

Bolinas Hearsay News

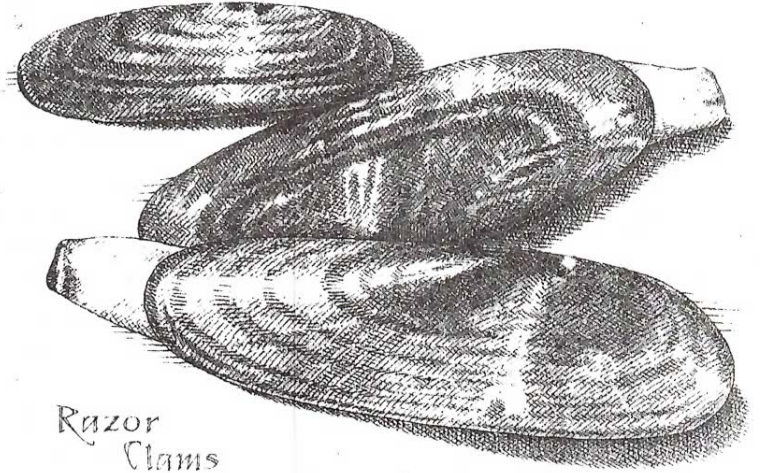
Monday, November 18, 2013

46 ¢ + tax

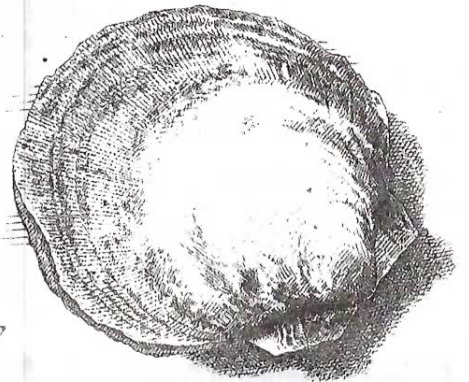


Sea Snails

MOLLUSKS



Razor Clams



Sea Scallop

WHAT'S HAPPENING

Tuesday, November 19

THE ECOLOGY OF BREAST CANCER:

The promise of prevention and the hope for healing
Talk by Ted Schettler, MD, Commonweal, 2-4pm

STINSON BEACH PRESCHOOL

Important meeting on relocating the school, @ Pre-school classroom, Stinson Beach campus of BSUSD, 6pm

Wednesday, November 20

BCPUD (UTILITY DISTRICT)

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

Thursday, November 21

BOLINAS-STINSON WHITECAPS

Regular monthly luncheon meeting @ Rod & Boat Club, 11:30am

EMMA LEE

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

Friday, November 22

FROM A FOUNTAIN

performance at the Pt Reyes Dance Palace as part of the Fresh Locally Sourced Free Range Music Series. Jeff Manson opens with a solo set at 7:30pm \$10

TASTE: THE PLAY

Comedic-drama in two acts by Patrice Daley, w/ large local cast @ Community Center, 8pm, \$15-25

HONEYDUST

Live rock and roll music @ Smiley's, 9pm. Cover.

Saturday, November 23

TASTE: THE PLAY

continues.

SOL DOC

Live band @ Smiley's, 9pm. Cover

Sunday, November 24

TASTE: THE PLAY

Continues, 7pm

Wednesday, November 27

MIDNIGHT ON THE WATER

Live contradance music for Smiley's celebration of all November birthdays, 7:30-9:30pm

Thursday, November 28

THANKSGIVING/HANUKKAH HOLIDAY COMMUNITY CENTER THANKSGIVING

Call -0419 to assist in this great community event

HAPPY HAPPY BIRTHDAY...

| | |
|--------------|--|
| November 18: | Albert DeFuentez Tom Williard |
| November 19: | Joanne Kyger Dan McNaughton Nathan Siedman |
| November 20: | Jim Alfsen Erin Dell |
| November 21: | Albert Hollander Doris Ober |
| November 22: | Betsyann Gallagher Calvin Pfeiffer-Bryne |
| November 24: | Georgia Mowry-Riley Zetana Audrey Demmerle Lone Fly Ayn Plant |

Find your birthday treat coupon in the Classified Section of today's Hearsay.

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer



COMMUNITY & 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

RESERVATIONS STRONGLY RECOMMENDED

Taste the play



A Comedic-Drama in Two Acts
written & directed by
Patrice Daley
featuring: Howard Dillon
Dietmar Kootz
Chelsey Meyer
Charlie Morgan
Amelia Neffati
Wiki Newcomb
Kathleen O'Neill
Howard Schechter
Danielle Salone
Pierre Salone
Marius Salone
Schehera Van Dyk

set design & lights:
Charlie Docherty
music & sound:
Suzanne Ciani

Tickets: \$15 - \$25
For Reservations or more Information
Call ~ 415 868-2758

ADULT ENTERTAINMENT



Fri. November 22, 8pm
Sat. November 23, 8pm
Sun. November 24, 7pm
Fri. November 29, 8pm
Sat. November 30, 8pm

Bolinas Community Center

FROM A FOUNTAIN

Fresh, Locally Sourced, Free Range Music Project in the Church.
Friday, November 22, 7:30 PM / \$10 general, \$8 seniors

WILL DURST IN BOOMERAGING: FROM LSD TO OMG

Will Durst's acclaimed tribute to the history, growth, joys, achievements, frustrations, fashions and looming doom of the Baby Boom Generation, has been extended until September 3rd. Aply assisted by his trusty overhead projector, Durst explores the Boomers' revolutions, evolutions and still vibrant role in today's youth- obsessed society, which they invented, for crum's sake. It's a celebration of the maturation of the Boomer Nation and as an extra, added, special treat- the Meaning of Life.
Saturday, November 23, 8 PM. General \$16, Seniors \$14

SUZANNE CIANI, DANCE PALACE PIANO CONCERT SERIES

Five-time Grammy nominee, Suzanne Ciani will perform her original compositions for solo piano, including her signature song, "The Velocity of Love." Ciani moved to Bolinas to concentrate on her artistic career and establish her own Indy label, Seventh Wave, after years on major labels (Sony, BMG, RCA, and Atlantic). She is best loved for her original music that feature her performances in a broad array of expressions: pure electronic, solo piano, piano with orchestra, and piano with jazz ensemble. No matter the medium, Ciani's music communicates the special intimacy, passion, and sensitivity that have become her trademark and prompted fans to buy more than one million of her albums.
Sunday, November 24, 4 PM / \$20 general, \$18 seniors, \$10 youth

FOOD FOR FAMILIES NEEDS THANKSGIVING TURKEY FOR 80 PEOPLE BY NEXT MONDAY, NOVEMBER 25. CALL PAT DICKENS-868-2446 IF YOU CAN HELP WITH THIS. THANKS

BOBOLICIOUS BAKERY'S



Upcoming Events:
December 6, 7 & 8th: Bobolicious joins in the winter fun at the Point Reyes Dance Palace Holiday Craft Fair
December 13, 14, & 15th: Bobolicious will be celebrating with our Community at the Bolinas Winter Faire
December 14th: Santa Claus comes to Bobolicious 2pm

Organic Holiday Dessert Orders

Stop in to place order or call/text 868-9978

GLUTEN FREE AVAILABLE!!!

- ♥ **Apple Pie:** best pie ever, local apples, covered pie \$25.00
- ♥ **Pumpkin Pie:** beyond traditional \$22.00
- ♥ **Sweet Potato Pie:** an old favorite topped with pecans \$22.00
- ♥ **Pecan Pie:** southern style \$25.00
- ♥ **Bobolicious Apple Cake:** with local apples \$25.00
- ♥ **Cheesecake:** NY style lightly brushed with Brandy, or Pumpkin, or Chocolate, or Minted Chocolate \$30.00
- ♥ **Harvest Cupcakes:** spice or white cake with whipped cream frosting drizzled with pumpkin 12 mini-\$16; 6 xlarge-\$18.00
- ♥ **Gluten Free Layered Chocolate Cake w/Ganache:** \$22.00
- ♥ **Autumn Whoopie Pies:** spice or chocolate cake with cream cheese or buttercream frosting \$3 each; 6/\$15.00
- ♥ **Cookies:** Gingerbread or Sugar \$8/dozen
- ♥ **Almond Buds:** Miniature almond pound cake rosettes \$12/dozen
- ♥ **Biscotti:** \$2.75 each 3/\$7; 6/\$13; \$26/baker's dozen



\$1.00 off when you return pie tin

Now Available: Fresh Baked Goods Daily***, Bobolicious Canned Jam, Cider Syrup, Relish, Chutney, Brandied Plums & 2014 Calendars, Holiday & All Occasion Candles, Chocolates, Whales & local Art, Ornaments, Supplements & more!
***Specialty Cake Orders Available Year Round!! Love, love.

Apologies from the Monday Hearsay editor to Pat Dickens, for mis-attributing, in last week's Hearsay, the reprint of an article about mice eradication on the Farallones. (Hearsay policy is to not publish a reprint unless it comes from a local submitter.)

--Ned Riley

Go to Health: Try a bigger breakfast

When you eat a day's worth of food really does make a difference, according to Daniela Jacubowicz, a professor at Tel Aviv University. In a recent study, published in the journal *Obesity*, she randomized 93 overweight and obese women into 2 groups and followed them for 12 weeks. Both groups ate 1400 calories a day, consuming a healthy variety of poultry, fish, egg whites, vegetables, fruits and whole grains. The 'breakfast group' had 700 calories for breakfast, 500 for lunch and 200 for dinner. A sweet treat was included as part of their breakfast, such as a small chocolate bar, to stave off cravings for the rest of the day. The 'dinner group' had exactly the same foods in reverse order - 200 calories for breakfast, 500 for lunch and 700 for dinner. I presume that their chocolate bar came with dinner.

At the end of 12 weeks, the results were striking. The 'breakfast group' lost an average of 19 pounds while the 'dinner group' lost 8. Waist circumference decreased by 3 inches in the 'breakfast group' compared to 1.4 inches in the 'dinner group'. Glucose and insulin levels dropped significantly more in the 'breakfast group'. They did not experience the high spikes in glucose levels that can happen after a meal and are considered dangerous. Triglyceride levels fell 34% in the 'breakfast group' but increased by 15% in the 'dinner group'. Triglycerides are a main form of fat in the body; high levels of triglycerides have been associated with greater risk for heart disease. Average hunger scores were significantly lower in the 'breakfast group'.

The authors of this study concluded that a high calorie breakfast with reduced intake at night is a useful alternative for the management of obesity. Previous studies from Tel Aviv University also looked at overweight men, and came to similar conclusions. In summary, our metabolism is impacted by the

body's 24 hour circadian rhythm. The time of day we eat can have a real impact on the way our bodies process food.

What are the implications of this study for you, the reader? I am not suggesting a 1400 calorie diet, but a change in when you eat the amount of food that is right for you. Your weight may be just right, or you may be overweight, or too thin. You may be a person who is never hungry in the morning, or who really relishes a big dinner at the end of a busy day. I think it makes sense to ease your way into bigger breakfasts and lighter dinners because of the benefits on glucose and insulin levels, and because of the greater energy you will experience after a hearty (healthy) breakfast. If you are never hungry in the morning, try a very light dinner one night, such as a bowl of cereal or a dish of cooked vegetables. You will probably wake with an appetite. If your usual breakfast is toast and tea, or a pastry and coffee, you may notice that your energy drops mid morning and more coffee is needed to keep you going. When you add healthy protein and whole grains to your breakfast you will notice a smoother feeling of energy that lasts until your next meal. What to do about the big dinner you have always loved? When you start to follow this plan, you may find that you want to make it simpler and smaller without too much difficulty. You may like spending less time cooking. Another benefit from a smaller dinner is feeling more energy in the evening. Having a lot to digest at night makes some people sleepy.

Finally, Professor Jacubowicz suggests an end to late night snacking, in front of the computer or television. She feels that this is a major contributor to the obesity epidemic, causing weight gain and a greater risk of cardiovascular disease, due to the midnight spike in blood sugar.

Sadja Greenwood, back issues at sadjascolumns.blogspot.com

preschool pleads for district action

By Christopher Peak

The Stinson Beach Montessori Preschool is continuing a search for a new location as it prepares for its eviction from a shared space with the Bolinas-Stinson Unified School District next summer.

Since 2004, the privately operated preschool has rented a classroom on the Stinson campus for roughly \$5,500 annually, said Susan Tacherra, the longtime director and head teacher. The district's first and second grades, meanwhile, were combined in one room.

Due to increasing enrollment and curriculum changes, the school district needs to reclaim the space for its students, board members said. But their decision leaves the score of families with children at the preschool without a school next year. A meeting will be held on Tuesday, Nov. 19 at 6 p.m. at the preschool to brainstorm ideas for the future.

For the past several years, the district's board of trustees has debated whether to extend the preschool's lease. Last year, the district expected it would have sufficient space by housing the second grade in an extra room on the Bolinas campus, but a last-minute decision from the fire marshal prohibited the shift, cramming classrooms for another year.

"This is going to be the last year," Superintendent Larry Enos said. "We're not going to do what we did last summer. It was a lot of jumping around."

The school's enrollment is projected to increase from 118 to 123 next year, Mr. Enos said at Tuesday's regular board meeting, though there is projected to be only one additional student in grades K-2.

Crowded classrooms have solicited complaints from

parents and teachers alike. As the district implements new standards, teachers have complained that the simultaneous instruction of two curriculums in a classroom of 30 kids has been "not the most ideal," Mr. Enos added.

Earlier this year, trustees authorized a special Pre-school for All Task Force committee, to consider incorporating the two private preschools, Stinson Beach Preschool and the Bolinas Children's Center. Their studies of feasibility have been funded by a \$25,000 grant funded by Proposition 10, a tobacco tax, and their findings will be presented to the board in March.

Some have been disappointed with the committee's broad focus, criticizing the discussions for being too theoretical when one preschool is facing the possibility of displacement within months.

When Jennie Pfeiffer became an alternate trustee on the committee, she thought they would discuss solutions for the preschool's immediate problems. "It has not nearly been that. I feel as though the work has been very theoretical and not based in reality. We're not getting to the place we need to get to for these kids, these very real kids," she said. "I feel like we're really turning our heads."

The preschool administration is considering multiple options for next year,

but after years of searching, they have found no positive results. They are inquiring about renting a private home or space from a business, but so far, many have not met licensing requirements to function as a school. Transporting thousands of dollars in the preschool's equipment will be yet another obstacle, Ms. Tacherra said. The ideal solution would be to stay close to campus, where teachers and students have profited from collaboration, she added.

At the Tuesday meeting, several trustees cited benefits they were sad to lose as the lease to the preschool comes to an end. Mixing classes provided a seamless transition between different grades, allowing students to work to an individual pace, said Arianne Dar, the board president.

Ms. Tacherra asked the district to address the preschool's situation at the next meeting. "We need help. We are a bunch of volunteer mothers and fathers who are busy with our children, our job and our daily life," she told the *Light*. "It's a really big task to reestablish a school." She hopes they will aid in finding a new location, and could potentially use any leftover funding for the task force toward that goal.

Perhaps in the future, she said, education will be supported, regardless of age, she added.

Pt Reyes Light 11/19/13

THREE GREAT THINGS ABOUT THIS PLACE...

(1) Lloyd Kahn's slide show talk at Commonweal; it was a must-attend for all us wannabe half-acre homesteaders.

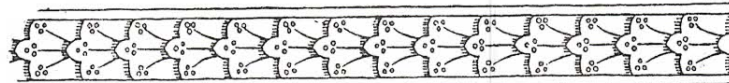
(2) The huge owl that sat and surveyed me in the hot-tub from about 6 feet away the other night (no, it didn't call my name).

(3) Getting the MVP award at the after-session of the Church of Sunday Soccer. (Sorry, no humility here.)

--Ned Riley

Camp F.E.M.A., Has now officially commenced, under the Military Authorization Act of 2012. Every American is now a Terrorist, under our New Law! Hr. - 1867 Infowars.com

-- Carl Henry



Marin Free Library hours in West Marin

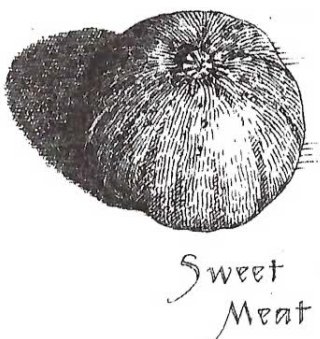
Point Reyes Station: Monday, 10 a.m. to 6 p.m.; Tuesday, 2 to 9 p.m.; Wednesday, closed; Thursday, 2 to 9 p.m.; Friday, 10 a.m. to 2 p.m.; Saturday, 10 a.m. to 2 p.m.; Sunday, closed.

Inverness: Monday, 3 to 6 p.m. and 7 to 9 p.m.; Tuesday, 10 a.m. to 1 p.m. and 2 to 6 p.m.; Wednesday, 10 a.m. to 1 p.m. and 2 to 6 p.m.; Thursday, closed; Friday, 3 to 6 p.m.; Saturday, 10 a.m. to 1 p.m.; Sunday, closed.

Bolinas: Monday, 10 a.m. to 1 p.m. and 2 to 6 p.m.; Tuesday, closed; Wednesday, 0 a.m. to 1 p.m. and 2 to 6 p.m.; Thursday, 1 to 6 p.m. and 7 to 9 p.m.; Friday, closed; Saturday, 10 a.m. to 1 p.m. and 2 to 5 p.m.; Sunday, closed.

Stinson Beach: 10 a.m. to 1 p.m. and 2 to 6 p.m.; Tuesday, 1 to 5 p.m. and 6 to 9 p.m.; Wednesday, closed; Thursday, closed; Friday, 10 a.m. to 1 p.m. and 2 to 6 p.m.; Saturday, 10 a.m. to 1 p.m. and 2 to 5 p.m.; Sunday, closed.

Pt Reyes Light 10/24/11



BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT
BOX 390, 270 ELM ROAD
BOLINAS CALIFORNIA 94924 415 868 1224



A Regular Meeting of the Board of Directors
November 20, 2013 7:30 p.m.

1. Call to Order.
2. Roll.
3. Manager's Report.
 - Update on the Terrace Avenue Water Main Relocation Project. (See Item 13, below)
 - Update on the Terrace Avenue Bluff Stabilization Project.
 - Update on the Wastewater Treatment Plant Pump Station and Electrical Upgrade Project.
 - Update on Shared Personnel Between BCPUD and Bolinas Fire Protection District.
 - Update on BCPUD's Five-Year Capital Improvement Plan.
 - Drainage Project Manager's Report.
4. Community Expression.
5. Request for Financial Relief from Quarterly Water Bill pursuant to BCPUD Resolution 553 – 99 Brighton (M. Talucci).
6. Request for Financial Relief from Quarterly Water Bill pursuant to BCPUD Resolution 553 – 104 Terrace Avenue (S. Frank).
7. Coastal Permit Amendment Application (14-9), APN # 193-172-08, 105 Terrace Avenue, Bolinas (L. Strauss).
8. Expanded Water Use Permit Application – 185 Iris Road (C. Wear).
9. Request for Letter from the BCPUD Opposing the Use of Rodenticides on the South Farallon Islands (E. Lyman and S. Buck).
10. Reactivate the Downtown Parking & Traffic Committee (a Volunteer Committee of the BCPUD) to Evaluate and Recommend Solutions for the Ongoing Downtown Parking Problem.
11. Obstructions within the Public Rights-of-Way on the Bolinas Gridded Mesa; Update on the Obstructions within the Zebra Right-of-Way.
12. Expanded Water Use Permit Application – 101 Mesa Road, Bolinas (Mesa Park).
13. Audited Financial Statements of the BCPUD for the Years Ended June 30, 2013 and 2012.
14. BCPUD Resolution 626: Accepting Completion of the Terrace Avenue Water Main Relocation Project.
15. Volunteer Committee Reports
 - Alternative Energy:
 - Bolinas Lagoon Advisory Committee:
 - Community Path Update:
 - Downtown Parking & Traffic Committee:
 - Resource Recovery:
 - West Marin Mosquito Control Coordinating Council:
 - Sewer Pond Land Management Committee:
16. Other Business
 - a. Board Committee Reports
 - Finance:
 - Legal:
 - Mesa Septic, Flood Control and Roads:
 - Operations:
 - Park and Recreation:
 - Personnel:
 - Sewer:
 - b. Minutes of the October 16, 2013 Regular Meeting.
 - c. Warrants
 - d. Scheduling of Next Meeting(s)
17. Adjournment.

Please Join Us
for

A CELEBRATION of PETER'S LIFE
Saturday, December 7th

Bench Dedication at 2:30 PM
Wastewater Restoration Ponds
Bench located on path below BPUD Lab Building.
Parking available at Mesa Park

Celebration at 3:30 PM
Bolinas Community Center
Refreshments, Poetry, Music, Bebidas, Viewing of
Peter Presentations.

**Please Come to Share your Stories, old
Photographs, and Memories**

**ONE MORE TURKEY COOK IS NEEDED FOR
THE THANKSGIVING FEAST AT BCC. ALSO,
CLEAN UP PEOPLE TO HELP AT THE END
ARE NEEDED. NOVEMBER 28TH. CALL ILKA
IF YOU CAN HELP WITH EITHER OF THESE-
ILKA-0419**

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

8 2nd Prize \$25 6

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

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ILKA-0419**

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm


1st Prize \$75-\$100

8 2nd Prize \$25 6

3rd Prize Smiley's Cash

\$5 buyin

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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.

SERVICES

BRUSH TO MEADOW TRANSFORMATION

Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking / plowing / post-hole drilling. Don Murch -0921

DMX

HANDYMAN: HOME REPAIR, CARPENTRY, painting, Hauling too! 27 years experience. Local refs. Steve Hill -2310

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Insured #676377 Steve Ryan 868-1584

SRX

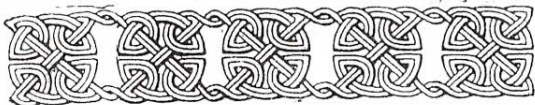
AIRPORT? Howard Dillon's fast, comfortable, car for all Bay Area pick-ups, early or late. Many satisfied local refs. Phone 868-2144

HDX

SMILEY'S

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 - COLOR COPIER (B&W too)
- 41 Wharf Rd., Bolinas 415-868-1311



READ THE HEARSAY ONLINE

Tell your friends and families that they can stay connected 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!

HEALTH & HEALING

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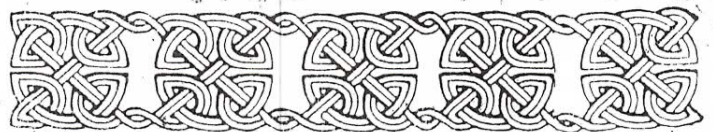
STAR ROUTE FARMS IS LOOKING FOR A DRIVER/ market person 2 day/week, Thursday and 1 weekend day. Early start. Clean drivers license required. Please call 868-1658 and speak with Annabelle or Warren.

A/x

hearsaynews@yahoo.com

Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day.

Or to request a link to the password-protected website to read online and info on how to subscribe online.



What The Dog Perhaps Hears

If an inaudible whistle
blown between our lips
can send him home to us,
then silence is perhaps
the sound of spiders breathing

and roots mining the earth;
it may be asparagus heaving,
headfirst, into the light
and the long brown sound
of cracked cups, when it happens.

We would like to ask the dog
if there is a continuous whir
because the child in the house
keeps growing, if the snake
really stretches full length
without a click and the sun
breaks through clouds without
a decibel of effort,

whether in autumn, when the trees
dry up their wells, there isn't a shudder
too high for us to hear.

What is it like up there
above the shut-off level
of our simple ears?

For us there was no birth cry,
the newborn bird is suddenly here,
the egg broken, the nest alive,
and we heard nothing when the world changed.

- Lisel Mueller

FOR SALE

DRY DRY DRY SEASONED FIREWOOD

Oak, Bay, Eucalyptus - Cut locally
Gospel Flat Farm 868-0921

DMx

WANTED

CALLING ALL CASHMERE SCRAPS!

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LO 12/13

FOR RENT

NATURE LOVER'S DREAM HOME

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Call Flower Fraser-868-1234

FF11/20

HOUSING WANTED

CALLING ON THE BOLINAS TRIBE, PLEASE HELP for finding affordable, clean living space for mature longtime local lauded woman activist. Creative, responsible with references. Call Camila 868-0426 or e mail: dakini@svn.net

CMx

LOST & FOUND

FOUND: A GORILLA MASK ACROSS THE STREET from the laundromat after Halloween. Please describe it and it is yours. Liz 868-1882

LG 11/13

FOUND: LARGE RUG FOUND IN THE ROAD on Monday -11/4 Elm At Juniper.
Call 0144 Jennie Pfeiffer to claim

11/6/13

LOST: PRESCRIPTION SUNGLASSES IN DARK HARD case. Lost on Tues Oct 22 on Grove or Elm.
- Reward 868-0108 or 847-5069

DM10/25

LOST IN BCC KITCHEN AFTER LABOR DAY: My 10" chef's knife with blue tape & my name on handle. Susie -1646

SS10/18

LOST: KIDS KLEAN KANTEEN GREEN WATER bottle with green sport top, downtown. 415-342-7369

NC 10/16

LOST: SPRING GREEN BIG-SHIRT
Call 2283 if found

10/11 KO

FOUND

FIRE OPAL RING FOUND OUTSIDE THE PEOPLE'S STORE. 868-1398 - JESSICA RADCLIFFE.

JR 11/18/13

CLASSES



Weekly Schedule

Monday

Chi Gung w/ Susie Stewart 10:00 - 11:00 a.m.
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.
Theater with Patrice Daley 7:00 - 8:30 p.m.

Tuesday

Yoga w/Lisa Brendel 8:30 - 10:00 a.m.
Bo Babies & Toddlers (Free Hangout) 1:00 - 3:00 p.m.
Pirate Pizza in BCC kitchen (pre-order 328-1066) 4:30 - 7:30 p.m.
Aerial Arts for Youth w/Joanna 3:30-5:45 p.m.

Wednesday

Pilates w/Lisa Townsend 8:30 - 10:00 a.m.
After-School Theater w/ Lisa T. 3:30-5:00 p.m.
Theater with Patrice Daley 5:30 - 7:30 p.m.
Biblia en Español 8:00 - 9:30 p.m.

Thursday

Yoga w/Lisa Brendel 8:30 - 9:30 a.m.
USDA food bank 12 noon
After School Ballet w/Erika Townsend 3:30-5:45 p.m.
Congolese Dance w/ Sandor 6:00 - 8:30 p.m.

Friday

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 a.m.
No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 p.m.

Saturday

Yoga w/ Lisa Brendel 9:00 - 10:30 a.m.
Kids Movement Class (2-4 yrs) w/ Lisa Townsend 10:45 a.m.
Kids Movement Class (4-6 yrs) w/ Lisa Townsend 11:30 p.m.
Ballet w/ Erika Townsend 12:15 - 1:45 p.m.

Sunday

Brazilian Dance with Anna 11:15 - 12:15 p.m.
Theater with Patrice Daley 2:00 - 4:00 p.m.

Check the Library marquee or Calendar in BCC Foyer for special events. For More Info call 868-2128 or visit www.bccenter.org

LOST & FOUND • FREE • RIDE SHARE •

ARE PUBLIC SERVICE ADS, AND RUN FOR FREE.

Please keeps ads to around 20 words.
We will run them for at least a week
or until you ask for removal.

Hearsay Staff

RIDE SHARE

ONE-WAY RIDE TO HARBIN HOT SPRINGS
wanted on Nov 22, 23 or 24. Will gladly pay gas in full.
Ilonka - 9011

IW 11/15

FREE

SINGLE PANE WINDOW SASH; IDEAL FOR
greenhouse or cold frames. 2 @ 36"x 66", 2 @ 28" x 53",
1 @ 20" x 47" and 1 @ 20.5" x 29". Call 868-9648 - BK

BK 11/15

free Birthday Treat at Bobolicious
Bring this coupon to receive a treat
for your Birthday!
Compliments of Bobolicious
and The Hearsay News