw a reduction in emergency room visits for that population since people had access to a regular doctor. When people don't have access to preventative primary care, too often they end up going to the emergency room, either for small things that are best dealt with in a clinic or they've waited so long and are so sick they need to be hospitalized. Not only is this expensive for the county, but it's dangerous as well. In the case of communicable diseases, people will wait longer to get help, thereby infecting many more people.

### What is the current state of health equity within the county?

While our health scorecard is very high for the most part, there are communities within Marin that do not share these healthy statistics. For instance, the life expectancy of someone in Marin City is fifteen years shorter than for someone in Ross. We don't think that your ZIP code should determine how long you can expect to live. Again, looking at the data we gain some clues in how to address this injustice. Turns out that the leading driver of preventable death in our low-income communities is heart disease. We can do something about that by making sure everyone has the same chance to have good nutrition, recreation for an active life, and access to health care. For the kids, we're focusing on schools with higher obesity rates. For the adults, we partner with clinicians, who identify individuals who would benefit from our Parks Rx program, which offers boot camp-like workouts at parks around the county.

### What was it about Marin that lured you back?

Last weekend I was at the top of Tam with a group of high school students. My daughter is on the Drake mountain bike team and I help lead team rides. When I see those kids digging deep and making it under their own power all the way up Tam, I'm so grateful to be part of that picture. It's a really unique place. The promise of that kind of day was part of what brought us here. Most of my best memories of growing up here revolved around being outside with friends. I wanted a place where my kids could roam safely and have little adventures and feel capable and have healthy relationships. Professionally, I thought this would be a wonderful place to do a deep dive into what sustains health in a community, to define those factors that correlate to health and longevity and spread them to every community.

### How do you like your job?

I love my job. This is a well-resourced county with a real dedication to well-being—quality of life is important to people in Marin County. So I think I have the best job in the county, for sure. I get to step back and say what can optimize this community, what are we doing well and what could we improve. I'm really interested in how we organize to support the basics of health for everyone across the age spectrum, while protecting ourselves from harmful things like substance abuse. We have solid ways of measuring the vital signs of our community through data. It's no coincidence that the county with the longest life expectancy also has measurably high rates of regular exercise, healthy eating and access to health care. Our number-one status is exciting, but we have an even more important goal: when those health benefits extend to every community, we'll really have something to celebrate.

Reprinted with permission from Marin Magazine. Photo by Lenny Gonzalez.



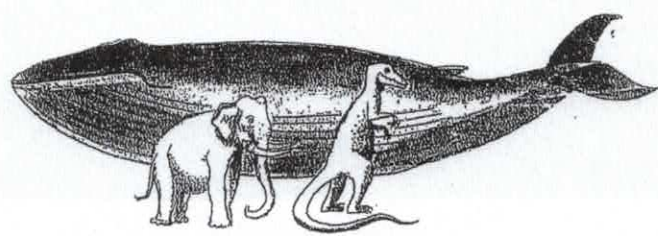
Dear Joanne:

So, we did it. Hundreds of people came, from far and wide, out of respect and love for you and for Donald. Many had not been here in years and for some it felt like a true reunion, with much hugging and marveling. Donald and I and others had met for months trying to figure the best way to honor you, and it all seemed to work. When I walked into the empty room and saw Kitty's big banner photos of you I got all choked up, and sorta stayed that way, anxiously, while trying to make the proceedings flow. So I missed some of the remarks but from what I did hear, everybody we asked to speak did so very well, reading your own words, their words, ancient words, invoking your spirit and art. The videos by and of you played OK thanks to Zeno. At one point I found a fellow Hearsay-er in the back, wiping away tears, but smiling. It was like that.

You've never seen so many cars parked up and down both sides of Elm for the big and wonderful reception at your place afterwards. "This felt like a historic day for Bolinas," one oldtimer said. And I thought, yes, you were here almost a half-century, an historic time of change, and at some point it might well be looked back on as the "Kygerian Era." In one of our last talks, you said of someone who had passed on, "Now he's gone and joined the Great Majority." Now you have too. Clearly very many of us feel very fortunate to have been here in the same time as you. I'll be forever grateful that you let me into your circles for such illuminating, humorous, tasty times.

The entire gathering felt like a deepest bow to you.

-Steve (Heilig)(see? last name included!)





# Blue Moon

Wittgenstein thought he should have his *Investigations* mimeographed and distributed among his friends since it wasn't in a finished state.

He could insert remarks like "This is not quite right" or "This is fishy"....

"As I get older my thoughts become markedly less forceful and crystallize more rarely & I get tired much more easily."

When informed by the doctor that he could only live a few days he said "Good. Tell them all I've had a wonderful life!"

## Joanne Kyger

Designed and printed in an edition of 100 by Jade Lascelles and Julia Seko in honor of the Joanne Kyger Memorial Reading, June 18, 2017. Summer Writing Program, Jack Kerouac School, Naropa University, Boulder, CO. Harry Smith Print Shop.

"Haven't I seen you here before? That's me! Where I began."

-- J. Kyger

## Joanne Kyger

*A Celebration of Her Life and Work*

SATURDAY, JULY 22, 3PM, COMMONWEAL



Welcome

"Descartes"

Film excerpt by Joanne Kyger, 1968

"Communication is Essential"

An Autobiographical Note  
Diana Middleton-McQuaid

Readings

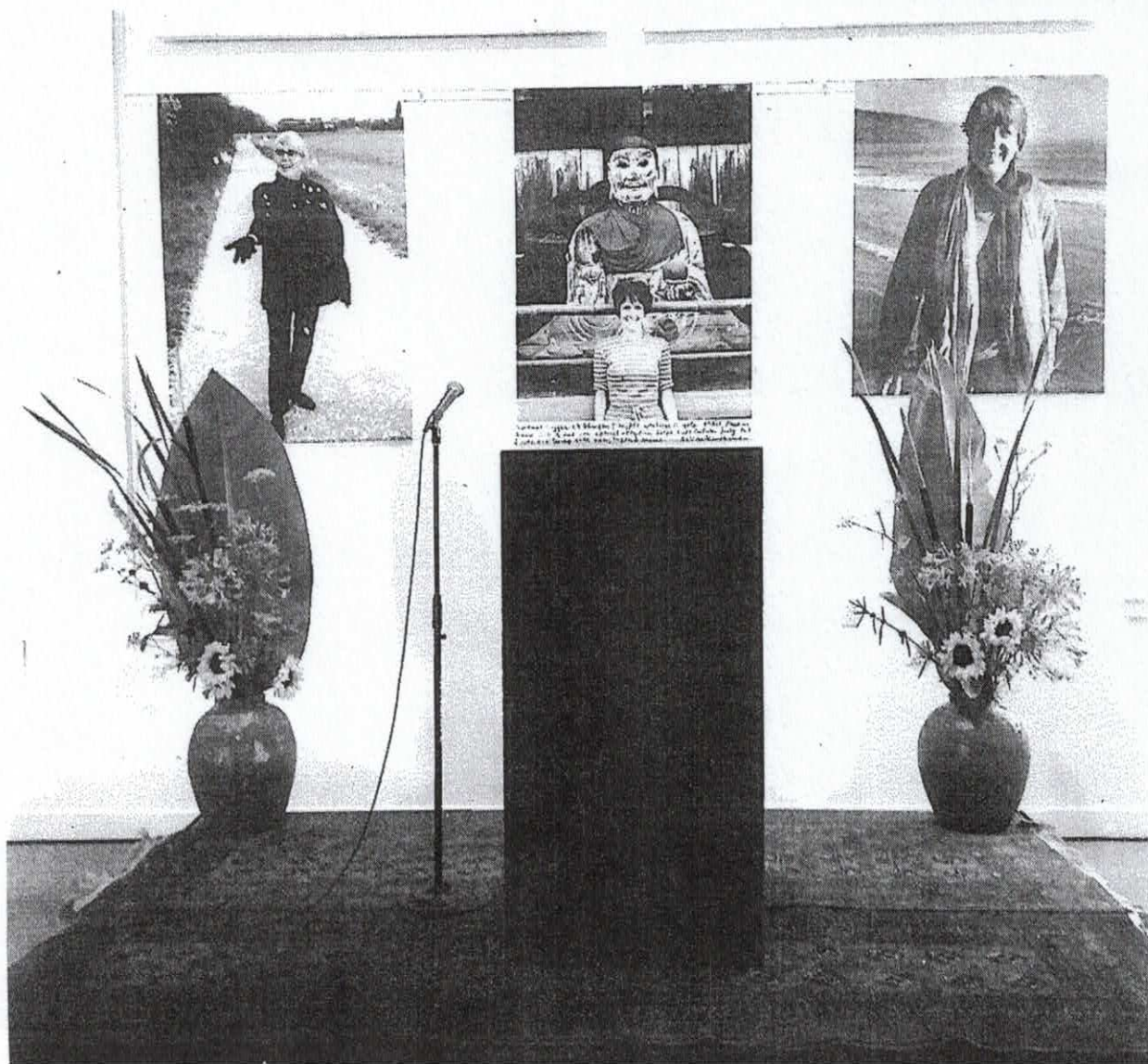
Anne Waldman  
Anne Valley-Fox  
Michael Rothenberg  
Duncan McNaughton  
Lewis MacAdams  
Michael Wolfe  
Gloria Frym  
Cedar Sigo  
Simone Fattal  
Bill Porter  
Michael McClure

Open Tributes

Film montage by Jim Zeno

Conclusion

Special thanks to Jim and Karly Zeno, Kitty Okamura, Carol Collier, Alastair Johnston, Commonweal... and Bolinas.





# HEARSAY NEWS CLASSIFIEDS

Office Hours M.W. F. 9ish to 11ish. Call 868-0138  
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Ad forms in smaller mail box, slot in door to submit

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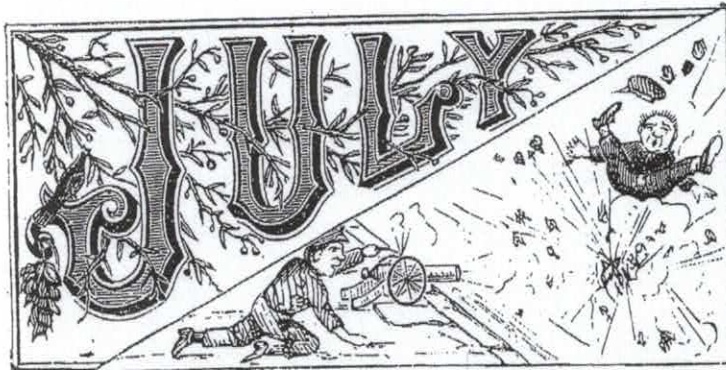
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EG 8/7

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LB 9/25

**868hearsay@gmail.com**

Submit articles, ads and drawings by midnight  
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the next day.

Or get info on how to read online or subscribe online  
or request a link to the password-protected website.

## Classified ads that are free

As a public service, the Bolinas Hearsay News will print  
ads in the categories **LOST & FOUND, FREE** and  
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Drop your ad through the slot in the door at our office on  
the left side of the PBUD building at 370 Elm Street.

Or email to [868hearsay@gmail.com](mailto:868hearsay@gmail.com)

## Regular meetings in West Marin

Lagunitas School Board	3rd Thursday	6:00 p.m.	Campus
SGV Healthy Comm. Collab.	2nd Wednesday	3:30 p.m.	Comm Center
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Center
Lag. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Center
Dance Palace Board	3rd Tuesday	6 p.m.	Dance Palace
Point Reyes-Olema 4-H	1st Monday	6:30 p.m.	WMS old gym
Bolinas Community Center	3rd Tuesday	5-7 p.m.	Bolinas Library
Point Reyes Village Assoc.	2nd Thursday	6:30-8:00	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	Comm Center
W.M. Lions Club	1st/3rd Tuesday	7-9:00 p.m.	Sta. House Café
Briones Lions Club	4th Thursday	7 p.m.	Rod & Boat Club
W.M. Rotary Club	Each Wednesday	8:00 a.m.	Toby's Feed Barn
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House Café
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	TBA	TBA	W.M.S. staff room
KWMR Board	3rd Wednesday	6-7:30 p.m.	Fire Station
Inverness Public Utility District	4th Wednesday	9:00 a.m.	Fire Station
Inverness Association	4th Wednesday	7:00 p.m.	Library
Inverness Park Association	Date, time and location posted at		Perry's Deli
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	BCPUD office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	Bolinas campus
Stinson Beach Water District	3rd Saturday	9:30 a.m.	SBGWD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	BBPUD office
Tomas Village Comm. Serv. Dist.	2nd Wednesday	7:00 p.m.	Town Hall
Tomas Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomas Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomas 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office
Bolinas Fire Protection District	4th Mondays	7:00 p.m.	BFPD office
Tomas Bay Youth Center	Last Tuesdays	6 p.m.	TBYC



## FOR SALE

1997 GEO PRISM 210K MILES  
Runs very well, smogged. \$1,000  
868-2103

RF X

## KWMR Radio Highlights

**FRI** An Indigenous Economic Model 12 PM

**SAT** French Movie Music 2 PM

**SUN** Conscience Vs. Money 10 PM

**MON** Dreamers, Schemers, Bigots & Rogues 10 AM

**TUE** Live music from Twain 8:30 PM

**WED** Coast Highway Blues 8:30 PM

- More information at [KWMR.org](http://KWMR.org) -

**FM** 90.5 Point Reyes Station  
89.9 Bolinas  
92.3 San Geronimo Valley

## LOST AND FOUND

**FOUND: ON OVERLOOK-COLLEGE OF MARIN**  
lanyard with volvo key, with push button remote control, with  
miniature piston on the key ring. Call 8689052 to claim.

JMC 7/17

**LOST: TURQUOISE WIDE BRIMMED**  
Fabric sun hat. Martine -868-9036

MA 6/19

**MISSING: TAN/BROWN BLACKHAWK! BRAND**  
backpack outside Bolinas Rod & Boat Club. Would love to have  
it back at your earliest convenience. 868-9331.

BL6/16

**LOST: READER GLASSES-RED & COLORED STRIPES**  
on agate beach-Wednesday 5/31/17. 707-652 5577.

S 6/14

**LOST: Olive GREEN HOODIE YESTERDAY AFTER SUN**  
festival in park. Says Seward, music festival on back. If found  
call 415-299-4100

BC 6/12

**FOUND: SMALL PAINTED MARACAS AT BABY**  
BLESSING Sunday 6/11 Please call 0902 to claim.

MB 6/12

**LOST: BLACK MOTOROLA SMART PHONE LOST ON**  
Elm between Dogwood and overlook noon Sunday the 21<sup>st</sup>.  
please call 415-997 8369 if found.

SM 5/22

## CLASSES



### Weekly Classes and Events Schedule

#### MONDAY

Somatic Exercise	9:30-10:45am
Bo Babies & Toddlers Open Play Group (free)	12:00-2:00 pm
Move & Tumble, 3-5 yr. (7/25, 8/7, 8/14, 8/21) w/ KT	3:15 - 4:00 pm
Acronastics, 6-9 yr. (7/25, 8/7, 8/14, 8/21) w/ KT	4:15 - 5:15 pm
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/Angela Sterpka	7:00-8:15 pm

#### TUESDAY

Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15am
Soul Soup w/Amber Hines (0-3yr)	10:30-11:15am
Contemporary Dance w/Lisa (teens & adults)	6:30-7:45pm

#### WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30-9:45am
Move & Tumble, 3-5 yr. (8/9 & 8/16) w/KT	3:15 - 4:00 pm
Dance Fun(damentals) 6-9 yr. (8/9 & 8/16) w/KT	4:15 - 5:15 pm
Beginning Yoga w/ Brenda Stine	6:00-7:15pm

#### THURSDAY

Yoga Flow w/Brenda Stine	7:30 - 9:00 am
USDA food bank	12 noon

#### FRIDAY

Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 <sup>th</sup> Fridays)	10:30-12:00pm
No Place Like Home (Free Brunch 4 <sup>th</sup> Fri of Month)	12 noon

#### SATURDAY

Diaspora Dance w/Amber Hines	9:00-10:30 am
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#### SUNDAY

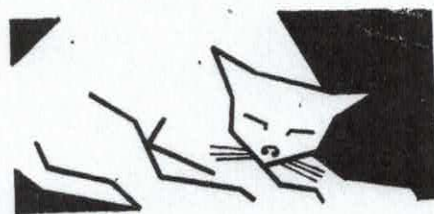
Brazilian Dance w/Anna Gottr. (last Sunday of mth)	11:00-12:15 pm
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Call 868-2128, check the Library Marquee, Calendar in BCC  
Foyer or visit [www.bocenter.org](http://www.bocenter.org) for more info & special events!

## HOUSING WANTED

**SEEKING COTTAGE/IN-LAW/HOME! CLEAN living and**  
quiet Bolinas resident seeks new home. 415-509-4115  
[shilborn@gmail.com](mailto:shilborn@gmail.com)

SH 7/31



## FREE

**UPRIGHT PIANO NEEDS NEW HOME ASAP!**  
It is at 5 Terrace Ave. You can see it from the back  
porch window. It needs a little work.  
Call Amber at 868-9073 to arrange pick-up!

AH 6/30

**FREE! KETTLER EXERCISER. ALL YOU HAVE TO do**  
is pick it up- 95 NYMPH-868-8802!

JM 7/26

**RELATIVELY NEW FRIG-SMALL APARTMENT SIZE**  
62 inches high and 28 wide Hot Point with freezer.  
Linda Mornell 415-868-2350 Horseshoe Hill Rd.

LM 6/7