

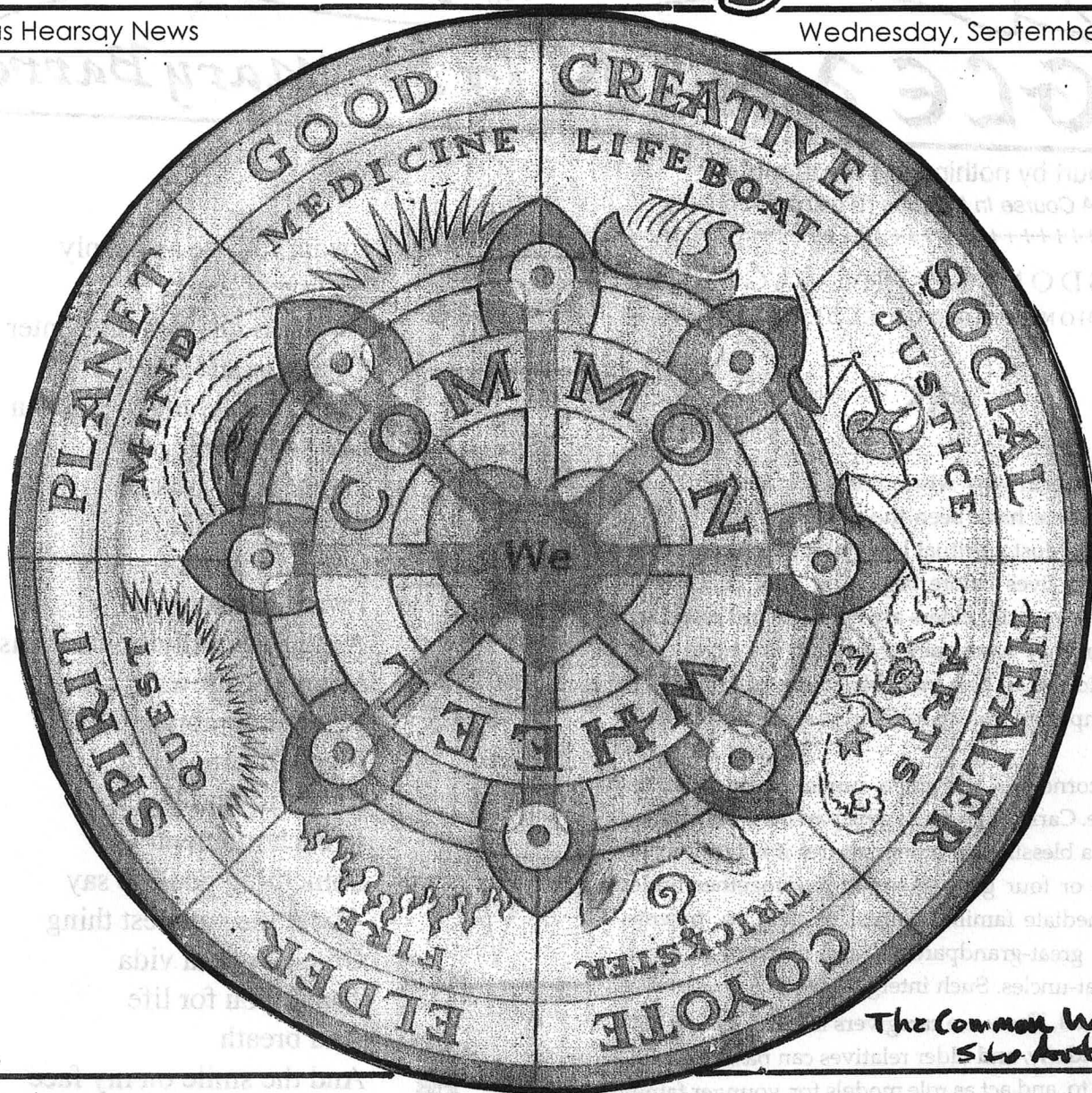
# Bolinas Hearsay News

50¢  
inc. tax

The Bolinas Hearsay News

Wednesday, September 21, 2016

Happy 40<sup>th</sup> Anniversary



The Common Wheel  
S. La Art

## WHAT'S HAPPENING??

Wednesday, September 21

### BCPUD (UTILITY DISTRICT)

Regular monthly meeting of the Board, 270 Elm Road,  
7:30pm. (Agenda inside)

Thursday, September 22

### 'AMY'

Film about Amy Winehouse presented by Ananda @  
BoCommons, 7pm, \$5

### DREA.M

Live Indie-noir music @ Smiley's, 8pm

**COMMUNITY LIFE AND TOURISM** forum at Dance  
Palace, Point Reyes Station, prsva.org 6pm

**AUTUMNAL EQUINOX** starting today at 7:21am, each  
day will have more darkness than light, until light returns.

Friday, September 23

### BCPUD

Land Stewardship Committee meeting, 270 Elm Rd, 3pm

### BRETT HUNTER BAND

Live gospel blues @ Smiley's, 9pm, cover.

### DALE POLISSAR/BART HOPKIN

Eclectic clarinet/guitar jazz @ Tony's Seafood, Marshall,  
6-8pm, no cover.

Saturday, September 24

### MARC SANCHEZ-COREA

on KWMR 89.9 radio 9-10 AM

Saturday, September 24

### COMMONWEAL'S 40<sup>TH</sup> ANNIVERSARY

Music, food & reflections about 40 years work in Health &  
Healing, Education & the Arts, and Environment &  
Justice, Commonwealth, \$100 sug. don.

RSVP: [erin@commonweal.org](mailto:erin@commonweal.org)

### OPENING RECEPTION

'Bounty: fine food production in Coastal Marin' @ Bolinas  
Museum, preview talks 2pm, reception 3-5pm

### LAND, SEA AND SKY

paintings by Brian MacKensie, Bolinas Gallery. 52 Wharf  
Rd. Opening reception 2-5. Sat Oct 15

### GUSHING WOMAN

Ocean & the Goddess, high noon, Brighton Beach

### RKS

Live rock @ Smiley's, 9pm, cover

### MIDNIGHT ON THE WATER

Bolinas trad band @ Pt Reyes Farmers' Market, 10am-1pm

### BILL BERKSON MEMORIAL TRIBUTE

McRoskey Mattress Co, 1687 Market /Gough, SF, 7pm

Sunday, September 25

### BOCAN MEETING

Updates on housing & parking efforts and more @  
Community Center, 4pm

### MUSIC AND HARVEST POTLUCK AT THE GOSPEL FLAT FARMSTAND

With Jeff Manson, Natural Bridges and Dawn Riding, 5pm  
bring a dish to share and a plate to eat off of.

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

# GLEANINGS Mary Barror

I can be hurt by nothing but my thoughts.

-From A Course In Miracles (Workbook, pg. 428)

## WISDOM OF THE SAGES

HONORING OUR ELDERS



There is a reason why wisdom is associated with age. Traditionally, elders have been the wise men and women of communities. Most spiritual leaders apprenticed for the majority of their lives before beginning their practice. In many parts of the world, elders are honored and respected for the wisdom they have gained through life experience. They are considered to be a valuable source of knowledge and have an important role to fulfill in passing on traditions and customs.

In many corners of the globe, nursing homes for the elderly are rare. Caring for one's aging parents is considered an honor and a blessing. In other cultures it is not uncommon for three or four generations to live together under one roof. Immediate families consist of children, parents, grandparents, great-grandparents, and sometimes great-aunts and great-uncles. Such intergenerational coexistence is beneficial to all. There are caregivers for both young children and the elderly, and older relatives can pass down the family history to, and act as role models for, younger family members.

In Native American culture, elders are appreciated for their close connection to nature and the spiritual world. They are known as "wisdomkeepers," acting as caretakers of the planet. Respected for their life experience and wisdom, African elders serve as mediators between deceased ancestors and living family members.

Honoring and respecting our elders is a way of building community and strengthening society. It helps us appreciate every stage of life and view aging in a positive light. After all, hopefully we ourselves will have the opportunity to become sages in our later years.

-Madisyn Taylor  
"Daily OM"

> > >

The person who says it cannot be done should not interrupt the person who is doing it.

-Chinese proverb



AH

I want to love as deeply  
As love allows  
I want to fall into the center  
Of a rose and see  
And smell as much as I can  
See and smell  
I want to be trusted  
My life at stake  
Should I break loyalty  
I want to dance  
As high and rhythmically as  
My body allows  
I want to embrace  
I want to sing  
I want to find joy  
In each moment  
Something good to say  
About the smallest thing  
Gracias por la vida  
Thank you for life  
And breath  
And the smile on my face

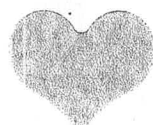
- Corlene Van Sluizer

There ain't nothing but one thing  
wrong with every one of us, and  
that's selfishness.

-Will Rodgers

A man wrapped up in himself makes  
a very small bundle.

-Benjamin Franklin



*Mary*



FRIDAY FARM STAND  
@ Star Route Farms  
Noon – 5PM  
COOL COASTAL GREENS  
AND THEN SOME!

MIGUEL  
BUSTAMANTE  
DENTAL  
CORPORATION

24 WHARF RD. BOLINAS  
415 868 0911





# BOCAN Meeting

## = Sept. 25<sup>th</sup> @ 4:00 =

BOLINAS COMMUNITY CENTER

Important updates from local organizations and committees, including issues around housing, parking AND MUCH MORE !!

*come take part in your community, it needs you!*

*Thanks to all the Auction helpers.*

*Another great year, a wonderful Labor Day celebration, and a community that is so supportive it warms my heart. Due to issues in my private life I was unable to give the auction the hours and level of attention I have in the past. I reached out and WOW wonderful people came and put in hours to assist.*

*A very warm thank you to Maria, Kathleen, Lone, Soozy, Denise, Eleanor, Ashley, Logan and Micah.*

*Randi Arnold*

### THE BCLT IS LOOKING FOR MORE BOARD MEMBERS

In our efforts to provide additional affordable housing, The Bolinas Community Land Trust is seeking to expand our Board of Directors. We believe a successful Board should properly represent the diverse nature of our community.

If you are interested in participating in this important local organization please send a short bio and reasons for your interest to our Executive Director, Jerry Bernstein at: [Jeromeb2339@gmail.com](mailto:Jeromeb2339@gmail.com)

For more information and/or questions please visit our website or email us at: [bolinascommunitylandtrust@gmail.com](mailto:bolinascommunitylandtrust@gmail.com)

Let's Make Sure That Every Day is Peace Day  
Today we celebrate International Day of Peace with the 2016 theme being "The Sustainable Development Goals : Building Blocks for Peace." In 2001, the United Nations General Assembly declared September 21 as the International Day of Peace, "a day of global ceasefire and non-violence, an invitation to all nations and people to honor a cessation of hostilities for the duration of the Day."

-Martine Algier

### Backyard Qigong

Four varieties of practices to increase your energy, loosen your joints, strengthen your immune system, and give you control over your emotions. Fall in love and get addicted to a daily practice!

Meets: weekly, Thursdays, 10-11am

Host: Tania Bedford

Contact: [taniabedfordtb@gmail.com](mailto:taniabedfordtb@gmail.com) / (415) 868-2103

Registration details: \$5-\$10 a class / Private residence, outdoor class held at 30 Mesa Rd.

### Natural Bridges

Jeff Manson

Dawn Riding

Sunday  
Sept 25th

6:30pm

Gospel Flat Farmstand,  
Bolinas, CA

Harvest Season Potluck  
BJOB

**Sunday 9/25: BoCan Meeting Afterparty, at the Gospel Flat Farmstand with live music by Jeff Manson and his visiting friends, Dawn Riding and Natural Bridges.**

After Sunday's important BoCan meeting, come on down to the Farmstand for a casual evening of songs, stories, shared food and community.

I'll sing a few of my songs, as will a couple of old friends. Dawn Riding will play some lovely, wide-ranging country folk music and my friend Matthew's band Natural Bridges will jam out some danceable funky originals to wrap up the evening.

We're going to try to start early, say around 6:30, or as soon as the meeting wraps up. Bring a dish to share and a plate to eat off of. Lets huddle together in the fading fall light and enjoy some harvest season good vibes.

Jeff Manson

## **First Youth Group 2016/2017 bolinasstinson youth group**

**We are so fortunate! Middle schoolers have a place to gather, explore and play outside of school. Monday afternoons because of the generosity of John at The Parkside, Mary at Stinson Beach Community Center and individual donors from our sweet hamlet, young people get to have tutoring, build communication skills, be in nature and thrive in a supportive, social environment. We gathered on the green this past week- Isatta, Julia, Jasmin, Symon, Marius, Alex, Lourdes, Estella, Thalia, Fiona, Janet and Enzo. In our gratitude circle we expressed our thanks for waves in the ocean, for friends, family, coming together and ice cream! We lined up at the snack bar and even had rainbow sprinkles to adorn our soft serve.**

**Despite the grey skies, the beach was a proper place to run and climb. We walked all the way down to the rocks and spoke of some of the responsibilities of being a part of Bolinas Stinson Youth Group. It's important that we all are ambassadors and good representations of The Den.**

**When we are at the park, waiting in line for our after school snack, or at the library studying, our behavior is a reflection of the organization that supports us.**

**Kerry was overjoyed to see our big group, We took up every available spot in the gallery/reading room at the Stinson Beach Library. It's exciting to already be thinking of craft making projects to offer at the Winter Faire in a few months. We also passed out membership packets for parents and individuals to fill out, and had fun taking each other's photos for our BSYG identification cards.**

**Savahna procured a huge stack of pizza pies from the Parkside that we took to the basket ball court.**

**While we devoured yummy slices, our teen talking circle discussed one way we were brave today, one way we were kind and one way we failed. It was striking how much people have matured and are able to express their personal thoughts. For many, this is their third year of coming to The Den. It's such an important step to being an adult, to have confidence, trust and the ability to communicate verbally one's personal opinions. Hats off to Don and Willow and all the instructors who do such an excellent job educating and guiding at Bolinas-Stinson School.**

**We ended our time together playing fun, heated games of Wolf Tag on the half court and then settling into hilarious and thoughtful games of Essence while we waited for the Stage. Who was the color aqua blue, a fluffy dog like Amletto's Stellina, the store Forever 21, a white picket fence, figure skating, France, a pink flower, Vans shoes and a Mercedes car? Why Julia of course!**

**We won't meet next week due to staff development day. Please fill out membership packets and make sure everyone has a permission form on file with Kara to take the bus on Mondays to Youth Group.**

***Submitted by Bridget  
Bartholome***

**Dear Reader - Do you want to support our Youth Group? We need your help! Send your tax-deductible check, for any amount, made out to the Bolinas Community Center, with Youth Group in the memo line. POBox 221, Bolinas 94924. Questions? Call 868-0493.**

**Ken & Sam Levin**

**Window Cleaning**

**415.663.9669**

**West Marin's Best**





## Common Voice Choir Fall Season Starts Next Week

The Fall 2016 season of Common Voice Choir begins on Mon. Sept. 26 in Stinson Beach and Tues. Sept. 26 in Point Reyes. The choir sings uplifting group harmony songs and chants from around the world. Tim Weed and Debbie Daley create a welcoming space for all voices – new members are welcome and you do not need to know how to read music. Stinson Chapter: Mondays 7:00-8:30pm at Stinson Beach Community Center; Point Reyes Chapter: Tuesdays 7:00-8:30pm at the Dance Palace. Dues are \$200-\$225, scholarships available. Hear music samples and get more info at [www.CommonVoiceChoir.org](http://www.CommonVoiceChoir.org) or call 415-663-4018

-Debbie Daley

## FAULTLINE CLASSES!

### Don't Forget to Sign up! Classes coming up!

#### Beginning Botanical Drawing with Graphite

Try your hand at botanical drawing. Build skills of observation working with graphite pencils. All students are welcome.

Meets: weekly / Wednesdays, 2-4pm

Host: Molly Brown

Contact: [mollybrown777@gmail.com](mailto:mollybrown777@gmail.com) / (415) 298-1762

Registration details: \$20 a class, class location at Commons

#### Backstage Insight, Movies on Music

"Amy" – the docu-movie about the quixotic singer/songwriter, stellar performer and personality, be-knighted by Tony Bennett as a 'true jazz singer.' Her steady rise to super-stardom and subsequent decline is thoroughly and unswervingly portrayed in all of its phases.

Meets: Thursdays: Sept. 22, 7pm for "Amy"

Host: Ananda Brady

Contact: [odyssey68@gmail.com](mailto:odyssey68@gmail.com) / (415) 342-4968

Registration details: \$5.00 a class / all proceeds go to the Commons / class location at Commons / bring a seat cushion or yoga mat for comfort, a thermos of tea, or whatever, for yourself

#### Practical IPM for the Home Gardener

Participants learn what integrated pest management is (and is not) and how to develop an IPM plan for their garden. Students gain methods for identifying pests and diseases, and practical tools for helping their plants defend themselves. We discuss the benefits and potential challenges of various approaches, including beneficial, predatory insects and microbes. We then explore a number of techniques and recipes for remedies made from simple ingredients out of the kitchen.

Meets: two times / Thursday, Sept. 22, 29, 4-5:30pm

Host: Michael Cavette

Contact: [mcavette@yahoo.com](mailto:mcavette@yahoo.com) / (415) 203-2406

Registration details: \$15 a class / class location at Commons

## SMILEY'S LIVE MUSIC THIS WEEK

Wednesday, September 21

**Larry-Oke!**

Come belt out your favorite tunes! (FREE, Show 8pm)

Thursday, September 22

**Dream**

Indie Baroque Pop. (FREE, Show 8pm)

Friday, September 23

**Bret Hunter Band & Evan Lanam**

Sensual Improvisational, Singer/Songwriter. (\$5, Show 9pm)

Saturday, September 24

**R.K.S. (Renegade Knights)**

Rock. (\$5, Show 9pm)

Sunday, September 25

**Open Mic w/Charlie**


(Free, 5pm)

Monday, September 26

**Epicenter Soundsystem**

(FREE, 8pm)

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)



**DOOBIE DECIBEL SYSTEM**

DDS Band Featuring  
Jason Crosby, Roger McNamee, Pete Sears,  
Dan "Lebo" Lebowitz & Jay Lane

JOIN DOOBIE DECIBEL SYSTEM NOW LIVE IN CONCERT AT:  
**SMILEY'S SALOON**  
41 WHARF ROAD • BOLINAS, CA  
**FRIDAY, SEPTEMBER 30TH, 2016**

SHOW TIME: 9:00pm • SHOW 21 AND OVER • GENERAL ADMISSION: \$5  
FOR MORE INFO AND TO WATCH EVERY  
DOOBIE DECIBEL SYSTEM SHOW LIVE & FOR FREE VISIT [www.DDSband.com](http://www.DDSband.com)  
GUESTS RECEIVE A ROCK POSTER BY GREGG GORDON COMMEMORATING THE SHOW



COMMUNITY &amp; CULTURAL CENTER

dance palace

For more information, to volunteer,  
or to join call 415-663-1075  
Save \$ by buying in advance  
Tickets at [www.dancepalace.org](http://www.dancepalace.org)

### Community Lunch -- Hosted by West Marin Senior Services

Thursday, September 22, 12:00 PM Suggested Donations: \$3 (over 60) / \$6 (under 60). 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 11:00am on the prior Monday. Contact Cathy Bleeker, Nutrition Program Manager at West Marin Senior Services, (415) 663-8148 ext. 104. Ongoing, Thursdays from 12:00pm - 1:00pm

### Daniel Dietrich Artist Reception

Saturday, September 24, 1:00 PM to 3:00 PM Daniel Dietrich is a full time wildlife photographer. His passion for photography was born at age 13 when he developed his first roll of film in the dark room. He has since touched down on every continent with his camera in pursuit of capturing wildlife images. Daniel owns and operates Point Reyes Safaris, a company dedicated to wildlife viewing and photography in Point Reyes National Seashore. He lives in Inverness with his wife Jessica and his two daughters Evelyn and Ruby. Daniel is the featured artist in the Lobby Gallery from Sept. 1 - Oct. 30. During the reception, Daniel will be showing some of his work in slide form in the Church Space.

### West Marin Contact Jam - Fall 2016

Sunday, September 25, 11:00 AM

Sunday, October 30, 1:00 PM

Sunday, November 27, 11:00 AM

This Contact Dance Improvisation Jam invites participants to explore principles of Contact Improvisation in a beautiful space with welcoming dancers. Jam hosted by Maica Folch, Cory VanGelder and Christine Renaudin. Sunday, September 25: 11:00am-1:30pm (Main Hall) Sunday, October 30: 1:00pm-3:30pm (Church Space) Sunday, November 27: 11:00am-1:30pm (Main Hall) Sliding scale, \$12 -20

### The Common Wheel

One of the artistic genres I like to work in is "fortune wheels" – spinning discs with various cosmologies painted on them.

For a long time I've wanted to make a Common Wheel to reflect and celebrate Commonweal.

Progress was slow until Commonweal's 40th Anniversary was announced. Then I had a realization about categorizing Commonweal's amazing work – it wasn't about Commonweal, it was about my relationship with Commonweal.

So instead of trying to categorize Commonweal, I thought about what I loved about Commonweal, and bingo! the door of inspiration opened and the Common Wheel made itself.

Happy Anniversary Commonweal! Thank you for your inspiration!

Love, StuArt

(The actual Common Wheel is on display at the Post Office)

### Do you remember Faure's Requiem?

Those of us who sang the Requiem at the Bolinas Community Center or the Bolinas Cemetery with Molly Maguire will likely never forget it!

Well... we are singing again at the Bolinas Cemetery.

This time of year is traditionally a time when we remember our ancestors, as we move into the darker time of the year. We have found a Saturday, with a full moon, and are planning on luminaries. It is the singing that lights our souls.

The date is Saturday, October 15 at 6:30 pm.

There will be four rehearsals, Wednesdays, September 21st & 28th and October 5th and 12th, 7:00 – 8:15 pm. at the the Stinson Beach Community Presbyterian Church, next to the Stinson Beach Community Center.

There is a \$40 participation fee, with some scholarships available, until they run out.

I know you'll remember how to sing the Requiem if you've done it before (you just need to dust it off). Stacey Henderson has volunteered to provide us with tapes, mp3s, or midi files depending on what you like; she also has sheet music if you need that.

Also, if you know of someone who learned the Fauré's Requiem from somewhere else or wants to try and learn it on such a short schedule, they are most welcome! Spread the word.

If you don't want to sing, but would like to help us in other ways, we'd love that too!

Please RSVP to Stacey Henderson by calling 868-2004. Or email: [staceyhenderson@compuserve.com](mailto:staceyhenderson@compuserve.com)  
The sooner the better!

Looking forward to singing with you!

– Kathleen, Molly and Stacey

Bolinas Museum Opening Celebration  
For BOUNTY! Celebrating Agriculture  
in Coastal Marin  
Saturday, September 24

This program BOUNTY! celebrates our agricultural communities from Tomales and the Point Reyes Peninsula, down the coast to Muir Beach.

Producing fine food is the heart of our coastal history. Did you know that at one time there were 25 dairies around Bolinas? Do you know that coastal Marin is internationally recognized for its innovative leaders, stewardship and exceptional food? Please join us for this community celebration! Locally sourced food generously provided by Coast Café and Inverness Park market who support many local growers.

2 PM talks by curators Elia Haworth and Sandy Dierks and Douglas Gayeton of Lexicon of Sustainability. Reception 3-5 PM. Free.



# HEARSAY NEWS CLASSIFIEDS

Office Hours M.W. F. 9ish to 11ish. Call 868-0138  
270 Elm at Maple, Left side of BPUD Building  
Ad forms in smaller mail box, slot in door

## SERVICES

**CONFLICTS? DISPUTES?**  
**WEST MARIN MEDIATION CAN HELP-**  
confidential, effective, impartial, free. 415 459-4036

SG X

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

DMX

**FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING**  
Dump Runs, Cow Manure, Recycling, Humane animal removal  
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

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

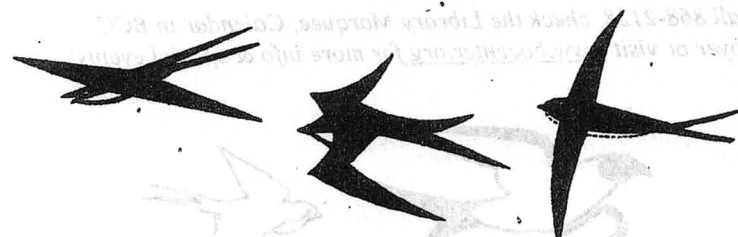
SRX

**AIRPORT? HOWARD DILLON HAS**  
a Súbaru SW for all Bay Area (& beyond?) destinations.  
Many local refs 868-2144

HD x

**ACCORDION MUSIC: Balkan and Rom (Gypsy) Styles**  
Available for Events, Restaurants, Circle Dances.  
Call or text Andrew 415 297-2535 Opa!

AC 10/21



## SERVICES

**STICH WITCH**  
• For all your sewing needs.  
Alterations/ repairs/ design and construction  
Bolinas Commons. Every Thursday 10-3

LD 10/3

**868hearsay@gmail.com**

Submit articles, ads and drawings by midnight  
Sunday, Tuesday or Thursday for publication the next  
day. Or request a link to the password-protected web-  
site to read online plus info on how to subscribe.

TODAY'S HEARSAY BROUGHT TO YOU BY:  
(((STUART CHAPMAN: PASTE-UP and PRINTING)))  
(((KATHLEEN O'NEILL: ADS)))  
(((ALEX BLEEKER: PRESS)))  
& YOU: EVERYONE IS A REPORTER

## 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

## HOUSING WANTED

**SUSTAINABILITY AND HEALTH WRITER AND**  
media/design professional seeks 1 bedroom simple/clean cottage  
or cabin. Caretaker of home/property welcome too!  
415.770,2882

TD 0/20

## Read the Hearsay Online

For 33¢ per day, more or less. Give  
yourself, a friend, or an expatriate  
member of your extended family  
the gift of local news three times per week,  
delivered electronically. Stay home. Save trees.  
Isolate.

Subscribe anonymously by contacting  
Michael Rafferty, Publisher and Online Editor,  
868hearsay@gmail.com

## HAPPY, HAPPY BIRTHDAY!!!

**September 21:** Terra Dreven  
Sean Morgan  
David Fortna  
Kathryn Hadley  
Alex Klein

**September 22:** Karen Willig  
Terry Bell  
Sage Catalan

**September 23:** Sam Nasra  
Hanford Woods

**September 24:** Martine Algier  
Shelter Serra  
Ivory Serra  
Marisa Willow  
Ole Schell  
Pompellio  
Suzanne Marie

**September 25:** Suki Fourman  
Hector Mora-Lopez  
Omar Rifkin  
Nathaniel Wood

## Classified ads that are free

As a public service, the Bolinas Hearsay News will print ads in the categories **LOST & FOUND**, **FREE** and **RIDE SHARE** at no charge. Maximum approx. 20 words, it will run at least one week, often longer.

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)



## LOST AND FOUND

**LOST: PHONE & PHONE BOOK 8/29 ON THE MESA IF**  
found call 415 868-0882. Thanks

JM 8/31

**LOST: MAKITA 18 VOLT POWER DRILL**  
with battery, accidentally left outside @ Terrace & Canyon out of  
site of the road. If you found it by mistake, please return by  
calling 868-2102

GT 8/17

**LOST: CAR KEYS IN LAWN. DOES ANYONE HAVE A**  
**METAL detector I can borrow? Bill Lyons 415-868-1937**

BL 8/24

**LOST - 1 SET OF KEYS WAS DROPPED NEAR OR**  
on the beach downtown on Sunday, 8/14. Anyone who has  
found a set of keys (2 black car keys with other random  
assorted keys)... please call Jeff or Heather. x 9689

HC/8/22

**FOUND: RETAINERS, TOP AND BOTTOOM IN GREY**  
case that says "Vivera retainers" on it. If these are yours please  
call 415-233 8736 to claim-Amber Distasi

AD 8/22

**OUR FRIEND LOST HIS WEDDING RING ON**  
**SATURDAY July 16 at the channel.** Hoping a friendly sea  
creature found it. It says "DJ" and a date. Call 9525 if found.

AW 7/18

**LOST: WOMAN'S WEDDING RING- GOLD, ON**  
**BEACH? Phone 916- 606- 4265**

? 7/18

**LOST: OAKLEY GREY & BLUE SUNGLASSES NEAR**  
**Bass Lake, around noon time 7/15-Randy-925-708-6868**

R 7/18

**FOUND: PRESCRIPTION SUNGLASSES: THURSDAY**  
June 23, in sand by the shore around 8pm. Just about swept to  
sea. You must be missing them-super good looking rims &  
goggles-black thick cat frames with whitish interior. Send e-  
mail [marialidiamarcotulli@gmail.com](mailto:marialidiamarcotulli@gmail.com)

MM 6/29

**LOST: KEYS ON YELLOW WRISTBAND.**  
Diana - 207 -841-8139

DL 6/22

## CLASSES



### Weekly Classes and Events Schedule

#### MONDAY

Somatic Exercise w/Cenize Rodriguez 8:45-10:00 am  
Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon  
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30-6:30 pm  
Yoga w/ Angela Sterpka 7:00-8:15 pm

#### TUESDAY

Senior Stretch W/Anna Gottreich 11:00 - 12:00 pm

#### WEDNESDAY

Pilates w/Lisa Townsend 8:30 - 9:45 am  
Diaspora w/Amber Hines 6:30 - 8:00 pm

#### THURSDAY

USDA food bank 12 noon  
Congolese Dance w/ Sandor 6:00 - 7:30 pm

#### FRIDAY

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 am  
Ballet w/Erika Townsend (no class 4<sup>th</sup> Fridays) 10:30-12:00 pm  
No Place Like Home (Free Brunch 4<sup>th</sup> Fri of Month) 10:30 - 11:30 pm

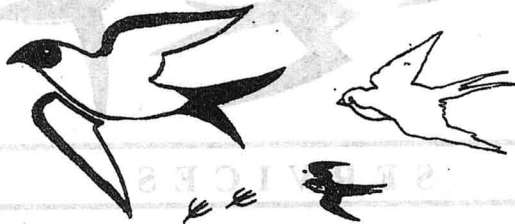
#### SATURDAY

Diaspora Dance w/ Amber Hines 9:00 - 10:30 am  
LTDCo w/Lisa 10:45 - 12:30 pm

#### SUNDAY

CommUnity Night (see website for details) Noon - 6:00 pm

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!



### How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind  
the BPUD office on Mondays, Wednesdays and  
Fridays between 9:30 & 10:30 am to have your  
article appear the same day, and until 11:00 am for  
classified ads.

Ad forms are also available anytime in the small  
mailbox next to the Hearsay door. You can fill out  
the form and have your ad billed to you, or you can  
enclose payment (please note on your ad if you are  
paying cash in case they become separated) & drop  
into door slot.



## FREE

**PLAY STRUCTURE: LITTLE TYKES, PLASTIC,**  
multicolored, for small children. Easy to move. Email and I  
will send a photo. [s1idell@aol.com](mailto:s1idell@aol.com)

SI 5/4