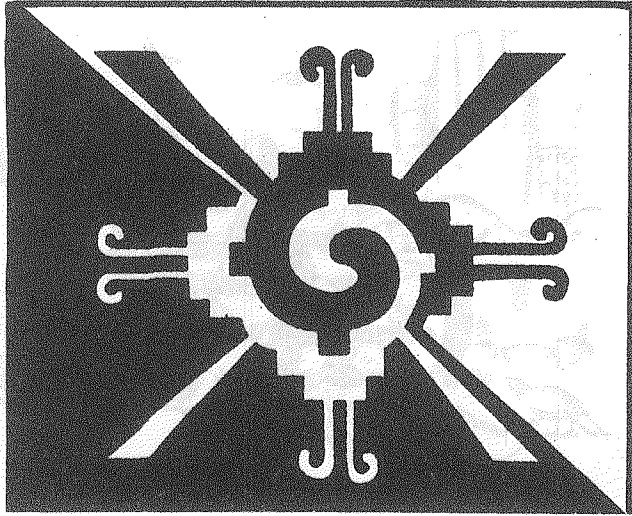


# BOLINAS HEARSAY NEWS

JANUARY 4, 2012



## 2012

by StuArt

The long anticipated, much ballyhooed year of 2012 is finally here. Less than a year from now will be the Winter Solstice of 2012, which marks the end of the Mayan calendar. Not since Y2K has there been such interest in the end of a calendar.

The end of the Mayan calendar marks the completion of the solar system's orbit around the galactic core. The Mayans calculated that circumnavigation took 26,000 years. They called that period of time "the great year." 2012 is New Year's Eve for that galactic year.

2012 is associated with the Hunab Ku, the cosmic butterfly, the Zapotec yin/yang symbol that was popularized by Jose Arguelles for Harmonic Convergence. I find the Hunab Ku to be an attractive, powerful image and I use it often. All of my berets are emblazoned with the Hunab Ku

The Hunab Ku represents the center of the Galaxy. The design shows the polarity of duality as it's spun from the Galaxy core in the eternal Now. To me the Hunab Ku is a reminder of the galaxy, and my connection to the awesomeness of the galactic mind.

Imagine - right now - how awesome and huge it really is.

The paradigm will shift in a big way in 2012. Modern science is stumbling around trying to fit new information into old ideas. A grander design for the universe will be revealed in 2012.

I predict extraterrestrial contact.

2012 is truly the End of the World As We Know It. It's New Year's Eve for the Galaxy. How we gonna act? We gonna party! More fun! More frivolity! More games, less toys!

Who? Hunab Ku

Who? Who are you?

Sacred symbol - frequency  
Center of our galaxy

## WHAT'S HAPPENING?

Thursday, January 5

### COAST CAFE CONCERT SERIES

Featuring Dale Polissar, clarinet & Bart Hopkin, guitar; and food and drink specials @ Coast Café, 7pm

### RADCLOUD

New band showcase @ Smiley's, 8:30pm, no cover.

Friday, January 6

### BEAM

Live entertainment @ Smiley's, 9pm, cover.

Saturday, January 7

### ZEN MEDITATION at ST. AIDAN'S

Monthly half day sitting 9am-12noon, dharma talk at 10:30am. Come for all or part. All are welcome

### OPENING RECEPTION

"Fresh Paint:" paintings by Dennis Hare & Rob Setrakian, @ Bolinas Gallery, time TBA. Show Jan.7-28

### COCHISE

Live entertainment @ Smiley's, 9pm. Cover.

## Hunab Ku

### Galactic Butterfly Mayan Creator God

During an analysis of some low frequency radio wave images coming from the center of our Milky Way galaxy, which were received by the Very Large Array radio telescope at Socorro, New Mexico in 2002, researchers discovered a quite extraordinary intermittent signal, that seemed to be intelligently directed, which consisted of five highly energetic radio emissions of equal brightness that lasted 10 minutes each and appeared every 77 minutes over about a 7-hour period from September 30 to October 1 of that year.

Our modern day astrophysicists and astronomers, with all their sophisticated scientific instruments, are not the only humans that have wondered what may exist at the center of our galaxy. The superb astronomers and mathematicians of the ancient Mayan civilization, also pondered this question. The Mayans knew where in the sky the exact center of the galaxy was located and they even had a glyph representing it which is now named Hunab Ku ; it was known to the Mayans as The Galactic Butterfly. Their entire cosmology and extremely accurate calendars were based on the existence and location of Hunab Ku and they deeply believed that the future of mankind ultimately depends on what occurs there.

Hunab Ku was, to the Mayans, the supreme God and ultimate Creator and was located in the center of the Milky Way galaxy. It represented the gateway to other galaxies beyond our Sun as well as all of the consciousness that has ever existed in this, our own galaxy. Hunab Ku, according to the Mayans, is also the consciousness which organized all matter from a whirling disk - into stars, planets and solar systems. Hunab Ku is the Mother Womb which is constantly giving birth to new stars and it gave birth to our own Sun and planet Earth as well as the other planets found in

*Ever let Love and Truth, Peace and Light, Health and Harmony Prevail!*

# GLEANINGS *Mary Barror*

HAPPY NEW YEAR, BELOVED BOLINAS!!!

MAY THE YEAR BE FILLED WITH LOVE, AND JOYOUS CREATIVITY, AN ABUNDANCE OF ALL GOOD THINGS, BOTH SPIRITUAL AND PHYSICAL PLUS LOTS OF GREAT MUSIC, DANCE, LAUGHTER AND FUN! ( MARDIS GRAS COMING , SAT., FEBRUARY 11TH!)

I BEGAN MY GLEANINGS COLUMN IN JUNE OF 2004 WITH STUART AS MY EDITOR. NOW STU IS ONLY DOING THE PAPER EVERY OTHER WEDNESDAY AND I WILL BE FOLLOWING SUIT, DOING MY COLUMN WITH HIM.

THE BO CHRISTMAS FAIRE WAS WARM AND WONDERFUL, THIS DECEMBER, WITH LOTS OF LOVE-CONNECTION, CAROLING, BARTERING AND GREAT EXCHANGES OF ENERGY... AS STU WOULD SAY, (AND DID SAY), "IT WAS THE BEST ONE YET"!!!... MARY



A New Year's Blessing

Unhurried mornings, greeted with gratitude; good work for the hand, the heart and the mind; the smile of a friend, the laughter of children; kind words from a neighbor, a home dry and warm.

Food on the table, with a place for the stranger; a glimpse of the mystery behind every breath; some time of ease in the arms of your lover; then sleep with a prayer of thanks on your lips;

May all this and more be yours this year and every year after to the end of your days.

- Larry Robinson



DO GOOD AND THROW IT INTO THE SEA, IF THE FISH SWALLOW IT AND MAN FORGETS IT, GOD WILL REMEMBER IT...

### OLD PROVERB

Primary Wonder

Days pass when I forget the mystery. Problems insoluble and problems offering their own ignored solutions jostle for my attention, they crowd its antechamber along with a host of diversions, my courtiers, wearing their colored clothes; cap and bells. And then once more the quiet mystery is present to me, the throng's clamor recedes: the mystery that there is anything, anything at all, let alone cosmos, joy, memory, everything, rather than void: and that, O Lord, Creator, Hallowed One, You still, hour by hour sustain it.

- Denise Levertov



*Mary*



MIGUEL BUSTAMANTE DENTAL CORPORATION

24 WHARF RD. BOLINAS 415 868 0911



### NOTICE:

Little League Baseball sign-ups are now happening, for ages 5-12 years, at [www.westmarinlittleleague.com](http://www.westmarinlittleleague.com).

Submitted by Dirk McCall

Notice from BCPUD: opening of Terrace Ave is scheduled for this week, pending Wednesday's replacement of electric pole.

# A Healthy Bolinas Tale

by Dr. Elson Haas

January, 2012

It all began way back in 1973 with dual synchronistic events. First I met the Zenos and moved into their Berkeley pad on College Avenue by Ashby while they took over a house on lower Terrace, Bolinas.... Then, I had a call from my Michigan doctor pal Marty Rossman asking me to join him and Dr. Irving Oyle at the Bolinas Headlands Healing Service ("We are doing some cool things out here; I think you'll be interested.") located at the Presbyterian Church on the entry corner of this magical town tucked away across the channel from the tip of Stinson Beach Seadrift. I remember feeling a sense of awe on my first drive along the lagoon into town thru the eucalyptus corridor.

Today—almost 40 years later—I am still visiting Bolinas, and enjoying the special Nature of this unique coastal town, and seeing my friends Karly and Zeno (who still live here) and the many people I have met during the beginning of my medical career. And let me share with you that it's been quite an exciting and blessed journey along these past few decades.

I was here again this year for Thanksgiving and then right before Christmas, returning for Solstice days, to enjoy the quiet sunny days and low tides with my family. The natural beauty of this area along the California coast is truly awesome, rejuvenating and restoring my body and soul whenever I return.

I began here in Bolinas as an 'alternative, holistic doc' where I say I did my self-designed residency in "metaphysical and natural medicine" right here in "Bobo", the coolest counter-culture California town. During this early period, I was intensely reading, studying and applying to practice the ancient systems of medicine, numerology, astrology and tarot; palmistry and iridology; nutrition and natural medicine; and herbal therapies.

Since those early days in Bolinas with Marty and Irving, my medical career has evolved and prospered. Today, I practice at and direct our integrated, family medicine at Preventive Medical Center of Marin ("PMCM"), my 28 year-old clinic in San Rafael ( [HYPERLINK "http://www.pmcmarin.com"](http://www.pmcmarin.com) [www.pmcmarin.com](http://www.pmcmarin.com)). With twenty staff and practitioners, we offer a wide range of medical services to patients in the greater San Francisco Bay Area and beyond.

In our Bolinas Clinic (1973-75), Irving led Marty and me in the areas of guided imagery and healing mind therapies (and by the way, Marty still practices in Marin). I was also learning about herbs from the several local and visiting herbalists that came for the unique properties and plants of this coastal town. Marty had already studied Chinese medicine and acupuncture and he shared with me some of his knowledge of this ancient natural system, plus I began studying the very few books that were available for review at that time on the history and practice of Chinese medicine and acupuncture.

Together, we also studied the effects on sound vibrations on the acupuncture system and body, and we observed people go into deep relaxation where they could imagine their body healed and listen for the guidance of the inner wisdom. This became the practice of "guided imagery" and "mind-body" medicine that Dr. Rossman has popularized in his writing and teaching, and still practices today (see [HYPERLINK "http://www.thehealingmind.org"](http://www.thehealingmind.org) [www.thehealingmind.org](http://www.thehealingmind.org)).

My time in Bolinas was more than an intellectual learning experience—it was also a period of personal transformation. Basically, I had to retrain and re-educate my overweight, allergic and congested body to eat lightly and to fast, doing my first Stanley Burrough's 10-day Master Cleanser Lemonade Diet in May, 1975. What an amazing experience! I let go of 20 pounds, and my allergies and

congestion disappeared (and still to this day). This first experience in Bolinas has led to years of detoxifying diets, cleansing, further weight loss and overall improved health and vitality. And it has become a focus of much of my work, writing and publishing The Detox Diet book and using the name Detox Doc®.

During my years in Bolinas, I actively wrote about my initial cleansing experience in the Hearsay News and it was so amazing for me—that I decided as a newly practicing young physician—I would offer a free guided cleanse at the late Julie Holter's Ocean Parkway house overlooking the Bolinas Bay and San Francisco. About 20 people attended my first cleanse class in June, 1977, including Michael Lerner of Commonweal and Jim Anderson, the then Hearsay editor. It was a totally awesome experience that not only influenced hundreds of people over that Spring/Summer, but affected my entire medical career to become a doctor/teacher and help people prevent disease and improve health through healthy nutritional means. (And I wrote about this first guided cleanse in the "Spring" section of my first book; *Staying Healthy with the Seasons*, still in print today.)

I have continued to do an annual guided juice cleanse every Spring since that of 1977. In addition, I do and oversee other 3-week Detox programs at my clinic in San Rafael every January for New Year's and often an Autumn Detox in September to lighten up and prepare for the holiday season. To me, it is one of the most rewarding activities I do in my medical work as people experience such positive, healing changes, often life altering for years to come.

In effect, my writing career began in Bolinas with these initial articles on cleansing and seasonal nutrition, which eventually became a regular health column in the Hearsay News. Eventually I sent my mimeographed color-coordinated (per season, of course) to hundreds of friends and family around the country. Based upon their positive feedback, I decided to turn the articles into my first book.

None of this would have happened if I hadn't met the "Princess of Argisle" (Bethany), hanging out with the monarch butterflies in purple-gate valley. At the time Bethany had just finished a show that she wrote and directed created with the children at the Bolinas school, a show called "Come along under the Sea, with the Princess and me." I loved her energy and her magical creativity, and shortly after we met I aligned with Bethany to form a creative partnership that has flourished and remains to this day. Bethany helped me in many areas of my life and career, including my growing medical practice and as an editor and manager, in the extensive evolution and refinement of the *Staying Healthy with the Seasons* manuscript (typed several times pre-computers; can you imagine?) before it was edited by Penny Post, who then lived in Bolinas. "Seasons" was published in 1981 by Celestial Arts Publishers, located at the time in Millbrae on the SF Peninsula (Celestial relocated to Berkeley in the 1980s as it merged with Tenspeed Press, and recently became part of Random House in New York). Over the ensuing 30 years, I have continued working with TenSpeed as publisher with my Nutrition tome, *Staying Healthy with Nutrition* (1992, 2006), and then *The Detox Diet* (1996, 2004, and soon 2012 as Third Edition). Over the years, I have worked with other publishers (see [HYPERLINK "http://www.elsonhaas.com"](http://www.elsonhaas.com) [www.elsonhaas.com](http://www.elsonhaas.com) and [HYPERLINK "http://www.haashealthonline.com"](http://www.haashealthonline.com) [www.haashealthonline.com](http://www.haashealthonline.com)); yet, I still have a good working relationship with Tenspeed. I am currently working on another book about my vision for the future of health care in our nation. This book will become the third work of my "Staying Healthy" trilogy, all of which began nearly four decades ago in the inspiring, healing community here by the beach.

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I am also still ambitious to help our planet's healing by encouraging and teaching people to live and work consciously with our Earth's energy. This mission was given to me by local poet, Mim, (circa 1977) who gave me a special lapis ring with other minerals covering it so it that looks like the Earth from outer space. She told me, "Dr. Elson, you are one of the planet's helpers, ending with her favorite slogan, "If you're gonna do it; do it with love!"

Dr Elson and the Detox Doc also became "Dr Sun" here in Bolinas as I began writing a series of songs for children about their bodies and their health. These songs were originally developed with Argisle's minstrel, Gary Guitar, to go along with a line of anatomical t-shirts that Bethany and I began to create and sell in the late 1970s and early 80s. For example, one of our anatomical t-shirts showed a colorful diagram of the heart, for which we wrote the song, "Thump-Thump". Each of the major body systems had a shirt and a song (we even had socks showing the bones and muscles of the feet with reflexology on the bottoms). During those early days of collaboration in Bolinas, Bethany, Gary and I created a live show that at the time we called "The Anatomy Strip" (wearing eight shirts all at once and stripping them off one at a time), and we began local performances to kids in Bolinas. Eventually we performed this show in schools around California.

Last year Bethany and I formed a new partnership called Seasons Studios and we worked with artist Stuart Chapman here in Bolinas to create the illustrated song-book and CD called The Anatomix Comix, a fun and lively educational journey through the body systems based on "the Anatomy Strip." Check out the new Anatomix Comix App on I-tunes to review for your kids and grandchildren. Bethany has also been devoted to saving the whales and protecting the ocean habitat and has her book and App available, called Blimps & Whales. We also met artist Neil Osborn on Bolinas Beach and have worked with him as illustrator for both Blimps and his story Count Broccula. You can learn much more about our work with children about health and the environment at (HYPERLINK "<http://www.seasonsstudios.com>" www.seasonsstudios.com).

Thank you Bolinas—for your inspiration, powerful and beautiful Nature, and for your special support that has connected me (and kept me connected) to Mother Earth, guiding me to follow the path that began here in her womb.

I wish you all a Happy New Year and profound 2012. One part of the world ending is the beginning of a new world. As we enter the coming year of the Water Dragon (in the Chinese Astrology system), we may expect some intensity and changes, so let's be wise about preparation and survival preparedness as I have written about on my websites. It's good survival prep to have adequate water and food, clothing and some supplies to support you and your family.

Bethany and I once traveled for close to a year in 1977 in a van we had set up for survival anywhere we landed. This included water and some concentrated foods, seeds for planting and blankets for warmth. I still maintain my car and office and home set up that way. Gladly, we haven't had to use them very often.

NOW is a good time to look at your health and make new plans for this coming year. New Year's Resolutions anyone? I start my list with something I realized during my first Bolinas cleanse, and that is, "This is the only body I have; I will treat it with love." What are your resolutions for 2012? I have posted a good list as part of my Health Tips on my new website, HYPERLINK "<http://www.HaashealthOnline.com>", if you wish to check them out. Anyone who wants to write me or share any experiences related to your health, my email is HYPERLINK "<mailto:emhaas@sonic.net>" emhaas@sonic.net. Also, if anyone knows of a writing retreat rental for me, please let me know.

Blessings to you all, and  
Stay Healthy, Dr Elson

## LIVE MUSIC AT THE BEACH

Fri., Sat. & Sun. Nites DECEMBER

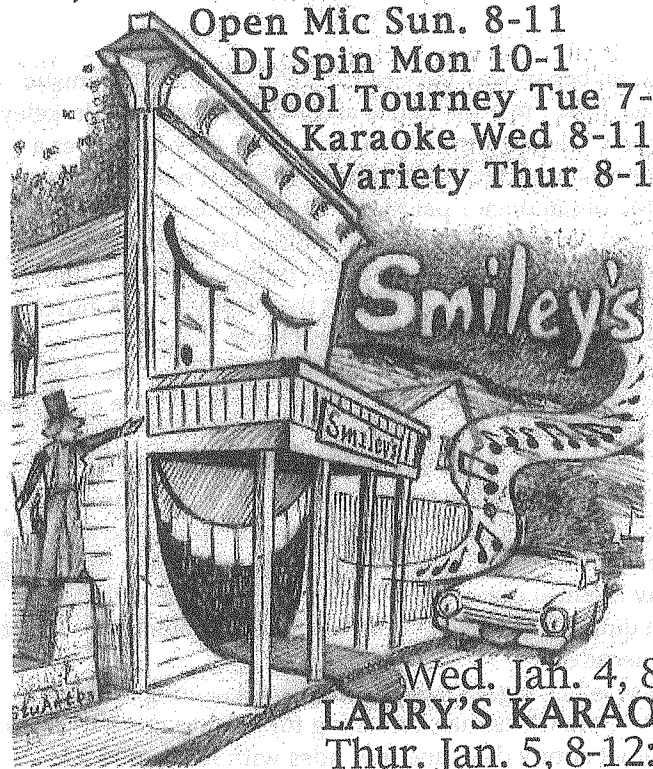
Open Mic Sun. 8-11

DJ Spin Mon 10-1

Pool Tourney Tue 7-11

Karaoke Wed 8-11

Variety Thur 8-11



Wed. Jan. 4, 8-1,  
LARRY'S KARAOKE  
Thur. Jan. 5, 8-12:30,  
RADCLOUD

Fri. Jan. 6, 9-1, BEAM  
Sat. Jan. 7, 9-1, COCHISE  
Sun. Jan. 8, 8-12, OPEN MIC  
w/CHEYENNE

Mon. Jan. 9, 9-1, reggae, rec spin,  
MON. NITE LIVE  
Wednesday, Jan. 11, 8-1,  
LARRY'S KARAOKE

SMILEY'S SCHOONER SALOON & HOTEL  
41 Wharf Road, Bolinas 415-868-1311

Hunab Ku continued from page 1

our solar system. They also believed that the ultimate Creator directs everything that happens in our galaxy from its center through the emanation of periodic energy bursts of consciousness.

Today, modern astronomers have indeed verified that at the center of our Milky Way galaxy is found a "whirling disk" with a "black hole" at its center that is both swallowing and giving birth to stars. Could the extraordinary low frequency radio wave images discovered coming from the center of our Milky Way galaxy be programmed bursts of energy consciousness coming from the ultimate Creator... and actually be a modern manifestation of what the ancient Mayans believed? There does appear to be a growing convergence taking place with regard to what the ancient Mayans believed and understood and what our modern scientists and quantum physicists are increasingly discovering about our galaxy today.

One big difference is how modern physicists view and how the ancient Mayas viewed time. Today, physicists view time as being linear. In contrast, the Mayas believed essentially that time flows in a circle. There is a beginning and an end to things but there is a renewal at the end of the Time Cycle. There is a periodicity with regard to all manifested phenomena. The

continued on page 6

Bethany Coleman-Atherton

Monday 12 December 2011

Expatriate Post: Dispatch to Boboland from a Small Town near Baja California – X

- Previously not published anywhere.

Meandering in a realm of reasonable certainty, I am confident that I was not Marie Antoinette in a previous incarnation. 'How can you be so sure?' you might be asking yourself. It is true I have been called imperious, naïve and immature at times with a particularly unwarranted aversion to any pressure on the back of my neck and a weird attraction to very nice muslin curtains. However, unlike the tragic monarch, I happen to eat my cake. That silly lass with the infamous hairdos kept her chefs busy cranking out sugary confections which never passed her lips. Wanting to maintain her girlish figure, she would simply hold the sweets up to her nose and give them a sensuous snuffle.

Now, in the unreasonable realm where I tend to reside most of the time, I have an unusual fascination with cake; its essence, its texture, its perfume, its glorious flavor. Little pale pink petits fours adorned with minute roses intrigue me as much as any precious gem; layer cakes seduce me like buttercream-infused Svengalis. The very odor of cake triggers serotonin in my brain. No need for Prozac. As a child, cake batter, like a balm, made my nostrils quiver with delight. I could smell the amalgamation of butter, sugar, eggs and vanilla from across the house, from the garden, from the beach! The actual biscuit-y layers baking in the oven sent out an even more powerful signal; the fragrance spiraling from the kitchen vents infused the fog and tapped the wind like Morris Code.

I do have a nose, an uncanny sniffer, that is not always a desirable feature. Pre-GPS, I could, indeed, signal the approach to a town from the middle of the Arizona desert by receiving the site specific scent code of frying hamburgers before anyone else. My family, tucked in the car like overheated sardines, was always amazed. This skill gave me prestige, a certain elevated status, for at least as long as it took to find the imminent burger stand. Nevertheless as a child, I was, more often than not, disconcerted by the odors of quotidian life: acrid armpits, moldering shoes, dog farts, school buses, gym lockers and boiled cabbage, to name a few.

If France has given me anything, it is the ability to trick my nose and thus my brain. For it is in France that there is more stinky stuff than anywhere else on the planet. In particular, there is a lot of stinky cheese. The irony is that the more fragrant the fermented lump of goat, cow or sheep's milk, the more luscious, creamy, nutty and sweet it is at its heart. Cheese is wrapped in leaves, massaged with olive oil, rolled in herbs and bathed in sweet alcohol. As it ages, it goes from Jekyll to Hyde on the odor scale.

Just recently, we had a dinner party and as I was putting the finishing touches on the table, I smelled something in the dining room. The alarm bells went off, my nose went wild and I wondered how a dog could have gotten into the house. We don't have

a dog. Maybe someone had brought something in on his shoe? Perhaps the cats had left me a gift? They were always leaving me startled, half-eaten geckos and rodent body parts. Suddenly, Margaret appeared with the wine basket and I asked her, "What is that smell?" "Oh," she replied, "Maybe I put the cheese platter out too soon?" "Ahh....," my brain skidded sideways, flopped over backwards and performed a pirouette. What had been, just seconds before, something dead or pre-digested was suddenly a gorgeous, oozing white cheese from the monks in Burgundy, a bubbling ash-covered cone of goat cheese from the mountains and glistening blue cheese from the enchanted caves of Roquefort. The cultural conditioning that programs us to know "that which is smelly" comes to a screeching halt, whips into reverse and reintroduces reeking and putrid as elements of haute cuisine - cheese, "milk's leap to immortality!" - stunningly beautiful creamy stuff served with walnuts or a grape, a chunk of baguette and the last of the wine at the end of a meal.

I have to trick most of the Americans who come to stay with us, or should I say I have to recondition them. It would be disaster to serve cheese when the evening is young. Sober Americans in front of a steaming cheese with a leathery skin smelling of boiled socks is a sure recipe for failure. They must be fed garlicky olive spread and spicy southern wine with a peachy tinge and copious amounts of Moroccan anchovies bathed in olive oil, parsley and garlic and golden free-range chicken roasted with mountain thyme and rosemary and then some more wine. They must be regaled with stories, as well, of shameless Americans who come to France and eat at McDonald's and never touch the cheese from goats who feed on lavender. Then, and only then, will they venture to carve a wedge from the undulating, vaporous furry cheese that has absolutely no resemblance to their Monterey Jack or that orange rubbery stuff that comes in a box or a can and requires no refrigeration. I have not pushed my luck with the cheeses from Corsica; the definitive poo poo cheeses that even test the will of great warriors with their malodorous-ness and little milk worms.

I cannot lie. I once loved odorless Monterey Jack and Cheeze Whiz when I was young and even more naïve. The ultimate cheese experience was Kraft Macaroni and Cheese. On occasion, our family tested the limits with Limburger. When we were chic and daring, we drove up to the French cheese factory and ate (relatively mild) camembert. The cheese of all seasons was sharp cheddar in a hermetically-sealed package. It garnished tacos and chili con carne of the highest standards. Oh, and Philadelphia cream cheese - so versatile at brunches and in cheese cake, so mild and inoffensive.

So, maybe I was a lot like Marie Antoinette sniffing at things and loving cream-filled cakes. Bottom line is, that poor, gangling, maladroït girl should never have had her head cut off. She had plenty of cake to go around. That's why she said what she said. Big mistake. I never would have said, "Let them eat cake," because there simply wouldn't have been any around.



**Start 2012 off in style with a quit plan that really works  
and the positive support you deserve.**

\*\*\*\*\*

**West Marin Tobacco Cessation Class**

**Tuesdays, 5:00 – 6:00pm**

**January 10 – February 14, 2012**

**West Marin Service Center  
100 6<sup>th</sup> Street, Pt. Reyes Station**

\*

**To register or for more information,  
contact Kathleen Roach at 663.8231 or kroach@co.marin.ca.us.**

**NO drop-ins, please.**



Using 500 cans of spray paint over 16 days of work, five members of the Montreal-based artist collective A'shop created an extraordinary Art Nouveau-inspired street mural because, "Our city has way too much gray." Here's what they made.

"Graffiti as a form of visual language can be hard to comprehend. We thought it would be interesting to paint this mural in a more common language, using imagery that anyone can understand, initiating dialog and building bridges."

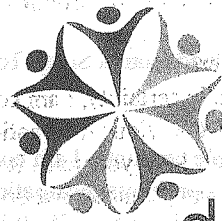
Hunab Ku continued from page 4

**Mayan highly accurate Long Count Calendar is based on this precept. The Mayans also believed that time originates out of the Hunab Ku and is controlled by it.**

**It is very difficult to dismiss the Mayan Cosmology because they left extraordinary evidence behind which verifies that their time-keeping methodologies gave extremely accurate results and, in spite of the various changes in our own calendar systems of the more recent past, still do. The ancient Mayan astronomers accurately predicted, over 1500 years ago, the exact alignment of the Earth, the Sun, the star cluster Pleiades with the center of our galaxy that will take place at the end of the present long cycle during the coming Gregorian year of 2012.**

**On the Mayan Long Calendar the day designated as 4 Ahau 3 Kankin (13.0.0.0.0) falls on December 21, 2012 and this day will mark "El Fin de los Tiempos" or the end of the long cycle when all of humanity will experience a new beginning, and on this day, according to the Mayans and subsequent Meso-American civilizations, the return of Kukulcan also known as Quetzalcoatl will take place.**

- mayanprophecy2012.blogspot.com



COMMUNITY &  
CULTURAL CENTER

## dance palace

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

Tickets at [www.dancepalace.org](http://www.dancepalace.org)

## January

### ROCK SOCK HOP

Saturday, January 7, 7:30 PM

Tickets: \$15 aged 21+, \$10 youth

The Dance Palace and Radio Nachi present The Shebango, a rock 'n roll sock hop featuring Sharky Coast and several other bands TBA. No drink, no drugs, no drama.

### GEORGE WINSTON

Saturday, January 14, 8 PM

Tickets: \$32, \$30 seniors, \$15 teens

George Winston grew up mainly in Montana, and also spent his later formative years in Mississippi and Florida. During this time, his favorite music was instrumental rock and instrumental R&B, including Floyd Cramer, the Ventures, Booker T & the MGs, Jimmy Smith, and many more. Inspired by R&B, jazz, blues, and rock (especially The Doors), George began playing organ in 1967. In 1971 he switched to the acoustic piano after hearing recordings from the 1920s and the 1930s by the legendary stride pianists Thomas "Fats" Waller and the late Teddy Wilson. In addition to working on stride piano, he also at this time came up with his own style of melodic instrumental music on solo piano, called "folk piano." His latest solo piano release is "Love Will Come—The Music of Vince Guaraldi, Vol. 2" (released 2/2/10), which features compositions by the late jazz pianist, including pieces from the Peanuts® TV specials.





# 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

### CHAMELEON SALE!

EVERYTHING DISCOUNTED 20%-50%.

New arrivals: Sweaters/ Leggings/ Ponchos - 20%  
Gloves/ Scarves/ Hats/ Socks - 25%. Jewelry - 40%.

Many other items 50%.

Open Fri/ Sat/ Sun 1pm-7pm 868-9996

CI 1/3

### LIVE CRAB FOR THE HOLIDAYS

Please call to reserve. 640-5425 Gospel Flat Farm

DM 1/7

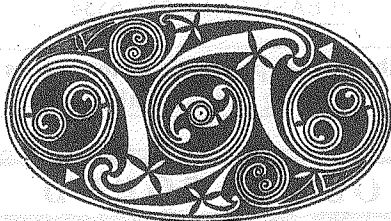


## FOR SALE

### OAK - BAY - ALDER MIX

\$325 per cord. \$175 per 1/2 cord. Delivered  
Gospel Flat Farm 640-5425

DM 1/7



## HOUSING WANTED

Roger and Flower Sierra seek long term housing. Please call-669-7041.

FS 2/1

### RENTER OF YOUR DREAMS,

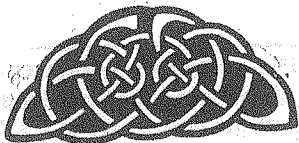
Jan-May or longer up to \$700/mo. Reliable, happy, easy to please. Why not call 405-414-3314 Amber

AE 1/18

HELP: GELUS, EVAN AND ISAAC NEED HOUSING starting in the Summer. Shared, creative, suggestions?

Thank you. (916) 752-1243

RA 1/25/12



[hearsaynews@yahoo.com](mailto: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



### UNIQUE VARIETY AND REALLY GOOD PET FOOD

EMPORIUM has art, recycled artifacts for your household needs or personal wants, jewelry, toys, puzzles, collectibles, stamps, and beautiful yarn. We will be reorganizing during January, but will continue to remain open noon to 5:00 daily. Haircuts and color by appointment by calling Marc Greco at 464-7186. Furniture fixing will start in February.

jp1/9

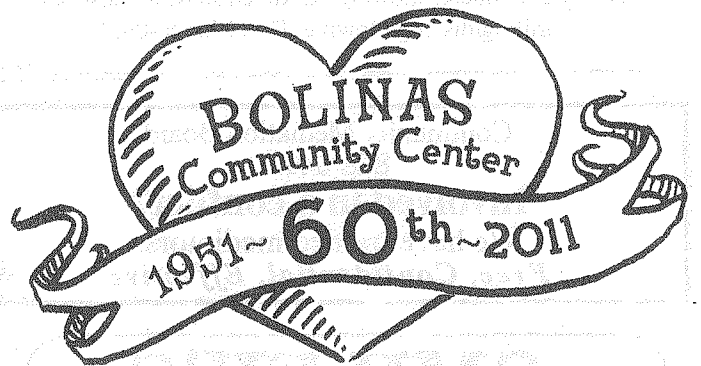


## CLASSES

### DON'T MISS WHAT'S GOING ON AT THE NEW SCHOOL AT COMMONWEAL!

sign-up free at the [newschool@commonweal.org](mailto:newschool@commonweal.org). Download past podcasts at [www.commonweal.org/new-school/events.html](http://www.commonweal.org/new-school/events.html)

NSx



### Class Schedule

#### Sunday

Yoga w/Trishna (starts 1/15/12) 9:00 - 11:00 a.m.  
Brazilian Dance w/Anna (once a month call 868-0697)

11:00am-noon

Jujitsu w/Julian

6 - 7:30pm

#### Monday

Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m.

Jujitsu w/Julian 7:00 - 8:30 p.m.

#### Tuesday

Yoga w/Trishna (starts 1/3/12) 9:30 - 11:00 a.m.

Arial Arts for Youth w/ Joanna 3:30 - 5:30 p.m.

(For registration 868-8821)

#### Wednesday

Pilates w/Lisa 8:30 - 10:00 a.m.

Yoga Basics w/Trishna 5:00 - 6:15 p.m.

Biblia en Español 8:00 - 9:30 p.m.

#### Thursday

USDA food bank 12 noon

Congolese Dance & song w/Sandor 6:00 - 8:30 p.m.

#### Friday

Pilates Mat Class w/Lisa 9:00-10:00 a.m.

#### Saturday

Yoga w/ Lisa Brendel 9:00- 10:30 a.m.

Creative dance for kids 3 thru 4 w/ Lisa 11:00 - 11:45 a.m.  
(info 868-0473)

Check the marqué by the Library for special events at the Community Center. For Info. 868-2128 or [Bocenter.org](http://Bocenter.org)

## SERVICES

### TREE SERVICE

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

SR/x

### Bilgart Design

Interior design  
Kitchens  
Baths



Paulette Bilgart  
415 868 0108

[bilgarddesign.com](http://bilgarddesign.com)

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

SHx

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

HCx

**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

## SMILEY'S

SCHOONER SALOON & HOTEL

- INTERNET ACCESS • CHECK CASHING
  - WESTERN UNION • ATM & CREDIT CARDS
  - COLOR COPIER (B&W too)
- 41 Wharf Rd., Bollinas 415-868-1311

Clear Light Window Washing  
"I can See again!" Call Dale-0782 .

DP 1/9



### TREE CLIMBING SERVICE

Professional and Economical  
Call 415 868 1098 for free estimate

CA211



## RIDE SHARE

**WEST MARIN SENIOR SERVICES**  
has a new volunteer driver program.

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

X

## 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

## HELP WANTED

### WEST MARIN FUND

Administrative Director for the West Marin Fund, a new  
community foundation. Set up, manage administrative systems,  
provide staff support to Board. Approx 15 hours/week. Salary  
DOE. Full job description at [www.westmarinfund.org](http://www.westmarinfund.org). Deadline  
to apply: January 13th.

D 1/7

## WANTED

Manicurist needed,  
LOOKING FOR MANICURIST TO PROVIDE PEDICURES  
TO AN ELDERLY WOMAN IN HER HOME IN BOLLINAS.  
PLEASE CALL 686-6534

GA 1/6

5 gallon Alhambra-type plastic water bottles wanted for  
drumming project. Call 868-0493

SG 1/6

## LOST & FOUND

**FOUND: KODAK EASY SHARE CAMERA  
YAMAHA CLIP PEDAL**

Please contact the Bollinas Community Ctr. 868-2128

BCC 12/23

**FOUND**  
LOST KEYS ON RED STRAP.  
STEVE - 759-0846 11/28

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

11/23

**LOST: MY SILVER FAKE FUR HAT**  
at the Bollinas 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-415-747-4088 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