

#### AT'S HAPPENING?

Friday, Septembert 23 **AUTUMNAL EQUINOX** 2:04am

MICAH'S ETHNIC ART SALE last weekend at the Bolinas Gallery, 12noon-6pm

**OPENING: SF EROTIC ART EXHIBITION** including new works by Bolinas' Peter Turner @ Artists Alley Gallery, 863 Mission St. 4-9pm. Continues Sat (1-9pm) & Sun (12-5pm). Info: eroticartevents.com

Saturday, Sept 24 **BOLINAS COMMUNITY CENTER BOARD MEETING** 10 am in the library

**CHARLIE DOCHERTY & JUST FRIENDS** Live music @ Smiley's, 9pm

#### Sunday, September 25 PROGRESSIVE FESTIVAL

Walnut Greek Park, D St., Petaluma featuring: Cindy Sheehan (12:40pm) Daniel Ellsberg (1:30pm) Helen Caldicott (2pm) S.F. Mime Troupe (2:45) more info www. progressivefestival.org

Monday, September 26

**BOLINAS-STINSON YOUTH GROUP** 

has its first meeting @ Stinson Beach church basement, 4-8pm

FIRE BOARD MEETING

attenna decision - Please Come; 7:30 @ Firehouse

Wednesday, September 28 MIDNIGHT ON THE WATER

Live acoustic contradance music for Smiley's celebration of all September birthdays, 7:30pm. Free. Free cake too.

Friday, September 30

THE "INNER WOMAN PLAY"

8 pm; \$15, Bolinas Community Center. Performances also on Oct 1st,7th & 8th

Saturday, October 1

OPENING RECEPTION

"Body & Time," paintings by Waldemar Mitrowski @ Bolinas Gallery, 4pm

DEJA VU (SO WHAT'S NEW?)

Musical revue by Dale Polissar, Dance Palace, Pt. Reyes, 8pm

Monday, October 3

HOMEGROWN

Suzanne Cianni in conversation with Joan Hammerman Robbins, Community meeting room, Bolinas Firehouse, 7:30pm

# The Hippie Church

2011

Yama was visiting with her friend Roland, an old hippie wearing flowers and feathers in his hair. Roland's colorful fashion sense was straight out of the Haight. His deeply furrowed face seemed noble and wise with vast experience, I learned that Roland had lived on the street in Venice. He told me that he was into lightweight, low cost living structures built out of bamboo and clear plastic.

"Claustrophobia and water are the two main problems of nomadic structures" Roland explained to me. "But plastic sheeting solves them. Plastic isn't ideal, I agree, it should be made out of hemp." he continued. "But plastic is cheap and readily available, and will work until we have something better."

He went off into a long explanation of building design and crystalline structure., and I quickly got lost in his theories. But I was intrigued by Roland's concepts of

housing alternatives.

"Why not build a demonstration dome in Bolinas?" I asked him. We discussed building a small dome for the kids in the kids' korner in the Plaza. Then I remembered the gorilla mall on Saturday. (The gorilla mall is a spontaneous gathering of people who like to exchange stuff. It happens every Saturday when the weather's nice.)

I invited Roland, with the assistance of Yama, to build a structure in the park during the gorilla mall. On Saturday Roland and Yama showed up at the park with a bundle of bamboo poles, a big skein of twine and a box of colorful fabric.

"Five over six crystalline structure." Roland said as he positioned five pieces of bamboo into a pentagon. He arranged the rest of the bamboo poles into a running fence

of equilateral triangles.

Roland and Yama spent a some time lashing the bamboo poles together with the twine. I knew that Roland was getting serious when he brought out a big roll of duct tape. Roland's lavish use of duct tape concerned me. But I didn't intercede. I recognized that he was in an artistic zone and I didn't want to interrupt his reverie by voicing my concerns over duct tape. continued on next page

"The Hippie Church" continued from cover.

James immediately sensed the holy atmosphere and spent the night inside chanting and praying.

No doubt about it, Roland's art installation was a hippie church. A psychedelic crystal ship of hippiedom had landed in the park. I loved Roland's vision of alternative housing. But I knew that some would hate it.

Sure enough it didn't take long for the bitty committee to condemn the project. The critics never appreciated the beauty and frivolity of the structure. Instead they saw it as a public nuisance and a potential hang out for the drunks.

I was not surprised by the reaction. I knew that an outrageous art installation like the hippie church would never last downtown. I was grateful that it stayed up for the weekend. On Monday morning, Arn helped me take it down.

The demonstration of a housing alternative was a total success. Roland's sculpture was a beautiful addition to the park. Like a rare orchid, it bloomed for a few days and then faded.

The hippie church will bloom again. When it does stop by and see for yourself what we mean when we say alternative housing.

I helped Roland lift the pentagonal cap onto to the ring of triangles. I discovered that duct tape was great for joining bamboo. We soon had a solid five on six duct taped together.

Roland began to cover the framework with fabric. I assumed that he would tent the structure with fabric. Instead he scissored the fabric into free form shapes and tied them between the poles. Roland had a unique style of scissoring which left a richly feathered edge. He left no fabric edge unadorned.

He seemed to be painting the space with colorful swashes of color. The feathered fabric hung like opulent curtains on the bamboo frame. Light and color danced around the spacious interior. It was a magical play place and a mystical, sacred space. There was an undeniable psychedelic feeling about the structure. "Color and fun." it said, and "let's play make believe."



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#### HEARD ON THE RADIO

Helicopter Tours Over Bolinas Voice Your Concerns by Sept 28<sup>th</sup>

Listen in to the West Marin Report on the proposal to allow air tours by plane & helicopter over the seashore: <a href="https://kwmr.org/blog/show/118">kwmr.org/blog/show/118</a>

KWMR's website has links to the national park's website where you can state your opinion on aircraft's effects on Bolinas and West Marin.

I wish to extend my heartfelt support to the long-suffering people of Palestine in their bid to gain UN recognition for an independent state. It is long past time for the state of Israel to "let the Palestinians go."

Though a "one-state solution," with democratic rights and equality guaranteed for all religions and ethnicities, is by far the best solution, in this case, two states may be all that can be achieved right now.

The world needs a free and prosperous Palestine and an Israel that is part of the international community.

--Richard Pfeffer

Still proud to be a Jew but ashamed of Israel.

# Home grown

MONDAY OCTOBER 3 AT 7:30 P.M.

\*\*\*PLEASE NOTE NEW MEETING ROOM: BOLINAS FIRE STATION, COMMUNITY MEETING ROOM.

SUZANNNE CIANNI, A BOLINAS RESIDENT, IS A COMPOSER, RECORDING ARTIST, AND PIONEER IN THE FIELD OF ELECTRONIC MUSIC AND SOUND DESIGN. SHE HAS RECORDED FIFTEEN ALBUMS OF ORIGINAL MUSIC IN WHICH SHE PERFORMS SOLO ON THE PIANO, WITH AN ORCHESTRA, OR WITH A JAZZ ENSEMBLE OR SOLO ON THE ELECTRONIC KEYBOARD. HER MUSIC IS KNOWN FOR ITS ROMANTIC, HEALING AND AESTHETIC QUALITIES.

CIANI HAS RECEIVED 5 GRAMMY NOMINATIONS
AND AN INDIE AWARD FOR BEST NEW AGE
ALBUM, "SILVER SHIP." SHE HAS PERFORMED
ALL OVER THE WORLD. IN SEPTEMBER SHE
PERFORMED AT THE DANCE PALACE IN POINT
PEYES

THIS PROGRAM IS SPONSORED BY THE BOLINAS-STINSON BEACH LIBRARY IMPROVEMENT SOCIETY AND COORDINATED BY JOAN HAMERMAN ROBBINS.868-0835 FOR INQUIRIES.



The "INNER WOMAN" play, will open it's Door's of perception, one week from today.

September 30, 8:00 p.m. Friday. October 1, and 7<sup>th</sup> and 8th

Since the whole town is in the play, I'm not Sure whose going to be in the audience. May-Be Cecil B. Demille. I thought It was a play But it's looking like a spontaneous happening That's combusting. . .into the universe. . . Possibly a message to the Gods!

Nuxa Diamo is the "INNER WOMAN" Played by Arianna Hooper who journey's In search of the perfect relationship. Changes begin to happen, she gets a good Look at how she approaches life and how Her behavior allows choices to evolve, To a higher understanding of who she is. Sometimes realization is in knowing who We are not.

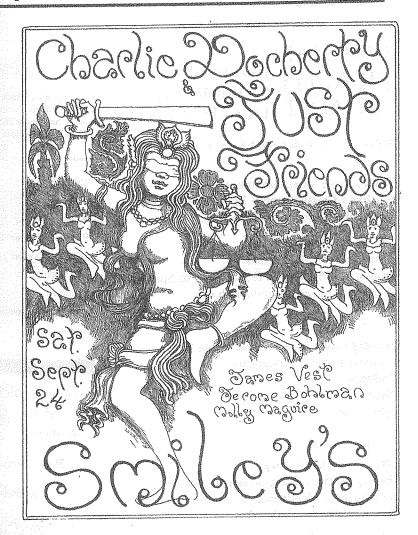
A wonderful cast of local denizens are there To support Nuxa, as friends and mentors. Sometimes getting carried along with the joy And mirth of the moment. They instill in her Psyche, the emotional, unconscious, intellectual And spiritual qualities we all must wrestle with To make the changes, that open the doors of Perception. . .this can be a lot of work and fun. Come join us next Friday night, let's play together.

Jerrrund Bo Jeste

#### False Alarm?

The two missing cats mentioned in my note in Wednesday's Hearsay have turned up, apparently safe and sound. One was missing for about five days, the other for three, extraordinary behavior for these two "homebodies". I'm still wondering if there are some larger predators in the Reusch pasture area.

Roger Kovach rkovach@svn.net



#### READING TO JOHN

On Tues. 9/27 at 10 am on KWMR (89.9) I'll read Nikolai Gogol's "Diary of a Madman." He's a clerk but thinks he's the King of Spain. He's in love with his superior's daughter and finds out more about her via "letters" between her dog and a neighbor's. We're privy to his secret thoughts and witness to his descent into full-blown madness. With that incredible mixture of social commentary, wit and heartbreak that the Russians do so well.

--Neshama Franklin

# DEJA VU--FINAL SHOW DANCE PALACE--SATURDAY, OCT. 1

Thank you, Bolinas, for your warm response to "Deja Vu" last Friday night. My troupe loved the Bolinas audience, and we got so many glowing compliments about the show and about the high quality of the singers and the band.

For you who wanted to see "Deja Vu" but couldn't that night, you have one more chance: Saturday, Oct. 1, 8 p.m., at the Dance Palace in Pt. Reyes.

Making this date does not conflict with Jerry's performance (which promises to be quite delightful), since Jerry's show is also playing the night before and two nights the following weekend.

#### COASTAL **BOLINAS** HEALTH COMMUNITY ALLIANCE HEALTH CENTER

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Dr. Kristin Kalmbacher

(Family Practice)

scheduled Tuesday, Thursday, Friday

**Patty Bradford** 

(Family Nurse Practitioner) scheduled on Mondays

#### HOW ARE WE DOING?

Provide feedback on our services by contacting us at: quality@coastalhealth.net 415-663-8781 ext. 316

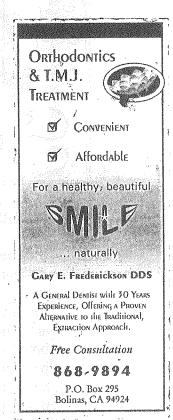
A Meeting of the Resource Recovery Project Committee Monday, September 26, 2011 3:30pm 270 Elm Road, Bolinas

#### Agenda

- 1. Call To Order
- 2. Roll
- 3. Approve Minutes
- 4. Resource Recovery Project: Manager's Report Site Planning

Personnel

- 5. Community Expression
- 6. Adjournment



#### **Director's Note**

Comparatively speaking I am new to Bolinas and newer still to the workings of the Bolinas Community Center. I have been amazed at the depth and dedication to the community held by all involved with this village and its heart, the community center.

Each day I witness authentic acts of kindness and concern for all.

As the new Development Director, Labor Day was my first fundraiser/event with the center. My maiden voyage, if you will, and at times it felt as though someone had thrown the life preservers overboard, so I fretted a bit, OK a lot. I tend to be an "organizer" and though I am a learned student of the philosophy of "letting it happen", I felt a need for this to be the best yet.

All the learned sages of Labor Days past kept assuring me it would all work out and I would be amazed at how everyone just appeared and made magic. Well SHUT THE FRONT DOOR it did happen just as predicted and was beyond wonderful. I had the sensation of being an observer of the filming of a movie and every character, and there are some characters, knew their part.

Now I must say Lia, John and Mikaela (mini manager in training) Sabbatini were an amazing team at organizing in advance and keeping the flow of energy, music, food and fun moving in the right direction the day of. OK we are working on the beer flow issue as we speak.

So thank you all for including me in the magic.

Randi Arnold

#### MEETING AGENDA **BOLINAS FIRE PROTECTION DISTRICT** BOARD OF DIRECTORS MONDAY September 26, 2011 at 7:30PM

Location: Bolinas Fire Department Community Meeting

Room 100 Mesa Road The site is open to the public and is wheelchair

accessible. (This agenda is posted in accordance with the Ralph M. Brown Act, California Government

- Code Section 54950, et seq.)
- Call to Order and Roll Call Approval of Agenda
- 2. 3.
- Fire Chief's Report
  - Update on Bolinas Road Access a. Joint Committee
  - Update Fire and Water Districts b. **Shared Personnel**
  - Update on Terrace Avenue Surfer's Overlook
  - Maintenance Agreement with CHA
  - Fire Calls & Emergencies for e. August 2011
- General Business
  - Action Item #1: Approve request from BCPUD General Manager for Financial Contribution To Fire Fuels Reduction Project

- Action Item #2: Approval of AT&T Cellular Lease Amendment
- Action Item #3: Approve request from AT&T to add three new panel antennas to existing communication tower on fire district property
- Discussion: Emergency only access and egress alternatives to closure of Terrace Avenue and Overlook Road
- Discussion: Appoint BFPD Board representative to Resource Recovery Board
- Consent Calendar
  - Approval of regular Minutes from August 22, 2011
  - Approval of warrant lists from b. August 17-September 19, 2011
  - Approval of financial reports for July 2011 including account balances (pending)
- Public Expression (The public may address the Board regarding matters not on the agenda.)
- Committee Reports
- Board Member Report Personnel Matters
- Good of the Order
- 11. Adjournment

# This Week @ The Dance Palace

THE POINT REYES LIBRARY PRESENTS: WEST MARIN CHEESE PAST AND PRESENT Friday, September 23, 6:30 p.m. / Free

MARGA GOMEZ: NOT GETTING ANY YOUNGER f lphaFriday, September 23, 8:00 p.m. / Advance tickets \$22 general, \$20 seniors; At the door \$2! general, \$23 seniors

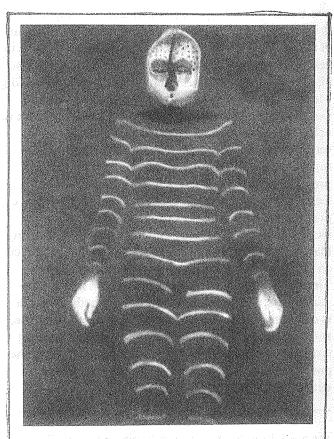
HARVEST YOGA FESTIVAL AND BENEFIT Saturday, September 24, 10:00 a.m.-5:00 p.m. To register, visit www.marcboudier.com/harvestyoga-festival/

#### KIRTAN WITH JAI UTTAL

Saturday, September 24, 7:00 p.m. To purchase tickets, visit www.marcboudier.com/ harvest-yoga-festival/

#### DANCE PALACE PIANO CONCERT SERIES: THOMAS SCHULTZ 10 0

Sunday, September 25, 4:00 p.m. / Advance tickets \$20 general, \$18 seniors, \$10 kids/teens At the door \$23 general, \$21 seniors, \$12 kids/



### **BODY** and Time

New Paintings by Waldernar Mitrowski at Bolinas Gallery -50Wharf Rd October 1st October16th

(only two weeks)
Open 11 AM- 6PM
Reception Oct 1st Sat at 4PM
call for week day appointment

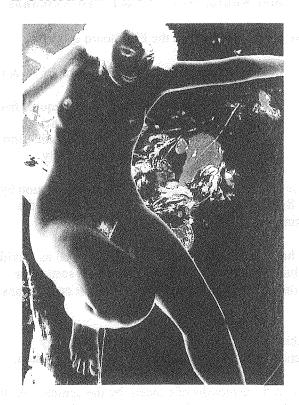
415-717-4165

# LIVE MUSIC AT THE BEACH Fri. Sat. & Sun. Nite SEPT. Open Mic Sun. 8-12 Record Spin Mon. 9-12 Pool Tourn. Tue. 7-11 Karaoke Wed. 8-12 VarietyThurs. 8-12 HOTEL ROOMS off the beach \$89-\$99 Thurs Sept. 29 8:30-12 SONGWRITERS CIRCLE

Thurs. Sept. 29, 8;30-12, SONGWRITERS CIRCLE Fri. Sept. 30, 9-1, Irish Cajun, CULANNS HOUNDS Sat. Oct. 1, 9-1 RUSTY EVANS & RING OF FIRE

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#### **Bolinas Artist in S.F. Show**



Bolinas artist, Peter C. Turner, will show a collection of images in the San Francisco Erotic Art Exhibition at The Artists Alley Gallery, 863 Mission St. (between 4th & 5th), San Francisco. Friday opening and reception: 5-9pm, Saturday exhibition and reception: 1-9pm, Sunday: exhibition: 12-5pm. Free Admission, age - 21 or older.

The San Francisco Erotic Art Exhibition, the largest erotic show in the Bay area, will feature paintings, sculpture, mixed media and photography from 35 erotic artists, sculptors and photographers from the U.S. and abroad. Peter Turner's unique vision adds an earthy, goddess, shamanic perspective to the erotic art genre. This is a show, and an artist, not to be missed.

Peter's website: <u>www.turnarts.com</u> Show website: eroticartevents.com



Dale Polissar reads poems by Kenneth Patchen at Friday night's performance of "DEJA VU (So What's New?) Dale analyzed the rhythmic structure of Patchen's poems, and then set them to music. Dale was accompanied by pianist Fred Adler at Periday night's performance.

Priday night's performance.

DEJA VU will be performed at the Pt. Reyes Dance Palace on Sat., Oct. 1.

# Decision to be made Monday Night, September 26, about Adding More AT&T Cell Antennas!

These action items are on the Fire Board agenda:

- a. Action Item #2: Approval of AT&T Cellular Lease Amendment
- b. Action Item #3: Approve request from AT&T to add three new panel antennas to existing communication tower on fire district property

Please come to hear the discussion, the presentation by Don Smith and the new proposed amendment to the existing lease.

Don has done some remarkable work, as well as David Kimball. They've toiled away behind the scenes for months and now are going to present their conclusions to us.

All this new information needs to be thoroughly understood by the community before action is taken.

After all these months of concern by the community, we hope that we can take the time to digest this complex new data, and not rush to a vote Monday night.

This decision will be a binding one impacting the health and welfare of the total community for decades. We must have the time necessary to understand the implications of the proposal to expose us and our children, to additional RF radiation, a class 2B carcinogen, 24/7 until these leases run out, and why it is truly necessary.

Though some in Bolinas get more RF exposure from their household wireless devices like cordless phones and wi-fi, many of us are extremely careful to avoid exposure and decided not to have any of those. But we have no choice about this exposure; our exposure to constant RF radiation from the cell tower won't be avoidable. Let's give everyone who wants it, enough time to fully comprehend the new data.

#### NEUROLOGICAL EFFECTS OF RADIOFREQUENCY ELECTROMAGNETIC RADIATION

Here's an excerpt from a Paper presented at the "Workshop on Possible Biological and Health Effects of RF Electromagnetic Fields", Mobile Phone and Health Symposium, Oct 25-28, 1998, University of Vienna, Vienna, Austria. Published on www.mapcruzin.com with the permission of the author, Dr. Henry Lai. Bioelectromagnetics Research Laboratory, Department of Bioengineering, School of Medicine and College of Engineering, University of Washington, Seattle, Washington, USA

#### EFFECTS OF VERY LOW INTENSITY RFR

For those who have questions on the possible health effects of exposure to radiation from cell masts [towers], there are studies that show biological effects at very low intensities. The following are some examples: Kwee and Raskmark [1997] reported changes in cell proliferation (division) at SARs of 0.000021- 0.0021 W/kg; Magnras and Xenos [1997] reported a decrease in reproductive functions in mice exposed to RFR intensities of 160-1053 nW/square cm (the SAR was not calculated); Ray

and Behari [1990] reported a decrease in eating and drinking behavior in rats exposed to 0.0317 W/kg; Dutta et al. [1989] reported changes in calcium metabolism in cells exposed to RFR at 0.05-0.005 W/kg; and Phillips et al. [1998] observed DNA damage at 0.024-0.0024 W/kg. Most of the above studies investigated the effect of a single episode of RFR exposure. As regards exposure to cell mast radiation, chronic exposure becomes an important factor. Intensity and exposure duration do interact to produce an effect. We [Lai and Carino, In press] found with extremely low frequency magnetic fields that 'lower intensity, longer duration exposure' can produce the same effect as from a 'higher intensity, shorter duration exposure'. A field of a certain intensity, that exerts no effect after 45 min of exposure, can elicit an effect when the exposure is prolonged to 90 min. Thus, as described earlier, the interaction of exposure parameters, the duration of exposure, whether the effect is cumulative, involvement of compensatory responses, and the time of break down of homeostasis after longterm exposure, play important roles in determining the possible health consequence of exposure to radiation emitted from cell masts.

We are asking the Fire Board to please respect the work that community members have done over the past year to educate ourselves about this highly complex subject and to not rush to a vote on the same night that Don Smith's new data and the new amendment to the lease is discussed. We all need time to digest the new information. We appreciate the Board's patience in not rushing this highly important decision that will effect our community's health for many years to come. Please be there to add your voice.

Submitted by Mary Beth Brangan, Rachel Johnson & Jim Heddle – EON, The Ecological Options Network



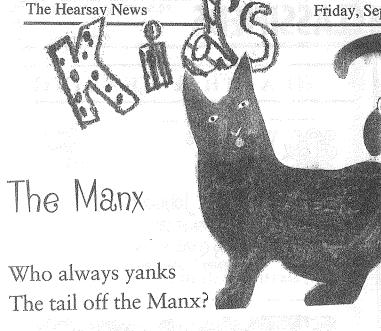
#### POINT REYES BOOKS

Friday, September 23, 7:00pm PR Presbyterian Church Martin Shaw, mythologist, author & storyteller

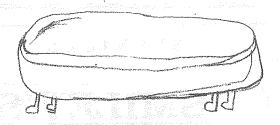
Thursday, September 29, 7:00pm PR Presbyterian Church Russ Baker author of Family of Secrets: the Bush Dynasty

Kate Levinson, Oct. 9 Mark Hertsgaard, Oct. 14 Michael Ondaatje, Oct. 16

For more information on these and other events:
www.ptreyesbooks.com
415.663.1542



Douglas Florian



You must have a doctor's prescription to take a bath (Boston, Massachusetts)

> Donkeys may not sleep in bathtubs. (Brooklyn, New York)

I found these laws in a library book while visiting my grandma in Colorado. It was fun to read. It was a book worth reading, focused on funny laws.

Paloma Dunlap CALI

HAPPY **BIRTHDAY!!!** September 23:

Kai Cunha

Sam Nasra

September 24: Suzanne Mari Kirby Ferlinghe Martine Algier Shelter Serra **Ivory Serra** Marisa Willow Ole Schell Pompellio (Scott Hannor

Saeptember 25:

Suki Fourman Hector Mora-Lor Omar Rifkin Nathaniel Wood

0/

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#### WANTED

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these materials: Sheet copper or tubing, brass - any length PVC pipe. Contact David in the metal shop. Clean wood scraps for projects, contact Ron in the wood shop. School Phone #: 868-1603

\_MB9/28

#### CHILDCARE WANTED:

Looking for experienced help in Bolinas for two children ages 2 & 6 after school Mondays - Thursdays, starting at 1:00. Need someone with car & good driving record to do school pick ups. Would also include some light housework and cooking easy child-friendly dinners. Will pay a competitive local rate.

Call or txt 415-747-4088.

CC9/28

AUTO WANTED: IN GOOD RUNNING condition. Between \$1500 & \$2000. If you hear of a lead please call Christine @ -0892

CS9/28

BROUGHT TO YOU BY Stuart Chapman, editor Kathleen O'Neill, assistant Una Zakas, Children's Corner David Cattell, printer



RIDE SHARE



#### FOR SALE

#### VINTAGE 1962 AIRSTREAM SAFARI – 22'.

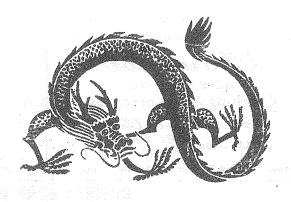
All Original with wood interior. Very fine condition. Located - Bolinas. For photos, full description: airstreamsafari62@gmail.com

AR 9/26.

#### WANTED

Wanted MacBook-partial trade for PC? Una 8818

UZx



#### FOR RENT

#### COMMERCIAL OFFICE SPACE

In the BOOKSTORE — small window on the patio. \$225 per month. (415)868-9049 — Michael Rafferty

MR9/30

#### LOST & FOUND

#### LOST AFTER LABOR DAY:

Blue canvas canopy top cover. Did mine go home with yours? Help me reunite my lonely canopy with its top. Susie -1646

FOUND: A COUPLE WEEKS AGO,

Red bicyle at gate on Alder, between Fern & Evergreen. Call 96661 to claim.

PB8/10

LOST: Thin long black scarf w/ red rectangles, 7pm 9/11, downtown near Terrace. Call Una -8818

LOST: 13 INCH MACBOOK PRO

around July 26th, while confused. Reward. 868-2312

\$200 Reward-Prescription metal frame ICH

Berlin Sunglasses

RD 8/19

YELLOW SCRAMBLER-TYPE KAYAK

may have drifted off on a high tide. please call 868-9067 with

any info. Thanks

Lost-set of keys on plain key ring-July 4th Call 541-315-1027 if found.

SH 7/11

#### ANNOUNCEMENTS

Please submit articles and requests for online subscriptions for the Hearsay News to hearsaynews@yahoo.com Michael Rafferty

The weekly food bank at Bolinas Community Center has been moved from Mondays to Thursdays at 12 noon. Everyone is welcome! June McAdams for BCC

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!

sign-up free at the newschool@commonweal.org. Download past podcasts at www.commonweal.org/new-school/events.html



#### SUNDAY

Yoga w/Trishna Jujitsu w/Julian

9:00 - 11:00 a.m. 7:00 - 8:30 p.m.

Figure Drawing

9:00 a.m. - noon Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m.

#### TUESDAY

Yoga w/Trishna Arial Arts for kids w/Joanna 9:30 - 11:00 a.m. 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 QiGong for Aching Joints w/Tania Yoga Basics w/Trishna

8:30 -10:00 a.m. 10:30 -11:30 a.m. 5:00 - 6:15 p.m.

Biblia en Español

8:00 - 9:30 p.m.

#### THURSDAY

USDA food bank Congolese Arts w/Sandor

6:00-7:30 p.m.

12:00 noon

#### FRIDAY

Pilates Mat Class w/Lisa

9:00 -10:00 a.m.

#### SATURDAY

Back Oct. 22 Yoga w/James Children's Movement w/Lisa

9:00-10:30 a.m. 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

# LOCAL ZONE

# Local Businesses who Support the Bolinas Hearsay News



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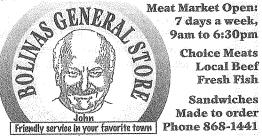


Open everyday 8:30 am to 6:30 pm 868-1433

Store Open: 7 days a week 9am - 6:30pm Hagen-Das Ice Cream Vegetables Fresh Daily

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Meat Market Open: 7 days a week, 9am to 6:30pm **Choice Meats** 

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People wishing to have a shower (Handicap or able, young or old) Call or turn up 10:00 a.m. Monday or by appointment

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