



Bill Braasch demonstrates the Pasatafarianism hand signal for agreement (see page 6 for more details on Pastafarianism)

## Dia de los Muertos

by StuArt

The weather was sunny and warm for Halloween in Bolinas. A very high tide at noon followed by a minus tide at 6pm made a nice clean beach.

Kathleen and I paraded through town in costume. She was a vampire and I was the Ancient Mariner. I was carrying a sign on a tall pole that read: "END IS NEAR!"

Below that was written the date of the Winter Solstice in 2012: "December 21, 2012." which is also the date that marks the end of the Mayan calendar, and the Earth's alignment with Galactic Plane and the dark rift at the center of the Galaxy.

Even though I was carrying a doomsday sign, I was not a convincing doom sayer. I'd reassure folks that there's still "plenty of time" until the End (almost 14 months) then I'd sing, "Enjoy yourself, it's later than you think."

It was glorious at the beach at 4:20. The warm sun swept over the beautiful, empty beach swept by the tide. I had my guitar and Kathleen helped me sing the Happy Halloween song:

*Happy, happy, Halloween  
happy, happy Halloween  
There might not be enough smallpox vaccine!  
The Oakland cops are rioting!  
So very scary, such a scary scene  
so very scary - this Halloween.  
Happy, happy Halloween*

Too soon it was time to trudge back to town. I had volunteered to sit the Community Center for Halloween from 5 to 8.

There were tables set up in the Community Center, and free popcorn and cookies. I rested my dooms day sign against the wall, and rested my own self, settling into a chair and mindfully munching a bag of popcorn.

There was a lot of action downtown. Cute costumed trick or treaters of all ages passed by and through the Community Center. Tanya Kleider made two delicious lentil soups, one with ham hocks and the other vegetarian with coconut milk. Five bucks bought a nice bowl of soup and a piece of corn bread topped with cheese and green onion.

The next day, Nov. 1, was Dia de los Angelitos, a day of remembrance for all the children and traffic accident victims who died unexpectedly or prematurely. Nov. 2 was Dia de los Muertos, when the rest of the dead are honored. Mirta Guzman usually builds an elaborate altar in the Community Center. But this year she didn't have the time.

I invited Mirta to build a Dia de los Muertos shrine beneath a big skull I had mounted on the fence. She decorated a makeshift altar with *papel picado* and crumpled orange paper that resembled *zempasúchitl*, the Mexican marigolds that are traditionally used for Dia de los Muertos. The skull and marigolds looked great. Placed on the altar were remembrances for Amy, Beha and Carlos.

As I was admiring the altar a Mexican guy began telling me how Dia de los Muertos was celebrated throughout Mexico, Guatemala and Central America.

There was pride in his voice as he told me about his tradition. I realized how important it was to the new immigrants. to honor their heritage. I pictured the melting pot of the United States and thought, "3 days of Halloween. right on!"



## WHAT'S HAPPENING?

Friday, November 4

**PHOTOGRAPHS by ISABELLE WINSTEAD**

Exhibit opens, Bolinas Post Office, 3:30-4pm

**BETTY WOLFOLK "VAPORIZATION", THE "WILDS" OF PT REYES; ARTISTS' BOOK SHOW, AND MADELINE HOPE**

Gallery Route One in Pt. Reyes, The Museum of Curious Thought / Vintage Science Wing, Nov. 4 - December 11; Reception - Sunday, November 6, 3-5pm

Saturday, November 5

**ZEN MEDITATION**

At St. Aidan's, 9am-noon, Dharma talk at 10:30am. All are welcome. Come for all or part of sitting. Info: -0874

**OCCUPY THE FREEBOX!**

Demonstrate against corporate greed. High noon

**BANK TRANSFER DAY**

Credit unions and community banks are a smarter choice, find one near you and switch today

**COMMUNITY HARVEST GATHERING**

Dinner, music, dance. Community Center, early show doors at 5:30pm

Tuesday, November 8

**ELECTION DAY**

Friday, November 11

**JERRY HANNAN**

Irish minstrel, Smiley's, 9pm

Saturday, November 12

**SOUP SATURDAY**

Free community meal @ St Aidan's. All are welcome. Info: [cmontgomery299@gmail.com](mailto:cmontgomery299@gmail.com), noon-1:30pm

**60<sup>th</sup> ANNIVERSARY COMMUNITY SLIDE SHOW**

Presented by Ilka Hartmann & Barbara Kayfetz. Food, drink, music & memories @ Community Center, 5:30pm

Sunday, November 13

**LAST SECOND SUNDAY SALE OF THE YEAR**

Brighton Square, 10am-2pm

**60<sup>th</sup> ANNIVERSARY OF COMMUNITY CENTER**

Founding families reunion & tea @ Community Center, 2-5pm. Everyone welcome.

Thursday, November 24

**COMMUNITY THANKSGIVING DINNER**

Bolinas Community Center, Thanksgiving Day @ 5pm; to help or to cook a turkey, please call Ilka -0419



## Does Daylight Saving Equal Energy Savings?

Daylight saving time finally ends this Sunday at 2 a.m. -- remember to set your clocks back one hour when you go to bed Saturday night -- and for many of us, that's depressing. The day seems to fly by. It's dark before it's time to start thinking about dinner.

But many doctors say the return to standard time -- and the extra hour of sleep you get in the morning -- can be healthy. "Generally, it is always easier to stay up an hour later than to go to sleep an hour earlier, so most people have relatively little problem setting the clocks back in the fall," said Dr. Steven Feinsilver, director of the Center for Sleep Medicine at Mount Sinai School of Medicine in New York, in an email. "This is because our basic circadian rhythm (the 'body clock') actually seems to be programmed for a longer than 24 hour day. It runs a little slow." "The circadian clock does not change to the social change," said chronobiology researcher Till Roenneberg of Ludwig Maximilians University in Munich, Germany. "During the winter, there is a beautiful tracking of dawn in human sleep behavior, which is completely and immediately interrupted when daylight saving time is introduced in March."

Roenneberg, lead researcher for a study of the effects of time shifts, said that humans' biological clocks are stronger than the clocks set by Congress. "When you change clocks to daylight saving time, you don't change anything related to sun time," Roenneberg said. "This is one of those human arrogances, that we can do whatever we want as long as we are disciplined. We forget that there is a biological clock that is as old as living organisms, a clock that cannot be fooled. The pure social change of time cannot fool the clock."

Though individuals may see their biological clocks reset, and will get an "extra hour" of sleep or rest over the weekend, researchers say that the stress caused by time changes can be bad for the body. Researchers in Sweden published a report in 2008 in the New England Journal of Medicine reporting that the number of heart attacks jumps during the period immediately following time changes, and that those vulnerable to sleep deprivation should be extra careful.

"More than 1.5 billion men and women are exposed to the transitions involved in daylight saving time: turning clocks forward by an hour in the spring and backward by an hour in the autumn," wrote Imre Janszky and Rickard Ljung, health and welfare researchers in Sweden. "These transitions can disrupt chronobiologic rhythms and influence the duration and quality of sleep, and the effect lasts for several days after the shifts."

Janszky and Ljung said that sleep deprivation can affect the cardiovascular system, leading the vulnerable to have heart problems in the days following Daylight Saving time changes.

The seven-month period of daylight saving time is mandated by governments -- not biological clocks -- which began implementing the time switch during World Wars I and II to save energy and resources for the war effort. From World War II until recently, daylight saving in the U.S. ran from April until mid-October.

But in 2007, Congress adjusted daylight saving time to begin three weeks earlier and end one week later, a move they hoped would help save energy. At the time, they pointed to the fact that longer daylight in the evening hours reduced people's need to turn on lights in their homes at night.

Critics of the policy questioned the government's decision, wondering whether people would simply turn on as many lights in the morning hours instead. In response, the Department of Energy studied the energy savings in 2008. They found that during daylight saving time, U.S. electricity use decreased by 0.5 percent per day, which added up to 1.3 billion kilowatt-hours, enough to power about 122,000 average U.S. homes for a year.

Now, as daylight saving time comes to its November close, energy use will tick up again as the sun sets earlier in the evening. In the early morning hours of Sunday, Nov. 6, the clocks will be set back an hour, from 2 a.m. to 1 a.m. For an individual who goes to bed at 10 p.m. on Saturday night and awakens eight hours later, they will wake up at 5 a.m. on Sunday morning. It will still be dark, of course, but the sun will come earlier than normal. at 6:30 a.m.

(from Yahoo news)

## Humble Kitchen Soup

My name is Tanya Kleider and I have started a local soup catering service here in town. My husband and I have recently moved back to Bolinas after a long absence and my parents have lived here for more than 20 years. We are very happy to be back.

I make homemade soups from scratch (some family recipes some new experiments) each Thursday and deliver them on Fridays. I also make a simple salad with homemade vinaigrette and some kind of quick bread (scones or cornbread).

The soups are delivered in a quart mason jar-a large serving for 2 or side for 3.

My hope is to collect the jar when I deliver soup the following week.

Many customers leave who work leave a cooler outside with my jar and payment inside.

The cost is \$10 for soup, \$5 for salad for two, and \$5 for scones or bread for two. (Dinner for 2 for \$20).

Be well, Tanya  
Humble Kitchen  
415 868 1920

## READING TO JOHN

On Tues. 11/8 at 10 am on KWMR (89.9)  
I'll read more from Rebecca Wilson's "A House with No Roof" and follow up with reviews and some reminiscences of Bolinas in the '70s of my own.

--Neshama Franklin

## OCCUPY THE FREEBOX

Let's gather together to protest Wall Street greed and the evils of Capitalism.

**LET'S STRIKE FOR FREEDOM!**

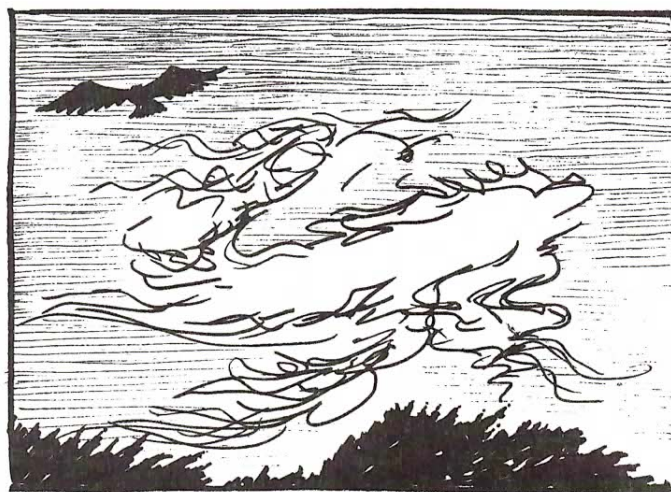
**FREE STUFF FOR EVERYONE!**

**THE END OF MATERIALISM!**

**UTOPIA NOW!**

**High noon on Saturday, November 5**

**@ the Freebox**



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# LIVE MUSIC AT THE BEACH

Fri., Sat. & Sun Nites

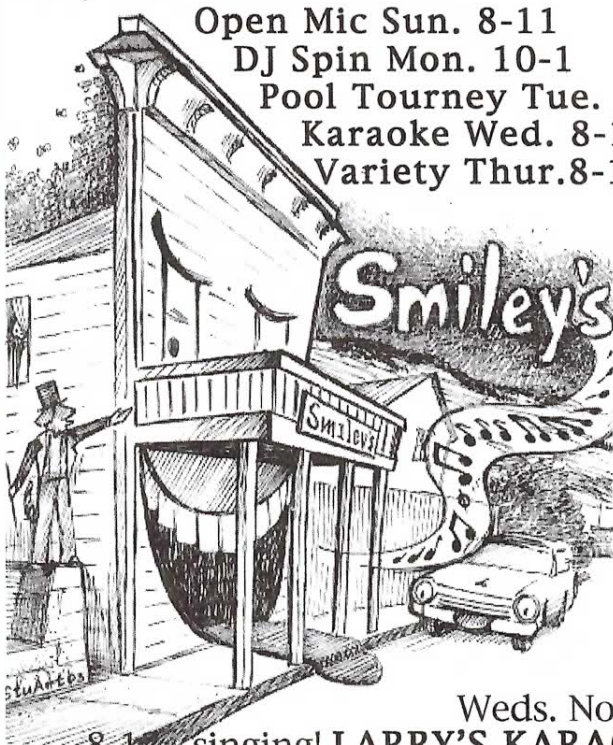
Open Mic Sun. 8-11

DJ Spin Mon. 10-1

Pool Tourney Tue. 11

Karaoke Wed. 8-11

Variety Thur.8-11



Weds. Nov. 2,  
8-12, singing! **LARRY'S KARAOKE**

Thurs. Nov. 3, 9-1, raging rock  
**GRAVEL SPREADERS**

Fri. Nov. 4 one nite only **JEZEBELLE**

Sat. Nov. 5, 9-1. spectacular rock  
**HONEY DUST**

Sun. Nov. 6, 9-12, **OPEN MIC** w/Diana

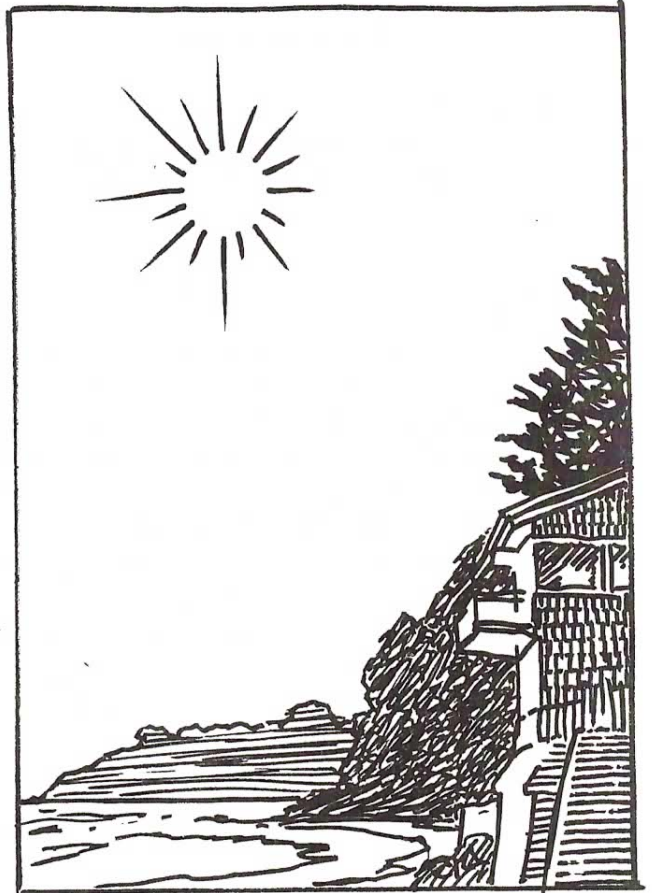
Mon. Nov. 7, reggae, spin

**MONDAY NIGHT LIVE!**

Wed. Nov. 9, 8-1, **LARRY'S KARAOKE**

Thur. Nov. 10, 8-12:30, **FOX & WOMAN**

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



A beautiful, sunny day on Bolinas Beach

## SPECIAL SHOWING and EXHIBIT -

"Beautiful Botanical watercolors, pen and ink drawings, archival prints, botanical and photo cards, Made by Hand potpourri sachets, pincushions, all priced for your early Holiday Shopping. November 5, 6, 12, 13, 2011, 11 am -5 pm. Special reception on November 6, holiday treats and good wine! For more information: [dianne@mrsmuch.net](mailto:dianne@mrsmuch.net), 415 751-4955.

## VINTAGE LEUNIG

Doctor, I'm  
going through  
a huge change  
of life...



And...?



...and I'm  
not sure whether  
I'm going mad  
or...



or...?



... or whether  
I'm going sane.



Is there  
any pain  
?



There is the  
agonising pain  
of an almost  
unbearable  
anguish...



You're  
going  
sane...



Rexis Norton

Leunig



## 2<sup>nd</sup> Annual Barn Dance Event at the Bolinas Community Center

The Bolinas Stinson Beach School Foundation is once again hosting a Barn Dance at the Bolinas Community Center on Friday, November 18<sup>th</sup>.

So, here's the deal – we acutely noticed that the event was not very "Adult" friendly last year and seemed to be overrun by kids, making it very difficult to hear the caller let alone dance without stepping on or tripping over a plaited, freckle faced, adorable child. SO, here is our plan for this year: The doors will open at 6pm and we will hear the fantastic music of our very own Midnight on the Water until 7ish.. Then from 7:30 to 8:30pm the awesome music of the Black Crown Stringband along with the accomplished Evie Ladin, will keep us dancing. THEN, at 9:30 we will magically turn the children into pumpkins (well, really we will just ask them to leave or suffer the quietude of the space) and we'll enjoy Adult's Only dancing with the band and Evie.

So please, if last year left you feeling a little crazed by the energetic, yet slightly LOUD, kids.. join us during the later half of the evening for some good stompin' dancin' fun!

**Friday, November 18, 2011**  
**The Bolinas Community Center**  
**Doors open at 6pm**  
**Midnight on the Water until 7pm**  
**7:30 – 8:30 Evie Ladin and**  
**the Black Crown Stringband**  
**9:00 – 10:30 Adult Dancing – Evie & Black**  
**Crown band**

Dinner sold by Bolinas School ELAC (English Learners Advisory Committee)  
 Wine/Beer & Desserts for sale  
 Adults \$10.00, Kids \$5.00

Door, drinks, dessert proceeds benefit the Bolinas Stinson Beach School Foundation

- Belle Wood -



Ron Garrigues and Anne Sands talk at the Pool Dinner while Micah knits

## Stagecoach to Pt. Reyes?

Ironically, the elimination of Route 62 has opened a door to possible solutions. Our ideas have gotten attention from the Marin County Board of Supervisors, some of whom are the directors of Marin Transit. In response to our letters and statements, they are scheduling an additional meeting this month in Bolinas to discuss a creative solution presented to them by members of the community. We are doing the necessary homework to be prepared for success.

After reviewing our solution idea, they have rightly asked:

### Who wants this Stagecoach connection?

In the past, Mill Valley has been the common 'go to' town yet the current live-locally, buy locally, green revolution is steering many folks towards Pt. Reyes and Fairfax. The goal is for Bolinas to have regular bus service to Pt. Reyes: seven days per week, all day long. Many of you have more info on the Pt. Reyes community than we do. I have added my research below, now please lend us your insight by adding your answer to the following question, and if you are a Bolinas person, please weigh in additionally on this idea of 7-day service and how you would use it:

### Q: Are Point Reyes businesses interested in Bolinas folks?

A: I have friends here in Bolinas who go to Yoga Toes. The Bovine Bakery has been donating treats to the Bolinas Bike Train to School and kids tell me they go to the Bovine. Dance Palace is advertised in our own Hearsay News and many people attend events there. Farmers Market is a big hit with everyone, Toby's Coffee rocks, Pt. Reyes Books, Stellina, GRO, Tomales Bay Foods, The Thrift Store, Blue Waters, Pine Cone Diner, Blackbird in Inverness, KWMR naturally has a big Bo following, the surf shop, Black Mt. Cyclery Hog Island & Tomales Bay Oysters (!), ....These are just a few of the many businesses currently frequented by and even employing Bolinas community members.

### Q: So again we ask: In your honest opinion, does the Pt.

Reyes community want us to bring our business and recreational selves there?

-Anny Owen ( in a email to Transition West Marin)

## BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

BOX 390 270 ELM ROAD BOLINAS CA 94924



A Special Meeting Of The Board Of Directors  
 November 8, 2011 2:00 p.m. 270 Elm Road, Bolinas

### Agenda

1. Call to Order
2. Roll
3. Approve Information Technology Proposal by Tech-Tonics.
4. Approve BCPUD Comments on the State Water Resources Control Board Policy for Siting, Design, Operation and Management of Onsite Wastewater Treatment Systems (Septic Systems) and Substitute Environmental Document.
5. Employee Request for Contribution toward Health Insurance Premium.
6. Community Expression
7. Adjournment





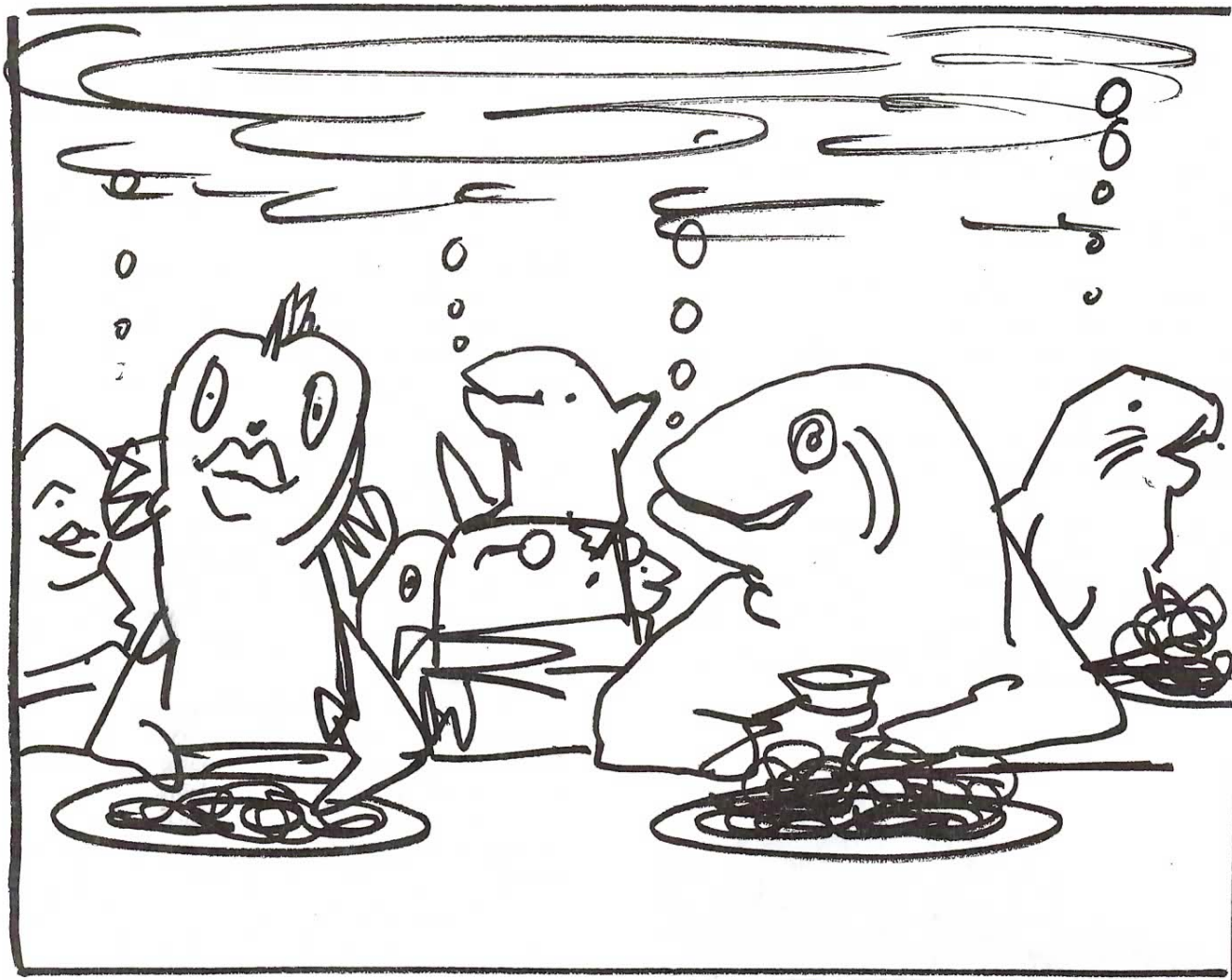


**Carlyn Hunter**  
showing her  
Botanical Watercolours  
and  
Ceramics

Bolinas Gallery  
52 Wharf Rd, Bolinas  
Extended until November 13, 2011  
carlyn@hunterco.com  
tel. 14156063408



Dia de los Muertos altar at the Plaza



Pool supporters enjoy spaghetti at the Community Center



## GENERAL STRIKE: 11/2/11



On Wednesday I headed with Mark & Meg down to Oakland to join thousands of people in a March & General Strike in solidarity with the Occupy Wallstreet movement. Bolinas being a town of pundits, I had heard a lot of differing opinions on this growing, egalitarian movement & was both skeptical & curious to see for myself what was going on down there.

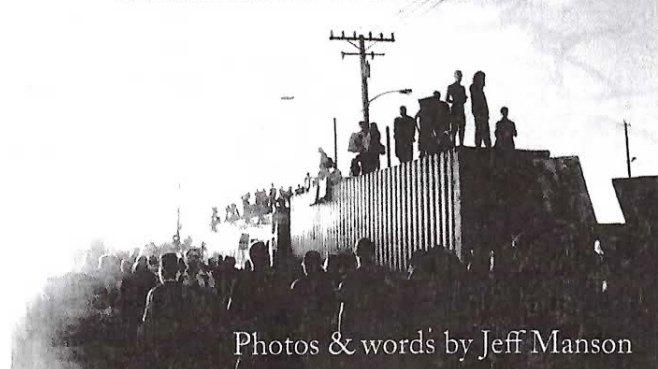
It was a perfectly crisp fall day when I emerged from the BART station & was overwhelmed by the teeming masses in Frank Ogawa (renamed Oscar Grant) Plaza. Banners reading "The Beginning is Near!", "We are the 99%" & "Death to Capitalism!" hung from streetlights & a huge variety of people packed the Plaza and filled the surrounding streets. I saw public school teachers with pink slips, old folks loosing their pensions, students with overwhelming loan debt, homeless people, families with foreclosed homes, union workers & young anarchists all coming together, carrying colorful signs and chanting slogans.



In front of city hall, hundreds of tents were pitched where the Occupy activists have been living for the past 2 weeks. A full kitchen hummed with activity, providing free food for everyone. Monks were meditating under an oak tree. Angela Davis was inspiring the crowd from a makeshift stage on a flatbed truck. Someone had replanted the planter boxes at city hall with kale & collard greens. Most of the downtown businesses were closed in solidarity and I got an energetic, apocalyptic feeling looking around. More and more people kept arriving from all directions & there wasn't a single police officer in sight.

At 4pm about 10,000 of us marched down to the Port of Oakland and shut it down. As the sun went down, the main port entrance was blocked, people were dancing on top of idled trucks and waving signs. For a moment, in the place of globalized commerce, a diverse group of many thousands of disenfranchised Americans were standing together, looking to each other, & the future.

We are angry about the wealth disparity in our country and the criminal behavior of the 1% power elite who control the majority of the Earth's resources. However, we are also looking inward to self-sufficiency already practiced here in Bolinas. My favorite sign of the day summed it up: "BE EXCELLENT TO EACH OTHER"



Photos & words by Jeff Manson

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

### DIA DE LOS MUERTOS – DAY OF THE DEAD CELEBRATION

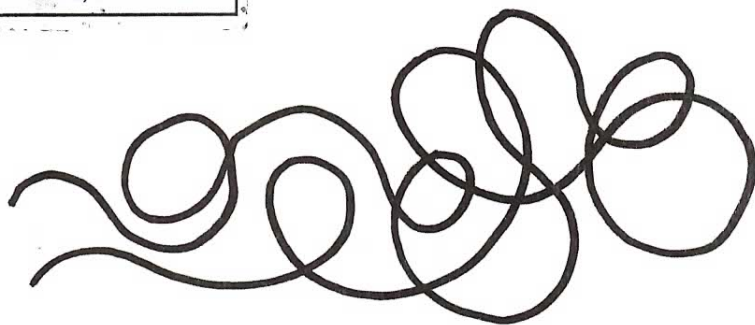
For over 3000 years, the indigenous people who lived in Mexico, the Southwest, and California have celebrated a ritual honoring the dead. Over time, this ritual became known as Dia de los Muertos, the Day of the Dead. It is a celebration of life—a time to share the memories of those who have impacted your life through arts and crafts, music, stories, and food. Join us in celebrating those who have gone before us. A communal altar will be constructed so please bring flowers, photos and mementos of a loved one. Aztec dancers will conclude the night's festivities.

Friday, November 4, 6:00 p.m. / Free

### VOLUNTEER APPRECIATION BRUNCH

celebrate your dedication and service with a brunch, a song, and a whole lot of gratitude.

Sunday, November 6, 11:00 a.m. / Free



## Pastafarianism

The Flying Spaghetti Monster (FSM) is the deity of the parody religion the Church of the Flying Spaghetti Monster or Pastafarianism. The "Flying Spaghetti Monster" first appeared in a satirical open letter written by Bobby Henderson in 2005, protesting the decision by the Kansas State Board of Education to permit the teaching of intelligent design as an alternative to evolution in public school science classes.

In the letter, Henderson parodied the concept of intelligent design by professing belief in a supernatural creator that closely resembles spaghetti and meatballs. Henderson further called for Flying Spaghetti Monsterism to be allotted equal time in science classrooms alongside intelligent design and evolution.

After Henderson published the letter on his website, it rapidly became an internet phenomenon and a symbol for the case against teaching intelligent design in public schools.

Pastafarian "beliefs" are generally satires of creationism. They are presented both on Henderson's Church of the Flying Spaghetti Monster website, where he is described as "prophet", and in *The Gospel of the Flying Spaghetti Monster*, written by Henderson and published by Villiard Press in 2006. The central belief is that an invisible and undetectable Flying Spaghetti Monster created the universe.

Pirates are revered as the original Pastafarians (a portmanteau of pasta and Rastafarian), and Henderson asserts that the steady decline in the number of pirates over the years has resulted in global warming. The FSM community currently congregates at Henderson's website to share ideas and crafts devoted to the Flying Spaghetti Monster.

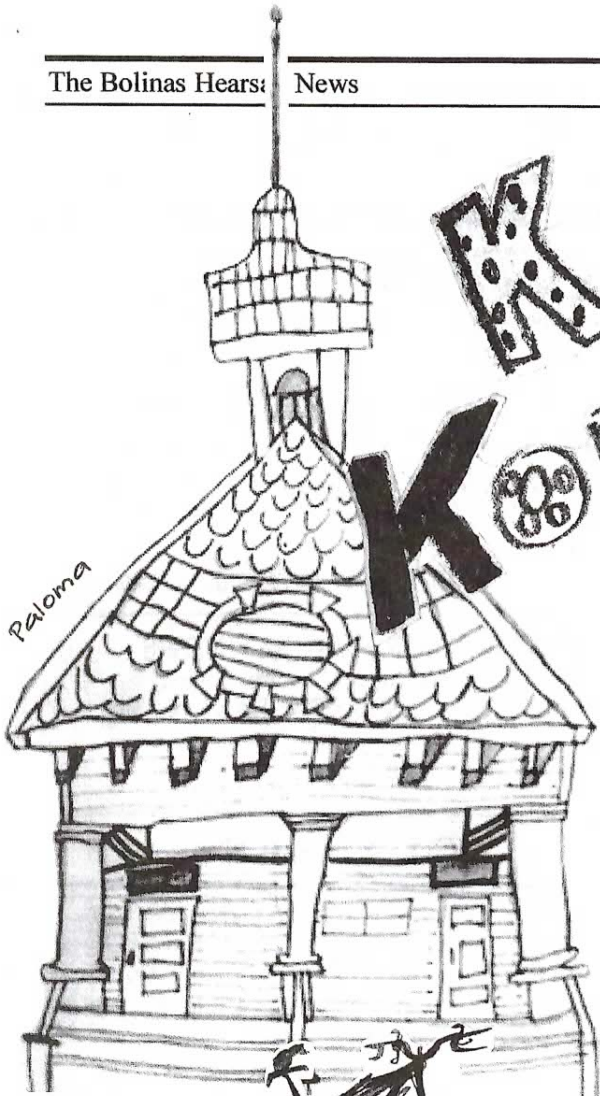
Because of its popularity and exposure, the Flying Spaghetti Monster is often used as a contemporary version of Russell's teapot – an argument that the philosophic burden of proof lies upon those who make unfalsifiable claims, not on those who reject them. While generally praised by the media and endorsed by members of the scientific community, the Flying Spaghetti Monster has received criticism from the intelligent design community. Self-described Pastafarians have engaged in religious disputes, including in Polk County, Florida, where they played a role in dissuading the local school board from adopting new rules on teaching evolution.

(from Wikipedia)



# Do-It-Yourself Poem

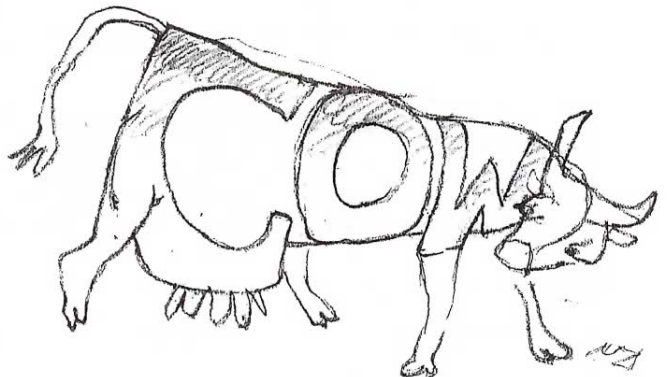
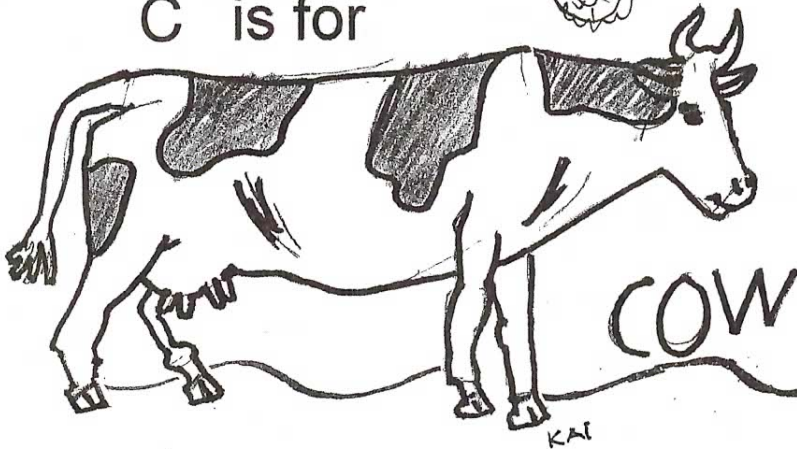
I didn't have time to finish this poem,  
So you can write it in your \_\_\_\_\_.  
Fill in a word, a rhyme or two.  
It isn't very hard to \_\_\_\_\_.  
Keep the rhythm and the beat.  
Keep each sentence short and \_\_\_\_\_.  
Now, at last, this poem must end.  
Thank you very much, my \_\_\_\_\_.



# Kid's K'ner



C is for



HAPPY BIRTHDAY!!!

November 1:  
Michael Phinney  
Wesley Straton

November 2:  
Doug Robinson  
Jesse Boychuk-Horvath

November 3:  
Susannah Mills  
Kai Mander

November 4:  
John Glavis

November 5:  
Ned Liebman  
Cory Griffith

November 6:  
Walt Hoffman  
Kai Cunha

## POINT REYES BOOKS

JOIN NOW THE COMMUNITY SUPPORTED BOOKSTORE (CSB) PROGRAM

Fri., Nov. 11, 7:30pm  
Scott Wallace, author of *The Unconquered: In Search of the Amazon's Last Uncontacted Tribes*. Free Event

Sun., Nov. 13, 3:00pm  
PR Presbyterian Church, Stacy Erickson, Curator, Jung Institute, San Francisco discusses *The Book of Symbols: Reflections on Archetypal Images*. Free Event

Sat., Dec. 3, Talk: 4:00pm Reception: 5:30pm  
Jane Hirshfield, poet and author of *Come, Thief*. Benefit for the West Marin Review

For more information on these and other events:  
[www.ptreyesbooks.com](http://www.ptreyesbooks.com)  
415.663.1542

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# 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.

## For Sale

GOLF CLUBS - 2 sets of MacGregor Gold Clubs, each with rolling cart. Men's has 8 irons and 6 persimmon woods, women's has 9 irons, 2 putters plus a long telescoping ball snagger. Special this week, \$150 each. Can be seen at Uniquities. See Steve Heaslip. jp11/7

## RENTAL WANTED

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

MB 11/2

## HOUSE KEEPING SERVICES AVAILABLE

Bolinas, Stinson, Point Reyes, West Marin. Non-toxic products only Call Danielle @ 415 261 8530

DLx

## 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



## LOST & FOUND

### 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

### Hat Found

"Skipper Hat" - Call Howard to describe 8682144

HD 10/17

### Honda Keys(with remote lock)

Where: Evergreen between MESA and Poplar

When: Saturday morning, October 8-

Now at: Post Office bulletin board

DR 10/10

### Surfboard Found

Monday, September 26th on the beach. Please call to describe- Sandy-0205

SD9/28.



## ANNOUNCEMENTS

[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

### ARTICLES FOR HEARSAY NEWS

Articles should be 3 1/2 inches wide and signed with FIRST & LAST NAME.

Thank you, The Editors

## CLASSES

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

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NSx



### CLASS SCHEDULE 2011

#### SUNDAY

Yoga w/Trishna

9:00 - 11:00 a.m.

Jujitsu w/Julian

7:00 - 8:30 p.m.

#### MONDAY

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

#### TUESDAY

Yoga w/Trishna

9:30 - 11:00 a.m.

Arial Arts for kids w/Joanna

3:30 - 6:00 p.m.

(Info 868-8821)

Zumba - Latin Dance Fitness w/Diane 6:30 -7:30 p.m.

#### WEDNESDAY

Pilates w/Lisa

8:30 -10:00 a.m.

QiGong for Aching Joints w/Tania

10:30 -11:30 a.m.

Yoga Basics w/Trishna

5:00 - 6:15 p.m.

Biblia en Español

8:00 - 9:30 p.m.

#### THURSDAY

USDA food bank

12:00 noon

Congolese Arts w/Sandor

6:00-7:30 p.m.

#### FRIDAY

Pilates Mat Class w/Lisa

9:00 -10:00 a.m.

#### SATURDAY

Back Oct. 22 Yoga w/James

9:00- 10:30 a.m.

Children's Movement w/Lisa

11:00 - 11:45 a.m.

(info 868-0473)

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





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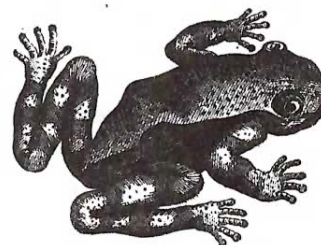
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## WANTED

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UZx





# LOCAL ZONE


## Local Businesses who Support the Bolinas Hearsay News



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learnheart@sbcglobal.net  
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energy alignment supports and  
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**Jennifer Poehler Bolinas, San Rafael**  
415 272-8809 or energy\_alignment@gmx.com

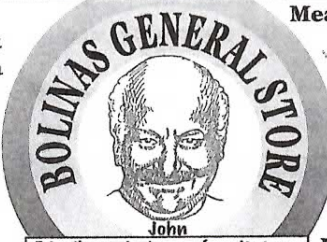
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Regular Sales  
Hours: Friday, Saturday & Sunday 2-6pm **868-9996**



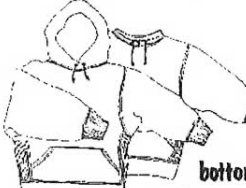
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Choice Meats  
Local Beef  
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Sandwiches  
Made to order  
Phone 868-1441

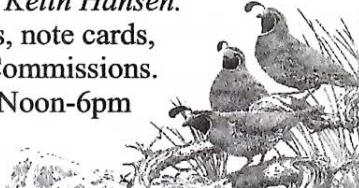
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