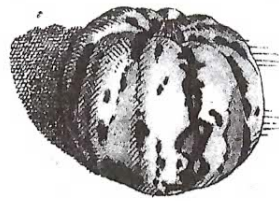
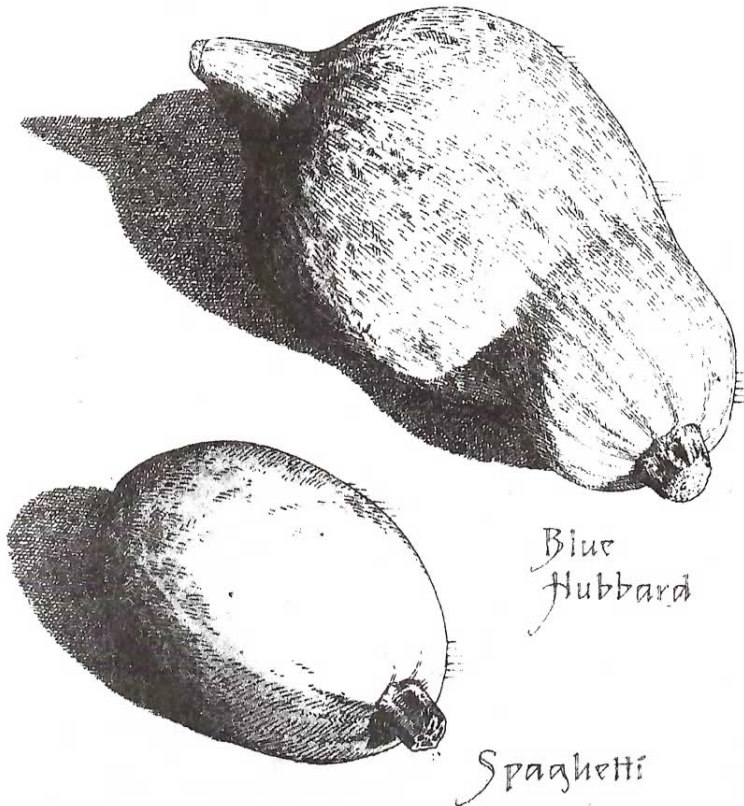


Bolinas Hearsay News

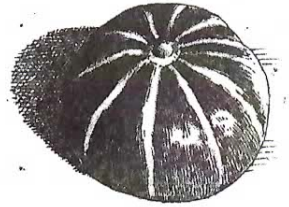
46 ¢ + tax

Monday, November 4, 2013

WINTER SQUASHES



Carnival



Kabocha

HAPPY HAPPY BIRTHDAY!!!

November 4:	John Glavis
November 5:	Ned Liebman Cory Griffith
November 6:	Walt Hoffman Kai Cunha
November 7:	Morgan Sanders Joe Bracco Jeff Moerchen
November 8:	George Marzocchi Kelly Resta
November 9:	Helena Shea Kent
November 10:	Jetsun Bradford-Ebey Finn MacDonald

WHAT'S HAPPENING

Tuesday, November 5

ELECTION DAY

VOTEVOTEVOTEVOTEVOTEVOTE!!!

LET'S TALK ABOUT OUR AGING

First meeting of new Elders group, @ Firehouse, 1:30-3pm

Wednesday, November 6

TAURID METEOR SHOWER

Begins to peak, lasts a week.

Thursday, November 7

DALE POLLISAR & BART HOPKIN

Lyrical Clarinet & Guitar Jazz Coast Café, 6-8pm

CASEY JOHANSEN & FRIENDS

New band showcase @ Smiley's, 8:30pm, no cover.

Friday, November 8

OTTO MOBILE/TVMIKE & SCARECROWS

Live music @ Smiley's Saloon, 9pm. Cover.

Saturday, November 9

CHROME JOHNSON

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

Sunday, November 10

MOUNTAINS, MANDALAS & OTHER MUSINGS

Artwork by Barbara Hall opening reception 2-5pm
Bolinas Gallery Open Sat. & Sun. 11:30-5:30 for the rest of Nov.

Sunday, November 17

FULL MOON

Full 7:16am; rises 5:18pm

AYE ON I, YES ON MEASURE I

The Monday Hearsay News Staff encourages everyone to support the many Bolinas families who use the facilities at Mesa Park - on a daily, weekly, or monthly basis - by voting YES ON MEASURE I. The funds are needed to keep the park playground and fields clean and safe for the extensive use these community recreational facilities get with small tikes in the playground, Little League, softball and soccer games, skate park riders, parties, parking for community events, and for Sunday food distribution, as well as multi-use open space.

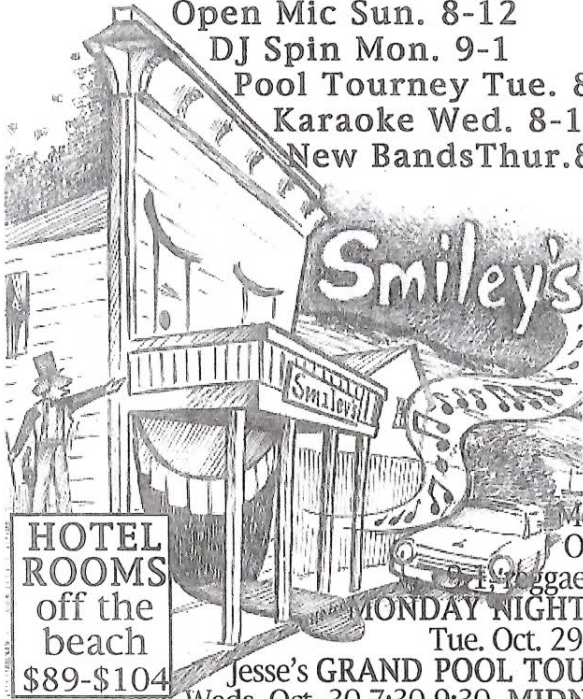
Tomorrow, AYE ON I. Yes on Measure I

Monday staff, Ned Riley, June McAdams, Jenniepfeiffer

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

LIVE MUSIC AT THE BEACH
 Fri., Sat. & Sun Nites NOVEMBER
 Open Mic Sun. 8-12
 DJ Spin Mon. 9-1
 Pool Tourney Tue. 8-12
 Karaoke Wed. 8-12:30
 New Bands Thur. 8-12



HOTEL ROOMS
 off the beach
 \$89-\$104

Monday Oct. 28, 9-11 Pogue, spin, **MONDAY NIGHT LIVE**
 Tue. Oct. 29, 7-12, Jesse's **GRAND POOL TOURNEY**
 Weds. Oct. 30 7:30-9:30, **MIDNIGHT ON THE WATER** Irish Birthday Party & 9:30 to 12:30 **LARRY'S KARAOKE**
 Thurs. Oct. 31 9-1 **HALLOWEEN COSTUME PARTY** EPICENTER SOUND SYSTEM spin, prizes FUNNN!!
 Fri. Nov. 1, 9-1, Day of the Dead bop, **JUST FRIENDS**
 Sat. Nov. 2, 9-1, 5-CENT COFFEE
 Sun. Nov. 3, 8:30-12, **OPEN MIC** w/ Diana
 Mon. Nov. 4, 9-1, spin, **MONDAY NIGHT LIVE**
 Tues. Nov. 5, 7-12, **GRAND POOL TOURNEY**
 Weds. Nov. 6, 8:30-12:30, **LARRY'S KARAOKE**
 Thurs. Nov. 7, 9-12 Casey Johanssen & Friends
 Fri. Nov. 8, 9-1, **OTTO MOBILE + TV MIKE & THE SCARECROWS**
 Sat. Nov. 9, 9-1, rock & roll, **CHROME JOHNSON**
 Sun. Nov. 10, 8-12:30, **OPEN MIC** w/Emma Lee
 Mon. Nov. 11, 8-12 spin, **MONDAY NIGHT LIVE!**
SMILEY'S SCHOONER SALOON & HOTEL
 41 Wharf Road, Bolinas 415-868-1311



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

TIM WEED BAND, CD RELEASE CELEBRATION

Sponsored by KWMR West Marin Community Radio and Gallery Route One Tim Weed has established himself as a solo artist, band leader, and multi-instrumentalist known for infusing world-class acoustic music with jazz, classical, and international influences. This concert is a celebration of his latest release, Soul House. It's a collection of original, heartfelt vocal music representing a wide range of influences featuring Weed's trademark tenor singing backed up by pristine harmony vocals. Weed will be bringing his band—a stellar group of virtuoso musicians—to Point Reyes for this special event. Band members include Debbie Daly, Mark Robertson-Tessi, Dana Rath, Blaine Sprouse, Tobias Roberson, Rob Paulus, and Myra Joy. Buy tickets at timweed.brownpapertickets.com or 800-838-3006.

Friday, November 8, 7:30 PM / \$20 advance, \$25 at the door

TURTLE ISLAND STRING QUARTET & NELLIE MCKAY, A FLOWER IS A LOVESOME THING

Singer, songwriter, and multi-instrumentalist, Nellie McKay joins forces with the two-time Grammy award-winning Turtle Island Quartet to present a delightfully kaleidoscopic view of the music of Billie Holiday, Billy Strayhorn, and the Weimar cabaret of the 1920's for a night of intoxicating revelry. A healthy dose of original music, for which both Ms. McKay and the Turtle Island Quartet are renowned. "...a sterling example of first-rate jazz music making." -LA Times

Saturday, November 9, 8 PM / \$32 general, \$30 seniors, \$15 youth



Tim Weed Band

FOR SALE

13.5" Industrial ICD Forsberg Wood Planer. Dayton 3hp 120v/240v motor. In good to fine condition. Needs New Blades & A Good Home. A bargain at \$200. Will take 4 people to move. Matt Lewis 868-2004.

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

2nd Prize \$25

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

Go to Health: Appreciating Blood

As blood flows from the heart through arteries, capillaries and veins, this amazing substance keeps us alive. The beautiful red color of blood is due to the iron in hemoglobin, the molecule in red cells that carries oxygen.

Blood delivers oxygen, hormones and nutrients to body cells and picks up waste products from them. White blood cells contain the many elements of the immune system. Blood helps to control body temperature. It carries a clotting system to control blood loss after injury.

As blood travels throughout the body, its red cells deliver oxygen to all body cells and remove carbon dioxide. After returning to the heart, blood travels to the lungs, giving off carbon dioxide and picking up fresh oxygen. Blood picks up digestive products from the intestines and carries them to cells for metabolism/energy production. At the same time, it removes waste products from cells and delivers them to the kidneys for excretion. All this is happening at great speed – a red blood cell will circulate through the body and return to the heart every 60 seconds.

Have you ever wondered why your skin will bleed when pricked with something as tiny as a pin? There is a capillary exceedingly close to every cell in the body. Capillaries are the smallest and most numerous blood vessels in the body, with an inner diameter just wide enough for a red cell to squeeze through. It is estimated that there are 25,000 miles of capillaries in an adult human body.

Blood vessels help to regulate body temperature by dilating close to the skin when we are overheated, as in a hot flash or after exercise. Heat is thereby lost to the outside air. When we are cold, blood vessels in the skin constrict, saving warmth in our core. (Shivering also helps to create more heat.)

We have 6-8 liters of blood in our adult bodies, or about 10 pints. About 45% of this is cells, and 55% plasma. Plasma is a watery tissue containing dissolved proteins (albumin, globulin and fibrinogen), glucose, blood fats, clotting factors, electrolytes, hormones and carbon dioxide. It is the protein reserve for the body.

Red and white blood cells and platelets are produced in the bone marrow of our ribs, sternum, vertebrae and pelvis. We produce billions of blood cells a day, to replace those that have a short life. Red blood cells live 120 days, and white cells a much shorter time. Platelets are small clear cell fragments that are essential in preventing blood loss by forming a plug at the site of an injury. Blood components come from stem cells - undifferentiated biological cells that can become specialized - in the bone marrow they give rise to red cells, white cells and platelets.

The blood clotting system consists of numerous factors that circulate continuously through the body in an inactive form. When platelets make a plug to stop bleeding, a substance called fibrin starts to form a clot, and the many other clotting factors are activated in a chain reaction called the coagulation cascade.

This has been a simple explanation of the functions of blood, probably familiar to all readers. In a subsequent column I will write a more detailed description of the immune system. In the meantime, here are some ideas for keeping your blood working well for you.

Avoid blood-borne diseases such as Hepatitis B and C and AIDS by never sharing a needle, and practicing safe sex with condoms with any new partner.

Have a complete blood count (CBC) when you see your doctor, to test for anemia (this is especially important for women with heavy periods). Eat iron containing foods and take an iron supplement if needed. There are forms of anemia that do not require iron, but may require B vitamins. Find out; don't guess. It's important.

Breathe deeply, exercise and keep good posture to fully oxygenate your blood. Don't smoke. In addition to damaging your lungs, smoking constricts your blood vessels and impedes circulation to your heart, your limbs and your vital organs.

If you are taking a blood thinner such as Coumadin, aspirin, Pradaxa, or similar new anti-coagulants, keep something on hand that helps to stop bleeding from nosebleeds, small cuts or external injuries. Several products are available on line and in pharmacies without a prescription, containing a powder that

cont. next page.

Protecting the Farallon Islands Ecosystem

The U.S. Fish and Wildlife Service has released its draft Environmental Impact Statement (DEIS) on eradicating introduced house mice on the South Farallon Islands. MAS supports eradication of the non-native house mice to restore the ecosystem of the Farallones. If action is not taken to rid the island of mice soon, all of the Ashy Storm-Petrels and probably Leach's Storm-Petrels could be lost.

The Farallon Islands National Wildlife Refuge, 30 miles outside of the Golden Gate, is a seabird breeding habitat of worldwide significance. The Refuge comprises the largest nesting seabird colony in the contiguous U.S. outside of Alaska including half of the Ashy Storm-Petrels in the world and the world's largest breeding populations of Brandt's Cormorants and Western Gulls. Removing non-native mice would restore the island's ecosystem for native species. The primary beneficiaries would be Ashy and Leach's Storm-Petrels.

House mice originated in Asia and were brought to the islands, along with cats and rabbits, via ships during egg gathering and during lighthouse and military operations in the early 1900s. The cats and rabbits were removed in the 1970s, leaving the house mice as the only non-native mammals. Mice are omnivorous. On the island they eat the Maritime goldfield, the endemic Farallon camel cricket and the Farallon arboreal salamander, reducing the populations of these native species and further disrupting the island ecosystem. Scientists have also found evidence of mice preying on petrels (missing toes and legs).

In spring on the South Farallones, house mice can reach plague-like densities of 490 mice per acre, among the highest found on any island in the world. Scientists have observed that it can appear as though the ground itself is moving.

Burrowing Owls are among 400 different landbird species recorded on the islands since 1968, when PRBO began to study birds on the islands. Most of the owls stop to rest and depart within a few days. Finding a ready source of food in the mice, however, some owls remain. When the mouse population naturally declines in December and January, the owls leave, die or shift their predation and diet to feed on the small Storm-Petrels.

Vulnerability of the petrels is heightened by the fact that they arrive at night when the owls are most active.

Owl predation on storm-petrels is well documented. Storm-petrels show up in owl pellets in January after the mouse population crashes. In recent years some 90 percent of the owl pellets collected after February 1 contained storm-petrel remains. Surveys show that the owls consumed an average of 225 Storm-Petrels annually. Predation has increased in recent years.

If house mice were no longer present, it is anticipated that the owls arriving during the fall, when the storm-petrels are either present in very low numbers or not at all, would have little motivation to stay.

The USFWS considered forty-nine alternatives to address the problem. It determined that the broad-scale application of rodenticides is the only proven method to rid a large island such as Southeast Farallon of the house mice. Rodents have been successfully removed from 500 islands worldwide; more than 90% of the removals used rodenticides.

The EIS analyzed three alternatives:

- A. No project alternative which would have no benefit to the island ecosystem.
- B. Use of bait with Brodifacoum-25D Conservation.
- C. Use of bait with Diphacinone-50 Conservation.

These anticoagulants are registered with the EPA for conservation use. They vary in the length of time to take effect, their potency, and half-life in the environment. Brodifacoum was developed for drier climates such as the Farallones.

Diphacinone has been used on a number of other islands but not for mice. Application would be in the form of pellets made up of grains.

The USFS has not yet decided on a preferred alternative.

The program proposed by the USFWS includes precautionary and mitigation measures. Application would be timed for when the seabird population is at its lowest, between August and January, most likely early November. Seed would be broadcast with helicopters rigged with special bait buckets to direct pellets to target locations and with motorboats for areas that can only be reached by water. Bait release stations would be used around houses and for hard to reach places such as steep cliffs. Only qualified persons would apply the bait.

Tested hazing methods would be used to scare away Western Gulls, the species most at risk. Methods would include lasers, spotlights, air cannons, and predator calls. Seabirds are not at risk because they eat fish, not grain.

Burrowing Owls would be trapped and relocated to the mainland. Native salamanders would be collected until the risk of exposure is over. Carcasses would be removed to avoid the threat of exposure to non-target species. Any remaining bait pellets would be crushed or removed. Bait would be deposited away from the water line. Studies have shown that even if some bait drifts into the ocean, the levels would be undetectable and not harmful to other wildlife species. -- Pat Dickens

causes blood to coagulate. You sprinkle it on the wound, or introduce it into your nose with an applicator, and then apply pressure. I am familiar with a product called QR – it is quite helpful with small cuts or nosebleeds. It should not be used if stitches are necessary, a wound is infected, or if bleeding is arterial. For gushing arterial bleeding, apply direct pressure with a clean cloth or bandage, and get emergency help at once.

cont from prev pg.

Sadja Greenwood, MD Past columns at sadjacolumns.blogspot.com. Check out my novel, *Changing the Rules*, at the Grand Hotel, Uniquities, the Stinson Beach and Point Reyes Book Stores, or Amazon.

News from the
Point Reyes National Seashore

Park Wavelengths

By Loretta Farley, Park Ranger

Daylight Savings ending – “fall back” – coincides with a new moon and very high mid-morning tides (6.4+) this Sunday, Nov. 3 and the following week. The new moon greets the Taurid meteor shower, 5 to 8 per hour but very large and slow with persistent trains. They are seen throughout the week of Nov. 4 through 12.

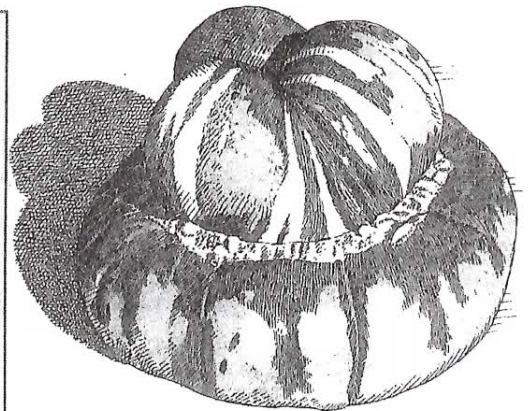
Those miniature “eggplants” on the trails are ripe bay nuts dropping from the trees; peel away the soft outer coating for the hard shelled nut inside. They change from green to yellow to purple as they ripen. Also wandering on the trails are various caterpillars – fuzzy rust and black striped “woolly bears” they will become tiger moths.

Acorn woodpeckers are on the move, haunting the Visitor Center areas for live oak acorns to stuff under the shingles. They’ll return later in winter when the acorns rot and are full of nutritious bugs to eat.

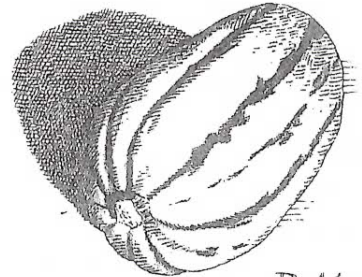
The prescribed burn in the Estero Trail was rescheduled for yesterday, Wednesday, Oct 30.

The Bear Valley Visitor Center returns to winter hours – closing half an hour later at 4:30 pm as of Sunday, Nov. 3. Both Bear Valley and the Lighthouse Visitor centers and stairs are open on the Veterans Day holiday, Monday Nov. 11.

W. Marin Citizen 10/31/13



Turban



Delicata

THREE GREAT THINGS ABOUT THIS PLACE...

(1) Saturday’s Barn Dance for the school—judging by the crowd and the noise level, a huge success. Old time string band dance music: the real deal.

(2) Having the chance to vote (Tuesday! Tomorrow!) in support of Mesa Park on Measure I. Please vote yes.

(3) No rain yet, but feeling the seasonal urge to get the firewood in and the winter garden prepped.

--Ned Riley

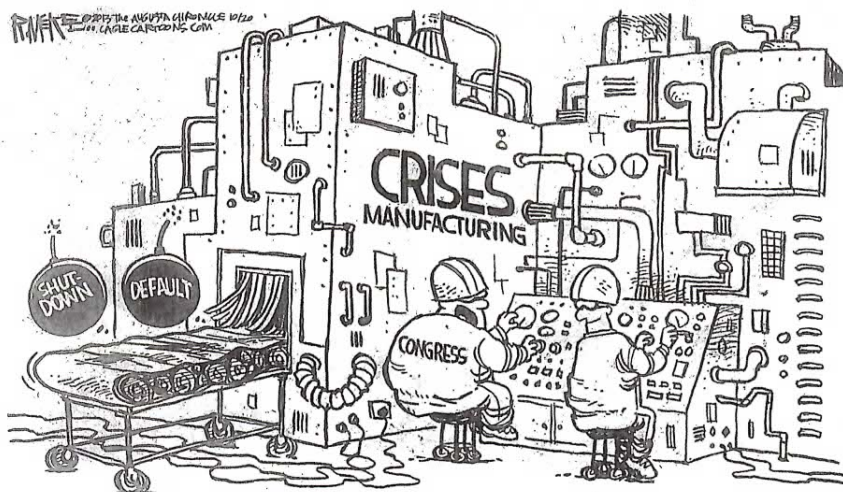
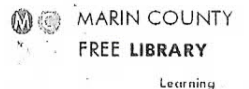
HAVE QUESTIONS OR NEED HELP ENROLLING FOR THE NEW COVERED CA HEALTH PLANS?

The Public Library and Coastal Health Alliance are partnering up to provide information and one on one assistance with enrollment.

- Every Tuesday beginning on 10/29 from - 5:30-7:00pm @ Point Reyes Library
- Every Saturday beginning on 11/2 from - 11:30-1:00pm @ Point Reyes Library
- 2:00-3:30pm @ Stinson Beach Library

No appointment necessary, just walk in with your questions!
If more information needed or to schedule another time contact

Samantha Iglesias @ 415 663 8666 X 406



"...WHO SAYS AMERICANS DON'T MAKE ANYTHING ANYMORE?!"

RICK MCKEE/AUGUSTA CHRONICLE



Christine Cunha, Owner
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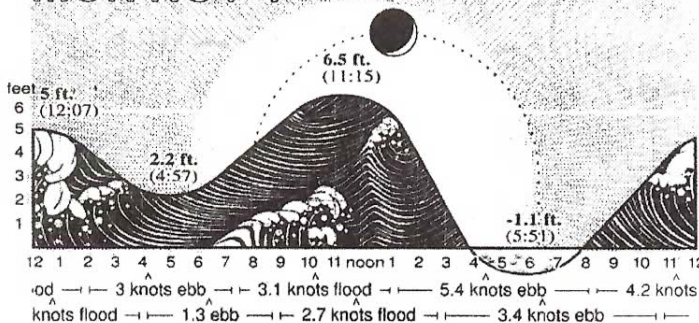
6	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music		S Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am 6:00 am As It Happens Morning Glory	Radio Goethe 12-1 am KWMR Night Music Daybreak
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	# Gregory DeMascio # Anneke van der Veen	# Gregory DeMascio # Anneke van der Veen
8	With Eyes Open! Peter Asmus Park Wave-lengths L. Farley	Hear the World A Cuppa Jo with Dr. Joe	Rise and Shine Mary Siedman Amber Distasi	Swimming Upstream Amanda Eichstaedt	Morning Blunder	Hear the World (RNW)	Barrio Vibes	
9	Krista Tippet On Being KT's Kitchen	Krista Tippet On Being (repeat)	Airwaves Raul Gallyot	Fish Tales David Cook	Howard Dillon Charlie Docherty	Art of the Song (repeat)	Solange Echeverria	Vicarious Traveler Vicki Leeds
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Vinyl Café (repeat)	Turning Pages # Joy Maulitz # ViewPoint (repeat)	Turning Pages Janet Robbins	Krista Tippet On Being (through November)	New Series Climate One		# Rick Clark # Guest Hosts
11	Open House The Bioneers	#1/#3 Specials TBA #2/4/5 Questing Calpestri & Mickelson	The Bioneers (repeat) Making Contact	An Organic Conversation	Nuestros Niños	Viewpoint Ellen Shehadeh	The Place We Live Marc Matheson	10 am BirdNote
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions	Alternative Radio	Attunement Anthony Wright	Commonweal Conversations	Specials TBA # Airwaves (repeat) # Tamas (repeat)	Forms and Feelings Jim Bennett	Happy Days Marcie Judelson Jazz with Kendrick Rand
1	West Marin Matters #1 J. Stock #2/4 Gong & Stephan #3/5 S. Santiago New	Spirit & Mind Anthony Wright	The Local Organon P. Fenn C. Schultz New Slot	KWMR Peace programs (repeat)	Philosophy Talk	New Peace Paradigm Stepanie Van Hook Coming Pieces of Peace		Jazz Rhythm Dave Radlauer LAST SUNDAYS
2	Cruisin'..... Rick Clark	What's New? New Day/Time Aztec Pride	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	Classical Thursday # Susan Santiago # Jeffry Wilkinson	Classical Friday #1 S. Henderson #2/4 N. Masonson		# Hawai'i Calling Susanna Henderson # World Playground Guest Hosts	Riverwalk Jazz The Vinyl Café (CBC)
3		Jimo & Friends	Jorge Ramirez					
4	# Youth D.J. Project # The Latin Alternative	Art of the Song	Youth D.J. Project # Devon McMorrow #5 Coastal Airwaves Vickisa	TeaTime Books Mimi Calpestri Howard Dillon	#3 Janet Robbins #5 Specials		Circulo musical Jesus Martinez	Learnin' Kirven Brian Kirven Beth Underwood
5	New Time Trash to Treasure	Sabrina Artel's Trailer Talk	Open House	Open House: Tamas de Inmigracion; Story Shed	Happy Hour			
6	New Time Moyers & Company	Live Wire! Radio	Epicenter: West Marin Issues #1 Pt Reyes Dialogues Last: WM Political Reps	Julie Notz	Liberacha		The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimba's Elbow Room Paul Flowerman
7	Release Me...New music Amanda	Musical Varieté Charlie Morgan	Foggy Ridge Music Will Minor	West County Prowl Jeff Manson	Bakersfield & Beyond Mike Varley & Amanda Eichstaedt Shorty's Bunkhouse Shorty	Friday Funk Fest Fairfax Funkateer		Between Rock and A Jazz Place Grey Shepard
8							Rick's Jazz Café Greg's Groove	Choose Your Own Adventure The Kitchen Sink
9	New Time Barbarian Beach Party Katie Eberle	Silver Dollar Jukebox Peter Martinelli	Faultline Radio Jaimo Crespo	Coast Highway Blues Larry Rippee	L.A. Theatre Works Contemporary and Classic Drama	Doctor Jazz Radio Programme - Breyer Magic Radio Chris Breyer	Rick Clark Gregory DeMascio	Fred Smith Patrick Kleeman
10	Monday Night Mixtape	Professor Kosmo plays.....	The Latin Alternative	Sonic Sunspots Tony Palmer	NEW Best of British Unsigned New music from the UK Professor Kosmo plays.....	Professor Kosmo Plays.....	Saturday Night Function # Marc Matheson # Jeff Wilkinson	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charies		Professor Kosmo plays.....					

Office 415/663-8068

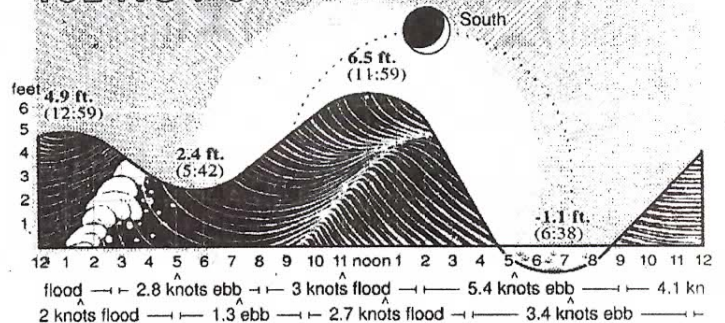
STREAMING on KWMR.ORG

Studio 415/663-8492/8317

MON NOV 4 dawn 5:40 sunrise 6:39 sunset 5:08 dark 6:06
moonrise 7:55 a.m. moonset 6:19 p.m.



TUE NOV 5 dawn 5:41 sunrise 6:40 sunset 5:07 dark 6:05
moonrise 8:59 a.m. moonset 7:16 p.m.



FOR SALE

1970 HONDA TRAIL 90 MOTORCYCLE
Low miles, Excellent Condition - \$1200.
831-531-7127

SH 11/4

2009 DODGE RAM 4X4 QUAD CAB
in Bo (831) 359-9442

KS 11/4

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

DMx

FOR SALE

13.5" INDUSTRIAL ICD FORSBERG WOOD PLANNER.
DAYTON 3HP 120V/240V MOTOR . IN GOOD TO FINE
CONDITION. NEEDS NEW BLADES & A GOOD HOME.
A BARGAIN AT \$200. WILL TAKE 4 PEOPLE TO
MOVE. MATT LEWSI 868-2004

ML 11/8

FOR SALE

THE BCC IS SELLING THE BEAUTIFUL FISHTAIL
PALMS FOR \$500 A PIECE OR BEST OFFER (VALUE
\$1,000 A PIECE)-MUST FIND NEW INSIDE HOME ASAP
BEFORE THE WINTER! CALL 2128 FOR DETAILS

BCC 11/8

LOST AND FOUND

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: KAYDON'S BIKE HELMET (SKATE STYLE)
Call 9036 if found

10/2 MA

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

LOST SUNGLASSES, WOMEN'S FRAME,
brown with brown lenses, Dior. They are much missed!
REWARD! 415-868-0681 or 917-209-4639

O 9/18

LOST: A PAIR OF VERY COOL RAYBAN SUNGLASSES
at farm stand art show opening last weekend, 9/7-
(599) 288-3401

VW 9/13

LOST: LABOR DAY-AMPLIFIER STAND-
a pair of cowboy boots with wooden top. StuArt-2769

SC 9/9

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 (starts 10/15) 3:30-5:45 p.m.

Wednesday

Pilates w/Lisa Townsend 8:30 - 10:00 a.m.
After-School Theater w/ Lisa T. (starts 10/30) 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 (Starts 9/5) 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.

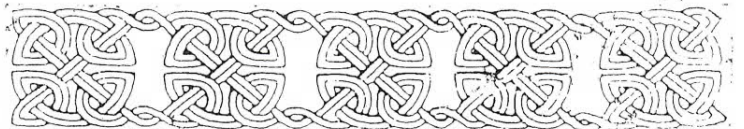
Saturday

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

Sunday

Yoga w/ Trishna (Classes start 9/8/13) 9:00 - 11:00 a.m.
Brazilian Dance with Anna (Classes start 9/8/13) 11:15 - 12:15 p.m.

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

LYMPHOMA CONFERENCE - RIDE NEEDED TO
downtown San Francisco EARLY Sat. morning, 11/9: by 8 AM.
Tina - 2523

TA10/30/13

FREE

LARGE WOOD PIECES (FIREWOOD)
End of Evergreen. Come and take it.

JR 10/11

ELECTRIC 220 VOLTS COMPRESSOR
Works Great. Table Saw - old school, new blade.
868-0686 - Jerry

10/25 JB



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

SHX

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

CHX

TREE SERVICE

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

SRX

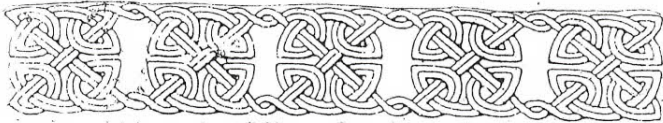
AIRPORT? Howard Dillon's fast, comfortable, car for all Bay Area pick-ups, early or late. Many satisfied local refs. Phone 868-2144

HDX

SMILEY'S

SCHOONER SALOON & HOTEL

- INTERNET ACCESS • CHECK CASHING
 - WESTERN UNION • ATM & CREDIT CARDS
 - 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

CAREGIVER AVAILABLE

Excellent homecare, cleaner. Call 868-1782 Anita & William

CH X

June McAdams, RN
Compassionate and Skilled
Hospice Care Home Care
Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052

SERVICES

THE OPTIMAL TIME for planting CA Natives is during the rainy season!

If you would like our help, please call **natural landscapes**

Lea Earnheart and Associates - 868-9330
specialists in restoration landscaping for over 20 years

LE 11/6

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

HELP WANTED

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.



5 November

Nones of November/Guy Fawkes Night/Egyptian Day

N Guy Fawkes Night, celebrated by the burning in effigy of a would-be regicide, continues the earlier tradition of burning effigies of the evil spirits of the past old year. By cremating them, along with outworn hurts and grievances, the new year may be faced in a purer way, free of unnecessary and unhelpful psychic leftovers.



6 November

St. Leonard/Egyptian Day

F St. Leonard, known for dragon slaying, is commemorated today. He is the guardian spirit of St. Leonard's forest in Sussex, England.

