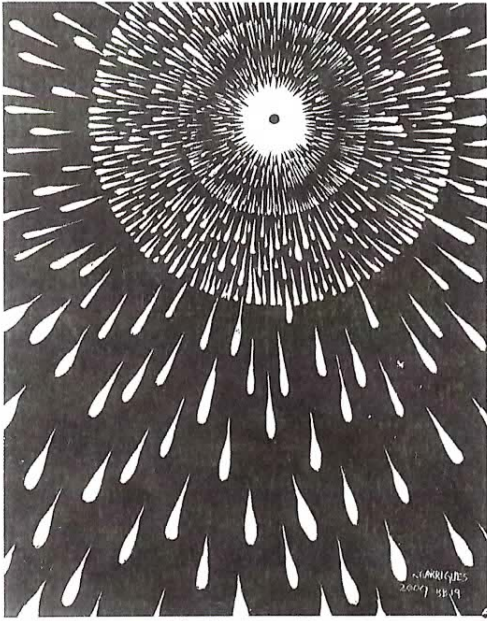


Bolinas Hearsay News

Monday, February 20, 2012

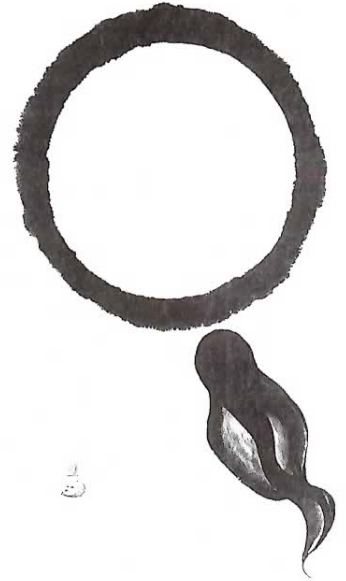
46 ¢ + tax



The Big Bang 19
2009 From the Big Bang Somewhere East of Nowhere Series



The Nature of the Beast I
1994 From the Man and Beast Series



Eight Billion 27
2010 From the Next One Billion Humans 2025 AD Series

WHAT'S HAPPENING?

Monday, February 20

STUDENT SPRING BREAK BEGINS

Kids out of school through Friday.

PRESIDENTS' DAY HOLIDAY

Post office, library, many offices closed

Tuesday, February 21

MARDI GRAS

"Fat Tuesday" in most Catholic cultures, marking the last party days before the beginning of Lent on Ash Wednesday

Thursday, February 23

VICTOR & PENNY

Live vintage pop music @ Coast Café, 6-8pm

ANTHONY BELLO

Live singer/songwriter music @ Smiley's, 8:30pm

Friday, February 24th

PISCAN MUSIC PARTY & DINNER

Food, drink, rock and roll, art & merriment at the BCC

7pm till Midnight \$5 at the door \$7 for dinner

Everyone's invited

Saturday, February 25

SWOOP UNIT

Live big band music @ Smiley's, 9pm. Cover.

Tuesday, February 28th

EMOTIONAL CURRENCY

a woman's guide to building a healthy relationship with money. Author Kate Levinson, so-owner of Pt. Reyes Books will give a talk at the Stinson Beach Library at 7:00. FREE

Wednesday, February 29

MIDNIGHT ON THE WATER

Live acoustic trad/Celtic dance music for Smiley's celebration of all February birthdays, 7:30pm. No cover, free cake.

Saturday, March 3

MASK MAKING WORKSHOP

Led by Vanessa Waring, @ Uniquities Studio next to post office, in the afternoon before Mardi Gras parade and festivities. 2:00 – 4:00 pm

From Beginning to End:

Ron Garrigues

HAPPY HAPPY BIRTHDAY!!!

February 20: Abigail Bruce
Zim Caroselli

February 21: Meg Simonds

February 22: Linda Samuels
Andrew Walmisley
Elizabeth Setten

February 23: Andrew Cattell

February 24: Arthur Okamura (remembered)
Christian Cefalu
Russell Faure-Brac

February 25: Margaret Hunter

February 26: David Munson
Janet Klugiewicz

pasteup
ads/books
press

Ned Riley
June McAdams
Jeff Manson

MONDAY MEETING REPORT 2/20/12

From Jennie Pfeiffer

IT'S A SHORTER REPORT because yesterday we entered Pisces on my birthday which means we "go with the flow", and since my philosophy is that a person gets the whole week prior to the actual day, and as much of the following week as one needs, to celebrate a birthday, I was too busy enjoying myself to take notes.

I missed Monday's Mesa Park meeting, attending in its stead the Lloyd Kahn TINY HOMES BOOK SIGNING & SLIDE SHOW at the Community Center. It was delightful. It's a subject that has intrigued me since childhood days, moving dollhouse furniture around in miniature hand constructed homes for my teeny doll families. I snapped up a copy of Lloyd Kahn's new TINY HOMES book as soon as it hit the hardware store, and took it with me Monday night to get him to sign it. I'm already eagerly awaiting his next endeavor, a book about homes that roll or float. Monday's event had a nice turnout of fans, and it was fun to see Lloyd's son, Evan give some back story about the construction of the first home pictured in the book, Mike Basich's stone hut in the snowy mountains.

Tuesday's VALENTINE EXTRAVAGANZA PIZZA PARTY, also at the Community Center, had a little something for everyone, from the youngest town members, balloon disco dancing, to an all-inclusive open mic, ending with a movie. The Barbary Coast Bistro was serving up some tasty pizza and lasagna throughout the evening. It's a keeper event.

Wednesday's Utility District regular monthly meeting was relatively short, as those meetings go, with a wrap up report of completed projects: the clearing of fire fuel on sewer pond land; and the Terrace Avenue BIG HOLE dig & fill. Both were highly successful, completed in a timely manner within budget, all good. The hope is that upcoming plans, the shoring up of surfer overlook, and the repair of downtown sewer connections, will work out as well. Report is that CalTrans will be starting resurfacing of Wharf Road this summer, so it looks like there will be slow going on roads around town all spring and summer, not necessarily a bad thing, but might make the 4th of July parade interesting.

Bolinas/Stinson Whitecaps met on Thurs, for Roger's February chicken paprikash, which I'm sad to say I had to miss due to a family pre-birthday event.

Friday's JAZZ JAM at Smiley's, hosted by Michael Pinkham, Piro Patton, & Taylor Cutcomb, all top quality musicians, was as good as it gets anywhere. Ben Pfeiffer sat in on bass for a couple of numbers, two young men (whose names I unfortunately missed) were accomplished on vibes & guitar, and Alethea's son Miles Tune sat in on drums. It reminded me of my years teaching woodshop when Miles was at Bolinas-Stinson School using shop tools to turn every surface into a drum, until we decided drumsticks would be a good project and it was, and it became clear that drumming was his destiny, and he is certainly mastering it.

Saturday morning was the Community Center monthly meeting and most of the conversation dealt with plans for this year's ART AND GARDENS FOR THE BIRDS at the center May 4th through the 6th.

Saturday night, JUST FRIENDS, with Charlie Docherty, Jim Vest, Jerome Bolhman, and Molly McGuire's vocalizing, got the enthusiastic house at Smiley's up and dancing. It was a great night and Ned and I danced until midnight brought my birthday in for real. A very nice week. jp



COMMUNITY &
CULTURAL CENTER

dance palace

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

Tickets at www.dancepalace.org

IVES QUARTET

Saturday, February 25, 8 PM

Tickets: \$33, \$31 seniors, \$15 teens

Sponsored by Victor and Lorraine Honig

The Ives Quartet has captivated audiences from San Francisco to New York, Taiwan to London. Inspired by the passionate, artistic commitment and unique temperament of American composer Charles Ives (1874-1954), the Ives Quartet creates powerful live-music experiences through the presentation of fresh and informed interpretations of a carefully curated repertory to American and international audiences.

The quartet presents a regular series of concerts throughout the year in San Francisco, San Jose, and on the Peninsula, and appears in noted chamber music series and festivals nationwide. The repertoire combines established masterworks with underappreciated gems, neglected scores of early 20th century America, and specially commissioned new pieces.

CHINYAKARE ENSEMBLE

Sunday, February 26, 3 PM

Tickets: \$12 general, \$10 seniors, \$6 kids/teens

Chinyakare Ensemble presents an electrifying performance of the traditional dance, music and culture of Zimbabwe and Southern Africa. The music, played on mbira, ngoma, marimbas and chipendani, blends virtuoso performances with the sounds of African tribal culture. Chinyakare provides students with a glimpse of the beauty, excitement and spirit of traditional African dance and song. Julia Tsitsi Chigamga, Artistic Director, was born in Zimbabwe in the Shona tribe. She grew up in a family of great dancers and musicians in Zimbabwe and, with Chinyakare, she continues to teach and perform in her family's ancient traditions.

March

TRIVIA BEE 2012

Saturday, March 3, 7 PM

Tickets: \$15, \$10 seniors, \$5 teens

Teams: \$120 advance registration

Test your knowledge of the significant to the mundane in this 16th annual evening of wildly entertaining trivia. Topics for the Trivia Bee will include sports, television shows, movies, popular and classic literature, science, music, history, geography, and totally frivolous facts. Refreshments on sale to benefit the Dance Palace.

Go to Health: Update on Probiotics

ConsumerLab.com, a subscription online service, is a 'watchdog' agency that provides independent test results on health and nutritional products. A recent review on probiotic products explained that they contain helpful, viable bacteria that assist in colonizing the small and large intestine with normal bacteria and preventing the overgrowth of disease-causing bacteria. They also stimulate the body's immune system. If you think of the opening inside the gut, from the mouth to the anus, as *outside* of the body, you can see that the immune system must maintain a strong presence here against many pathogens, and the right bacteria can help the lymph tissue stay on guard.

Several studies have shown that probiotics can help with irritable bowel syndrome and abdominal pain. This finding was especially true in children with abdominal pain, given lactobacillus casei GG (a strain found in Culturelle) and other formulas.

Antibiotics - Probiotics have also been helpful with diarrhea caused by antibiotics, viral infections or chemotherapy. In the case of antibiotics, start probiotics as soon as you begin antibiotics, and continue for two weeks after the course is over. Take the probiotic 2 hours apart from the antibiotic, so the latter will not kill the beneficial bacteria.

Traveler's diarrhea – Probiotics have not been as helpful in preventing this problem, although people who use them regularly take a product that does not need refrigeration when they travel. I think this is wise, although travelers still need to be careful about raw food, cold food and street food in many places.

Vaginal bacterial infections can be reduced in number by certain probiotics, including Jarrow Formulas Femdophilus Vaginal suppositories containing *Lactobacillus* organisms have also shown therapeutic benefit.

Colds and Flu have been studied in adults and children with regard to probiotics. In several studies colds were reduced by over 50% in probiotic users, and symptoms such as fever, cough and runny nose were lessened in those who

did become sick. As flu season makes a late start this year, it is a good time to consider this protection. Don't wait to get sick before you start! This supplement, along with adequate Vitamin D, is really valuable.

Probiotics are naturally found in yogurt and other cultured milk products. . Look for products labeled "contains active cultures" or "live cultures". Yogurts specially marketed as containing probiotics may be fortified with additional helpful species. Cultured milk also produces lactic acid which may limit the growth of unfriendly bacteria and help in the treatment of diarrhea. By converting lactose (milk sugar) into lactic acid, probiotics make dairy food more tolerable for people with lactose intolerance..

You are going to want to ingest about 5 billion beneficial bacteria per day in your probiotic, and more if you have one of the problems listed in this column. Read the label carefully!

Testing by ConsumerLab: Of the 12 probiotic products selected for testing, the following two did not contain the number of cells listed on their label. Nutrition Now PB8 contained only 56.8% of the 14 billion cells in a daily 2 capsule serving. I-Flora Kids Multi-Probiotic contained only 65% of the 16 billion cells claimed on its label. On the other hand, FloraStorRKids Multi-Probiotic, L'il Critters Probiotic Acidophilus and Udo's Choice Infant's Probiotic were all fine. So were Jarrow's femdophilus and Jarro-Dophilus EPS – both sold at the Peoples Store. Jarro-Dophilus can be taken on a trip without refrigeration, and still retain its potency. Refrigerate it at home, for safe-keeping.

I have a subscription to ConsumerLab online. Please call me at 868-0493 if you want more information about your probiotic.

Sadja Greenwood, MD back issues at sadjascolumns.blogspot.com



SPRING & EARLY SUMMER SHOWS AT THE BOLINAS GALLERY

MARCH--CHRISTINE DE CAMP: A rare opportunity to see an entire gallery of Christine's work. Plus, you can watch the artist at work.

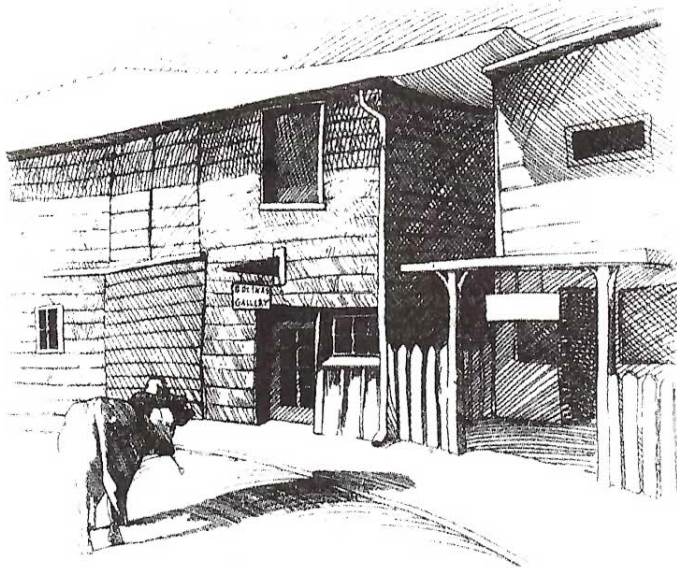
APRIL--To be announced.

MAY--SCHEHERA VAN DYKE: Beautiful ceramics, displayed with Schehera's special artistic touch.

JUNE--KATHLEEN O'NEIL & STUART: Whimsical depiction of Bolinas life--the people and environs.

JULY--JUDY MOLYNEUX: New paintings.

Judy Molyneux



Customers flocking to the door.

Henry David Thoreau, "walking" 1862

What is it that makes it so hard sometimes to determine whither we will walk? I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright. It is not indifferent to us which way we walk. There is a right way; but we are very liable from heedlessness and stupidity to take the wrong one. We would fain take that walk, never yet taken by us through this actual world, which is perfectly symbolical of the path which we love to travel in the interior and ideal world; and sometimes, no doubt, we find it difficult to choose our direction, because it does not yet exist distinctly in our idea.

Molly Marcotuli



Bolinas Community Center Board Meeting
January 21, 2011

Directors and staff present: Randi Arnold *Development Director*, Jon Broek, StuArt Chapman *President*, Lia Kourula *General Manager*, Eleanor Lyman *Vice President*, Jeff Manson. June McAdams *Secretary*, Jennie Pfeffer, Steve Wrenn.

Visitors: Christine Cunha *Bookkeeper*, Kathleen O'Neill *Scribe*

10:15 a.m. meeting called to order.

Minutes for the December meeting approved. Agenda approved

President's report: The budget meeting went very well, The budget is virtually done and everyone had a good time. Thank you to all those who put in the hard work to accomplish this.

Treasurer's report: Draft for the budget for 2012 is presented and the board goes over numbers with Christine answering questions and making notes. Everyone applauds the effort. Final budget will be published soon.

Date set for financial meeting to finalize budget.

Manager's report: (Straight from Finland) Method for termite control and bids are happening and moving ahead. Mardi Gras has been booked.

Rodenticide Free West Marin requested fiscal sponsorship. Motion made to accept request. Discussion follows. Motion passed.

Membership meeting & dinner set for March 25. Discussion of organizing voting, getting food donations and of increasing membership.

Art & Garden "For the Birds" Initial reports on speaker, discussion of silent auction, and food needs and requests. and other subjects with meeting set for initial planning.

Jan Broek's Birthday: Jan invites us all to his birthday at the Community Center. We congratulate him heartily.

12:30 p.m. meeting adjourned.

Submitted by Kathleen O'Neill.

MESA PARK MINUTES:

(continued from Friday's paper)

IRRIGATION PROJECT-status: A special meeting was scheduled for Monday, January 16th to discuss the project due to Bryan's absence.

[Charles] The county will hydroseed, but we don't have water to irrigate. We are looking at buying 1,500 gallons from BPUD to fill our tanks. We have also looked into renting an agricultural sprinkler system (Rainbird), but none are available. We could put in temporary PVC up the hill from our well. Charles thinks he could bring up water for \$1,500.

[Vic] would like MP to bring the water up to the infiltration gallery to make sure the pipes work. He believes BPUD will require us to use a meter before we fill the tanks in order to track water use in case there is an undetected leak in the pipes or tank. The issue will be addressed at the next BPUD meeting.

[Charles] There is a derivative of castor oil that can be applied in pellet form to the soccer field as a rodent repellent. It would cost approximately \$300 a treatment.

[Charles] makes motion that we install irrigation equipment not exceeding \$6,000 to water the hydro seed if necessary. Seconded by Patricia. All approved.

[Patricia] makes motion for special meeting on Monday the 16th to approve supplementary budget for grant and the irrigation project. Charles seconds the motion. All approved.

DOWNTOWN PARK-status:

[Rodger Peacock] The bathrooms are in. The BPUD has been really helpful. They have been great inspecting sewer lines and now upgrading the water meter. Billy, in particular, has been very helpful. The sidewalk is being replaced and sidewalk remediation is being done to satisfy Public Works. Tree work on hillside is now complete. [Charles] I am surprised. There are 10 to 15 trees just cut in half with 40ft sticking up. [Rodger] We are trying to keep trees alive until new trees are established. They will bush out. The neighbors wanted them at that height.

[Rodger] The bottom of hillside has been seeded and covered with jute blanket. We have proceeded as far as we can this season. Charles asked about the scotch broom. Rodger says it is basically dead.

Rough grading is complete. Stonework layout is currently going on. Some of the boulders and stone have been kindly donated by a local sponsor.

Rodger prepared budget, but still refining it. Some items will be held off until last and budget for other items reduced. Rodger is committed to only spending what we have. Once

TREASURERS REPORT-status: [Patricia]

[Patricia] This month we expended \$5,710.72 under the Mesa Park account. This included our annual SDRMA insurance coverage of \$2,405.28, a reimbursement filling fee to BPUD for \$2,094.00, and to pay BPUD for part of Suki's 2010 payroll coverage (\$3,746.72). [Christine Cunha] We cut one check for 2010 and will cut another for 2011 to cover Suki's payroll. We should be receiving the invoice for the last quarter of 2011 anytime. We received our county deposit from

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Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

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8 2nd Prize \$25 6

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

property taxes totaling \$14,717.25. The board discussed whether or not we had the funds to buy temporary irrigation equipment. A special meeting was scheduled to discuss the issue further when Bryan could be in attendance. Patricia will contact Steve Kinsey's office to ask for assistance in purchasing irrigation equipment to insure that the field has vegetative cover through the rest of the winter.

OTHER

Approve Minutes of Last Meeting: Patricia moved, Charles seconded.

Approve Warrants: Charles moved, Geoff seconded, passed unanimously.

Schedule Next Meeting: February 13th 2012

ADJOURN: 10:00 pm



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6	KWMR Night Music 6:30 am WM Report Day 6 (CBC)	Weekly Feed 12-1 am 6:30 am WM Report As It Happens (CBC)	KWMR Night Music 6:30 am WM Report As It Happens (CBC)	S Sunspots to 1:30 am 6:30 am WM Report As It Happens (CBC)	Grateful Dead 12-1 am 6:30 am WM Report As It Happens (CBC)	5:30 am As It Happens (CBC) 6:30am WMReportWrap Morning Glory	KWMR Night Music 6:30am WMReportWrap Daybreak	
7	8 am WM Report With Eyes Open! Peter Asmus	8 am WM Report Wakeup West Marin Ann Gessert Raul Gallyot	8 am WM Report Hump Day Jimmy G Dave Cook	8 am WM Report Morning Blunder Howard D Mary S Charlie D	8 am WM Report Barrio Vibes Augusto Conde	# Gregory DeMascio # Anneke van der Veen	# Gregory DeMascio # Anneke van der Veen	
8	KT's Kitchen	Pleasures in Taste Raul Gallyot	Fish Tales Dave Cook	Amanda Eichstaedt Mike Litchfield		Original Minds Elia Haworth	Vicarious Traveler Vicki Leeds (back 1/28)	Sunday Celebration of Sacred Music Rick Clark
9	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Joy Maulitz	Turning Pages The Vinyl Café (repeat from Sunday)	Turning Pages COMING Erik Bauersfeld	Turning Pages # Bilingual Storytime # Specials	Krista Tippett On Being	10 am BirdNote	
10	TEMN Environment Specials The Bioneers	#1/3 Love is on the Air McGee & Taylor #2/4/5 Questing Calpestri & Mickelson	Making Contact The Bioneers (repeat from Monday)	An Organic Conversation Heige Hellberg & Mark Mulcahey	Nuestros Niños Marisol Muñoz-Kiehne	Viewpoint Ellen Shehadeh	The Place We Live Marc Matheson	
11	The Farm and Foodshed Report Robin Carpenter	New Dimensions Michael & Justine Toms	Alternative Radio David Barsamian	Attunement Anthony Wright	Commonweal Conversations	Americana Saturday # Will Minor # Guest Hosts # Specials	Happy Days Marcie Judelson Jazz Rhythm Dave Radlauer	Jazz with Kendrick Rand LAST SUNDAYS
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	NEW SLOT Your Own Health and Fitness Layna Berman	Philosophy Talk Ken Taylor John Perry	Parent Talk Susannah Baldwin PhD			
2	Cruisin'.....	What's New?	Classical Wednesday	Classical Thursday	Classical Friday	World Playground	Riverwalk Jazz David Holt and Jim Callum Jr.	
3	Rick Clark	#1 Jimo & Tammy # Specials	#1/2/4/5 Specials #3 Susan Deixler	# Susan Santiago # Leland Robins	#1 Susanna Henderson #2/4 N Masonson NEW DAY for Norman	#1/3 Hawai'i Calling Susanna Henderson #2/4 Africa & Diaspora Mark Potts	The Vinyl Café (CBC) Stuart McLean	
4	# Aztec Pride Jorge Ramirez # Latin Alternative Lechner & Norek	Art of the Song John Dillon and Vivian Nesbit	NEW SLOT # Krista Tippett On Being #5 Coastal Airwaves Vickiss	TeaTime Books Mimi Calpestri Howard Dillon	#3/5 Specials	Circulo musical	Learnin' Kirven Brian Kirven Beth Underwood	To Hell & Bach
5	COMING Moyers & Company Bill Moyers	Sabrina Artel's Trailer Talk # The Feminine Mystic Wendy McLaughlin	Open House Epicenter: #1 Pt Reyes Dialogues, Needleman # 4/5 Health Topics Anna O'Malley MD	Open House: Tamas de inmigración; Story Shed NEW SLOT # Art's Desire # Hot Tech/Cool Science Julie Motz	Happy Hour Liberacha	Jesus Martinez	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Paul Flowerman Grey Shepard
6	Trash to Treasure Hope & Shulander 6:30 pm WM Report	# ViewPoint (repeat) Ellen Shehadeh 6:30 pm WM Report	# 4/5 Health Topics Anna O'Malley MD 6:30 pm WM Report	# Hot Tech/Cool Science Julie Motz 6:30 pm WM Report 6:30 pm WM Report	7 pm WM Report			
7	The Hippie from Olema	Musical Varieté Charlie Morgan	Ridin' the Rails: The Americana Express The Roots Gang: Will, Pat, Mike V, Amanda	Bakersfield & Beyond Amanda & Mike V Shorty's Bunkhouse Shorty	Friday Funk Fest Fairfax Funkateer			
8	Jerry Lunsford					Rick's Jazz Café Rick Clark	The Ol' One, Two Aimée Reed Patrick Kleeman	
9	Reggae Radio DJ Zoro	Silver Dollar Jukebox Peter Martinelli	Faultline Radio Jaimo Crespo	Coast Highway Blues Larry Rippee	Story Hour Hearing Voices Professor Kosmo Plays....	Magic Radio Chris Breyer		
10	Monday Night Mixtape	The Amateur's Guide to Life Ernesto Lechner and Josh Norek	Sonic Sunspots Tony Palmer	Stuck in the Psychedelic Era with the Hermit		Saturday Night Function # Mark Potts # Marc Matheson	The Weekly Feed Kyle Meredith Professqr Kosmo Plays...	
11	Jacoba Charles	Christian Anthony				Coming: Radio Goethe	1.12.12	
	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report			

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THREE MORE GREAT THINGS ABOUT THIS PLACE...

- (1) The Warren Hellman memorial concert yesterday on the Great Highway in San Francisco. Video of the event was streamed; it's probably archived on the web, if you missed it.
- (2) Seafood Cioppino. My sister Laurie made a killer version last night for my wife Jennie's birthday.
- (3) The new incarnation of Good Earth Market in Fairfax, near the Iron Springs brewpub—that whole part of town seems transformed.

--Ned Riley

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SHx

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Dump Runs-Cow Manure-Recycling-Humane Animal Removal-
Skunks-Raccoons & Yellow Jacket. Carl Henry 868-1782

CH 3/12

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Director of **Apple Tree International** back in Bolinas for the
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SG 3/21

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BD 2/24

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ST 3/31

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EP2-24

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KS2/24



Loon

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or possibly a rental. Excellent references. Please contact Elnora
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EP2-24

FOR RENT

HELP: GELUS, EVAN AND ISAAC NEED HOUSING

Shared, creative, suggestions?

Thank you. (916) 752-1243

RA 2/24

READ THE HEARSAY ONLINE

Tell your friends and families that they can stay con-
nected to Bolinas even if they have to live elsewhere.

IT'S EASY: email hearsaynews@yahoo.com
and request the password and link to the site.

Michael will put you on the list and will send you
reminders as new issues come out.

Keep reading The Hearsay News!



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

NEW LUCKY DAY COLLECTION

On a shelf next to the local author's section, there are popular books on long hold lists which can be checked out for 7 days if you are lucky enough to find a book you would like to read in this section. Come into Bolinas Library and check it out.

Jane Sivia, Librarian

MAKE A MASQUE TO WEAR FOR THE MARDI GRAS PARADE AND TARDY HEARTY PARTY. Mask-making workshop with Vanessa at the *Uniquities* Studio workspace, Saturday, March 3, from 2:00 to 4:00. Materials available, or bring your own. No charge, but donations accepted. ip 3/2

連年有餘

May you continuously have plenty year after year (Chinese: liannian youyu).



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KV2/30

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JMC 2/29

LOST & FOUND

LOST ON MONDAY (1/16) KIDS WALLET WITH robots on the front. ID and \$ inside, on a route from the post office to the top of Terrace to Poplar. Please call Lucian -0473

LT 1/20

Did anyone find a silver ring with a sparkly pink stone? \$20 reward-1186.

ME 2/13

FOUND: SMALL CUTE DOG

By lagoon, a brownish white female with black nose and ears. Sofi - 8844

SA 1/11

LOST AT NEW YEAR'S EVE PARTY - Ron's prescription glasses with with dark blue frame. Did something pick them up thinking they were theirs??. Actually - he lost another pair somewhere too. Check around please and call - 1898

MG1/5

MISSING: 2 FOLDING TABLES WERE TAKEN from where they were stored at Mesa Park. The tables are used for the Sunday Food Program. Please be kind and return in kind.

SA 1/11/12

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 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

Monday

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

Tuesday

Yoga w/Trishna (starts 1/3/12) 9:30 - 11:00 a.m.
Ariel Arts for Youth w/ Joanna 3:30 - 5:30 p.m.
(For registration 868-8821)
Zumba - Latin Dance Fitness w/Diane 6:30 - 8:30 p.m.

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



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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