

# Bolinas Hearsay News

Monday, March 13, 2017

50 Cents



Ultimate Beach Clean-up. Photo by Curly Rigg

## WHAT'S HAPPENING?

Monday, March 13

### **INTERNET ACCESS COMMITTEE MEETING**

Bolinas Firehouse Meeting Room, 3pm

Tuesday, March 14

### **BCPUD FINANCE COMMITTEE**

Meeting at 270 Elm Rd, 10am

### **SCHOOL DISTRICT (BSUSD)**

Regular monthly meeting of the Board @ Bolinas campus, 5pm closed session, 6pm open session.

Wednesday, March 15

### **IDES OF TRUMP**

See inside descriptions of event.

### **BCPUD**

Regular monthly meeting of the Board @ 270 Elm Road 7:30pm

Thursday, March 16

### **BOLINAS/STINSON WHITE CAPS**

Regular monthly luncheon/meeting of the Seniors' group @ Rod & Boat Club, 11:30am. Acoustic Irish tunes accompany the program.

### **COAST CAFÉ CONCERT**

'Midnight on the Water' plays Celtic/trad tunes for dinner seatings, Coast Café, 6-8pm

### **WHITHERWARD**

Plays power folk acoustic music @ Smiley's, 8pm, free

Friday, March 17

### **ST PATRICK'S DAY**

Celebrations honoring Ireland's patron saint

### **BOLINAS HISTORY WALK**

Sponsored by Geography of Hope; meet at Bolinas Museum, noon, \$30

### **MKC**

Live ska and reggae @ Smiley's, 9pm, \$5 cover.

Saturday, March 18

### **FREEBOX FOLLIES**

Annual extravaganza, benefit at/for the Community Center, doors open 6:30pm

### **ASTEROID #4**

Live psychedelic folk-funk music @ Smiley's, 9pm, cover

## **HAPPY HAPPY BIRTHDAY!!!**

**March 13:** Hearsay News  
David Moritz  
Jane Mickelson  
Jerry Aman

**March 14:** Cindy Alfsen  
Pat Barton

**March 17:** Madeline Muir

**March 18:** Willie Norton Brown  
Jeff Gardner  
Stefano Resta

**March 19:** Patricia Marina  
Christine McPherson

**Pasteup  
Ads/books  
Press**

**Ned Riley  
June McAdams  
Jeff Manson**



COMMUNITY & CULTURAL CENTER

### dance palace

For more information, to volunteer, or to join  
Call 415 663-1075  
Save \$ by buying tickets in advance at:  
[www.dancepalace.org](http://www.dancepalace.org)

#### Main Street Moms Meeting Jan-Jun

2017 Monday, March 13, 3:00 PM to 5:00 PM  
Mainstreet Moms, a non-profit citizen action group, meets most Mondays from 3-5 in the church space. Meetings are open to the public.  
[www.mainstreetmoms.org](http://www.mainstreetmoms.org)

Dear Bolinas,

Do you have a service or talent that you would like to donate to the BCC Art&Garden Silent Auction in the form of a gift certificate? This is a great event and this year will include a food festival. The dates are 4/28 & 4/29. More details to come.

Call us 868.2128 or email me your ideas at [randi@bocenter.org](mailto:randi@bocenter.org)

## BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

BOX 390 270 ELM ROAD BOLINAS CALIFORNIA 94924 415 868 1224



The Marin Local Agency Formation Commission ("LAFCO") currently is accepting applications for the appointment of an Alternate Public Member for a four-year term beginning May 1, 2017. Any person wishing to apply for the position should submit a letter of interest to Executive Officer Keene Simonds at [ksimonds@marinlafco.org](mailto:ksimonds@marinlafco.org). The letter should briefly describe your interest and qualifications and be submitted no later than Friday, March 17, 2017. More information about the Alternate Public Member position can be found on the Marin LAFCO website: [http://lafco.marin.org/PDF/lafco%20news/MarinLAFCO-Annoucement-AltPublicMemberOpening\\_1-19-17.pdf](http://lafco.marin.org/PDF/lafco%20news/MarinLAFCO-Annoucement-AltPublicMemberOpening_1-19-17.pdf)

Jennifer Blackman  
General Manager

### March 15<sup>th</sup> Postcard to Donald Trump Citizen Action!

Join people across the nation on March 15<sup>th</sup> to deluge the Whitehouse with postcards. Whatever your perspective, let the Whitehouse know that multi millions of us are watching and participating in our democracy! Send one postcard or 10---the PO has pre stamped postcards if that easiest--make this a record breaking, overwhelming, officially verifiable, warehouse filling citizen-action of astonishing proportions!

Elia Haworth

#### Mail your cards on March 15<sup>th</sup> to:

**President Donald J. Trump  
The White House  
1600 Pennsylvania Avenue NW  
Washington, DC 20500**

#### COMING UP:

SATURDAY, MARCH 25, 9 - 11:30AM  
"Heart of Compassion" Dharma talk & Circle discussion w/ Jaune Evans, at St Aidan's Church  
Info: 1195

### STINSON HEALTH CENTER OPEN THURSDAYS 9-12:30 & 1:30-5:30

Office is located at 3419 State Route 1. Phone 415-868-9656 for an appointment. Coastal Health Alliance Health Centers accept Kaiser and most insurance. The medical professional serving Stinson Beach is Jacob Loya.

## TNS The New School at COMMONWEAL

Nature • Culture • Consciousness

Mar 17, 10am-12pm (at Commonweal)  
**Michael Lerner**

*Memories, Dreams, Reflections*

Apr 26, 3-4:30pm (at Commonweal)  
**Frank Ostaseski**

*The Five Invitations: What Death Can Teach Us About Living*

Jun 19, 1-3pm (at Commonweal)  
**Fred Luskin**

*Forgiveness in Healing and Conflict Resolution*

451 Mesa Road • Bolinas

Information & registration: [tns.commonweal.org](http://tns.commonweal.org)

WHAT HAPPENED THIS WEEK  
3/13/17 MONDAY MORNING MEMO

Week in Review Recap from Jennie Pfeiffer

This morning I was waken at 6:30 am, not by the rising sun, but by the beautiful bright full moon in a still dark sky, reminding me that we have been abruptly pushed back into morning darkness by an arbitrary whim of our elected officials pretending it is possible to "save" daylight. It is no secret that I am not a fan. Long evenings are great, but they get longer anyway as we move into the warmer months, and I miss the returning morning sunlight that comes to us this time of year, letting us know that we are moving into luscious spring. I am disheartened that it is being snatched away. We are but sheep, herded by forces beyond our control, and I say a big BAAAH to daylight "savings".

Last Monday's "Recap" was trapped in the snows of Tahoe, with road closures and interrupted visibility preventing departure from what was planned as a quick two day trip to the snow. It is so amazing how those tiny snowflakes, falling ever so gently, can add up so quickly to impede mobility. It was beautiful, but a bit frightening, and very disconcerting. There was no leaving Sunday morning, as planned, so we missed getting back for the Surprise Super Celebration of the birthday of Steve Wrenn at the Community Center. Happy Birthday Steve, I hear it was joyous. I would certainly much rather have been there, than creeping along icy roads in a long line of impatient motorists, as our carload of family members revisited the chocolate and whipped cream happy face pancake that my 4 year old grand daughter had eaten for breakfast. Hearing a small voice saying, "I'm through throwing up", sweet voice that it might be, still leaves a mixed response. It was not a perfect 12 hour trip.

I would like to take a moment to honor the recent passing of two strongly independent women of Bolinas, Magda Cregg, member of the vanguard of Bolinas poets of the 1960's and '70's, and Diane Lamontes, another New York transplant and Bolinas homesteader. I am sorry to see them go and wish heartfelt condolences to the families of these longtime members of the Bolinas Community. Jp  
P.S. Thanks Magi, Mary, Jeff, and all for another excellent Tardy, Hearty, Mardi Gras Party. Love it!

"I can see again!"

**CLEAR LIGHT  
WINDOW WASHING**

*Bringing clear vision to  
West Marin for thirty years*

**Call Dale  
415/868-0782**

**PREPARE FOR MARCH 15TH, 2017,  
A DAY HEREAFTER TO BE  
KNOWN  
AS #THEIDESOFTRUMP.**

**ON MARCH 15TH, 2017 EACH OF US WILL  
MAIL THE WHITE HOUSE A POSTCARD  
THAT PUBLICLY EXPRESSES OUR  
VOCAL OPPOSITION TO THE NEW  
PRESIDENT. AND WE, IN VAST NUMBERS,  
FROM ALL CORNERS OF THE WORLD,  
WILL OVERWHELM WASHINGTON.**

We will show the man, the media, and the politicians how vast our numbers are and we will bury the White House post office in pink slips, all informing the President that he's fired! Each of us — every protester from every march, each Congress calling citizen, every boycotter, volunteer, donor, and petition signer — will write a single postcard and put them all in the mail on the same day, March 15th, 2017.

No alternative fact or Russian translation will explain away our record-breaking, officially-verifiable, warehouse-filling flood of fury. Hank Aaron currently holds the record for fan mail, having received 900,000 pieces in a year. We're setting a new record: over a million pieces in a day.

So sharpen your wit, unsheathe your writing implements, and write from the heart. All of our issues — DAPL, women's rights, racial discrimination, religious freedom, immigration, economic security, education, the environment, conflicts of interest, the existence of facts — can and should find common cause. That cause is to make it irrefutable that the president's claim of wide support is a farce.

He may draw a big crowd with empty promises, but the crowd of those that oppose his agenda is exponentially larger. And we will show up to protest, to vote, and to be heard. Again and again and again.

**HOW TO PARTICIPATE:**

1. Write one postcard. Write a dozen! Create your own cards, buy them, share them, it doesn't matter as long as you write #TheIdes or #TheIdesOfTrump on them somewhere.
2. Take a picture of your cards and post them on social media (tagged with #TheIdesOfTrump or #TheIdes, please). This will help us verify our numbers.
3. Spread the word! Everyone on Earth can let Washington know their opinion of the President. They can't build a wall high enough to stop the mail.
4. Then, on March 15th, mail your cards to:  
**The President (for now)**  
**The White House**  
**1600 Pennsylvania Avenue NW**  
**Washington, DC 20500**  
post them on social media (tagged with #TheIdesOfTrump or #TheIdes, please)

submitted by Meg Simonds

## **Prediabetes – A lot of us Have it and Don't Know it**

Prediabetes is defined as a condition in which blood sugar levels are higher than normal but not high enough to be classified as full-blown diabetes. According to studies from a number of universities and national surveys, 37% of U.S. adults have prediabetes and 12-14% have diabetes, indicating that about half of adults in this country are affected by high blood sugar. Most cases of prediabetes are not diagnosed - people don't know they have it.

There are two types of diabetes, type 1 and type 2. Type 1 diabetes, which often comes on in childhood, is an autoimmune disease and is not being discussed in this column.

In type 2 diabetes, people have a fasting plasma glucose level of 126 mg/dl or higher on two occasions. If you have a blood glucose level of 200 at random times, not after fasting for 8 hours, you may also have diabetes. Another test commonly used is hemoglobin A1c, which indicates blood sugar levels in the recent past. Levels of 6.5 or higher are seen in diabetes; 5.7 to 6.4 may indicate prediabetes, and levels below 5.7 are normal.

Readers probably already know that diabetes is an unpleasant and dangerous disease, affecting vision, the brain, the heart, the nervous system, kidneys, and feet. It can be reversed, by medication, exercise and a careful diet, but it is better to prevent it.

Prevention programs are widespread, and generally consist of emphasizing weight loss (loosing even 5-7% of present body weight is very helpful), and exercise (walking or other activities that raise your heart rate), and a healthy diet. Walk about 30 minutes almost every day. There is widespread agreement that a diet to prevent diabetes would decrease or eliminate drinks with added sugar, replacement of red meat with beans, nuts, poultry, fish and yogurt. Yogurt, rather than other sources of dairy foods, seems to reduce the risk of diabetes. To facilitate weight loss, cheese should be used sparingly, as a condiment. Foods containing white flour, other refined starch, sugars and white potatoes should be avoided. In a Harvard study by Walter Willett, coffee and decaf coffee decreased the risk of diabetes. Good news for coffee lovers – but avoid adding sugar! Stevia seems to be a safe sweetener. Magnesium containing foods, such as leafy greens, beans, nuts and whole grains also decreased the risk. Following this diet carefully will naturally lead to weight loss in most people.

Walter Willett, an esteemed professor of nutrition at Harvard and the Harvard School of Public Health, has some encouraging words

about lifestyle changes to prevent diabetes. "If you make a change in your diet or lifestyle today, you're taking your foot off the accelerator, and this happens almost overnight. If you exercise today, your insulin resistance goes down within hours. And if you keep up the daily exercise, within a day or two your risk of diabetes drops. Changing your diet might take longer to make a difference, but it's a matter of weeks, not years. Even if you are right at the brink of diabetes, you can still rapidly reduce your risk."

Our local Coastal Health Alliance is the place to go to get tested for prediabetes. They have programs to help you if your blood sugar is too high. We are lucky to have their services so close by.

*Sadja Greenwood, MD - back issues at [sadjascolumns.blogspot.com](http://sadjascolumns.blogspot.com)*

### THREE GREAT THINGS ABOUT THIS PLACE...

- **The week of St Patrick's Day—a great time to be an Irish fiddler.**
- **The annual Hearty Tardy Mardi Gras party, especially the gumbo. Thank you Magi.**
- **Cheerful dedicated Hearsay staffers, especially Michael Rafferty, who are willing to step up when one feckless editor gets snowed in at Tahoe.**

--Ned Riley

## **SAVE THE DATE!**

The Bolinas-Stinson Beach School Foundation  
presents

### **A 50's SOCK HOP**

featuring

#### **The Right Time**

Friday, March 31st

Dinner @ 6pm

Dancing 7pm-10pm

Bolinas Community Center

*Dress in 50's costume for free ice cream*

*More details to come!*



**Ken & Sam Levin**

**Window Cleaning**

**415.663.9669**

**West Marin's Best**

**AGENDA****Bolinas-Stinson Union School District**

**Regular meeting of the Board of Trustees**  
**March 14, 2017**

**Meeting Time and Location:**

**Closed session 5:00-6:00 PM Bolinas Campus**  
**Open session begins at 6:00 PM**  
**125 Olema Bolinas Road**  
**Bolinas, CA 94924**

1. **Call Meeting to order**
2. **Approval of Closed Session Agenda**
3. **Public Comments on Closed Session Agenda**
4. **Recess to Closed session**
  - 4.1 Public Employee  
Appointment/Employment [54957] -  
Principal
  - 4.2 Public Employee  
Appointment/Employment [54957]  
Certificated lay-offs
5. **Reconvene into Open Session**
6. **Announcement of Reportable Action taken during Closed Session**
7. **Approval of Agenda / Introductions**
8. **Public Comments:**  

This is an opportunity for the public to address the Trustees on matters related to school business that is not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time. Concerns about individual employees shall not be discussed in public meetings of the Board of Trustees. Please contact the immediate supervisor (principal, administrator, superintendent) directly.
9. **Correspondence/Information**
  - 9.1 Enrollment
    - Current
    - Projected
  - 9.2 Donation record
    - EO-Small World Trading Company
    - Brickmaiden Breads
  - 9.3 Incoming Correspondence
    - 2/13/17 letter from Parents/Board of Stinson Beach Pre-school (formal submission)
  - 9.4 Outgoing correspondence
    - To the Stinson Beach Volunteer Fire Department for donation of emergency supplies
    - To Chelsie Fontan-Walker, Celine Underwood and Suki Ferrari for donations to the EQ Parent Night
  - 9.5 Other
    - Improvements to Instruction & training for educators working with English learners
10. **Superintendent's Report**
  - 10.1 Budget and legislative update
  - 10.2 Hiring update: Business Official
  - 10.3 Golden Bell nominations for Certificated and Classified
  - 10.4 Stinson Beach Pre-school
11. **Principal's Report**  
EQ Schools  
Staff input on configurations
12. **Approval of the following Consent agenda items**
  - 12.1 Warrants dated: Batches: 30 and 31
  - 12.2 Minutes from: 2/14/2017 Regular and 3/13/2017 Special
  - 12.3 2017-2018 Contracted services for Speech Therapist and School Nurse
13. **STUDY & INFORMATION**  
Strategic Plan  
Discussion of additional goals
14. **STUDY & INFORMATION**  
Four year old Program update
15. **STUDY & INFORMATION**  
Review 2<sup>nd</sup> Interim Financial report
16. **STUDY & INFORMATION**  
LCAP update
17. **STUDY & INFORMATION**  
Preliminary staff plan for 2017-18
18. **STUDY & INFORMATION**  
Preliminary classroom configurations for the 2017-18 school year
19. **BOARD CONSIDERATION - ACTION**  
Facility Use- Bolinas-Summer Camp
20. **BOARD CONSIDERATION - ACTION**  
Strategic Plan- Approve changes /amendments
21. **BOARD CONSIDERATION - ACTION**  
Approve leave of absence for 2017-18 for Certificated staff
22. **BOARD CONSIDERATION-ACTION**  
Approve budget for Jump Start
23. **BOARD CONSIDERATION-ACTION**  
Approve Resolution 9 2016-2017 regarding reduction/elimination of Certificated Employee Service
24. **BOARD CONSIDERATION-ACTION**  
Approve 2<sup>nd</sup> Interim Financial report
25. **BOARD CONSIDERATION-ACTION**  
Approve 3<sup>rd</sup> grade extended field trip to Pt Reyes Lifeguard Station, 5/30/17 to 6/1/17
26. **BOARD MEMBER REPORTS**  
Negotiations- Siedman  
Facility Needs Committee- Marcotte  
STEAM committee formerly known as Technology Committee – Woods  
Ecology and Outdoor Science Committee – Woods  
Marin County School Boards Association (MCSBA) – Siedman  
Joint Legislative Action Committee – Pfeiffer
27. **Public Comments:**  

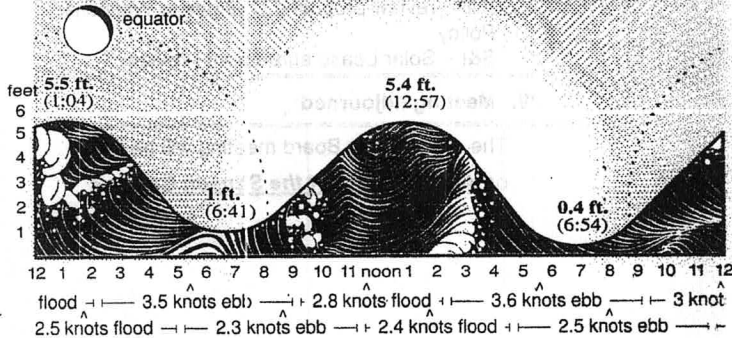
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28. **FUTURE**  
S&I - Strategic Plan  
S&I - Facilities Planning  
Report - School Technology – review charge for the Technology Committee/STEAM committee  
Report - Lunch program update  
S&I – review proposed changes to Wellness Policy  
S&I – Solar Lease agreement - review
29. **Meeting adjourned**  

The next regular Board meeting will be held on **April 18, 2017 at the Stinson Campus**

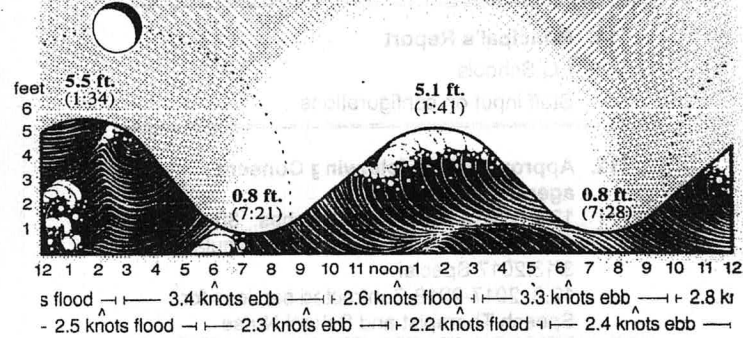
# KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	KWMR Music
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Sunday Baroque
8:00	With Eyes Open!	Rise and Shine	Swimming Upstream	Top of the Morning / Pieces of Peace	La Mañanita Alegre	The Vicarious Traveler / Original Minds	Sunday Celebration
9:00	Park Wave-lengths / Tre Val ey / Sound Science	Airwaves	Trash to Treasure / Fish Tales		Specials		
10:00	TURNING PAGES					Day 6 (CBC)	Sunday Celebration
	At Nature's Pace	Reading / Vinyl Cafe to John (repeat)	Waves of Joy / Radio Bookmobile	For Children of All Ages / Casual Footsteps	Libro Abierto		
11:00	TALK & CURRENT AFFAIRS					Vida with Sage / Tallgating Specials	
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	new Reveal		
12 pm	The Bioneers	New Dimensions	Planetary Radio	Attune-ment / Common-wealth Conversations	new Alternative Radio	AFTERNOON MUSIC	
	Farm & Foodshed Report		Making Contact			Happy Days	
1:00	Ocean / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm / The Local Organon	Forms and Feelings	Jazz Rhythm
2:00	AFTERNOON MUSIC					Hawai'i Calling / The Scoring Stage	The Vinyl Café
3:00	Cruisin'	Aztec Pride / Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday		
4:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch	Learning Curve / To Hell & Bach	
5:00	NEWS & CURRENT AFFAIRS				Happy Hour	Circulo Musical	Elbow Room / Between Rock & A Jazz Place
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	No Bad Vibes / Specials	EVENING MUSIC & DRAMA	
	EVENING MUSIC					Celtic Universe	Classic Radio Theater
7:00	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	Night Flight / Bring It On Home	The Jazz Groove	L.A. Theatre Works
8:00	Sessions from Chicken Point / Silver Dollar Jukebox	DI Your Life / West County Prowl	Coast Highway Blues	Off The Curt / Running With Scissors			
9:00	Forms and Feelings (repeat)	Stuck in the Psychedelic Era with the Hermit	Sonic Sunspots	Sit Down / Get Down	The Latin Alternative	Saturday Night Function	Rock of Ages
10:00				Under the Needle			
11:00	LATE NIGHT					LATE NIGHT	
12 am	DeepWaking 12-1	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British	Radio Goethe 12-1 KWMR Music	The French Touch (repeat)	Grateful Dead Hour

**MON MAR 13** dawn 6:27, sunrise 7:23, sunset 7:16, dark 8:12, moonset 8:08 a.m., moonrise 8:35 p.m.



**TUE MAR 14** dawn 6:25, sunrise 7:22, sunset 7:16, dark 8:13, moonset 8:40 a.m., moonrise 9:33 p.m.



# HEARSAY NEWS CLASSIFIEDS

Office Hours M.W. F. 9ish to 11ish. Call 868-0138  
270 Elm at Maple, Left side of BPUD Building  
Ad forms in smaller mail box, slot in door to submit

## SERVICES

### TAX TIME!

Susan Hewlett Johnson  
868-1134 ~ cell 415 497-0877

SHJ 3/27

### CONFLICTS? DISPUTES?

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SG X

### BRUSH TO MEADOW TRANSFORMATION

Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /  
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DMX

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CHX

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SRX

### AIRPORT? HOWARD DILLON HAS

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Many local refs 868-2144

HD x

## FOR SALE

**FOR SALE: MESSAGE TABLE-GOOD CONDITION,**  
blue, 24" wide. \$150 or best offer.-2516

JA 3/20

**868hearsay@gmail.com**

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

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

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the gift of local news three times per week,  
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### How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind  
the BPUD office on Mondays, Wednesdays and  
Fridays between 9:30 & 10:30 am to have your  
article appear the same day, and until 11:00 am for  
classified ads.

Ad forms are also available anytime in the small  
mailbox next to the Hearsay door. You can fill out  
the form and have your ad billed to you, or you can  
enclose payment (please note on your ad if you are  
paying cash in case they become separated) & drop  
into door slot.

### Full Moon Music at St. Mary Magdalene by Bill Quist

The one hour Haydn-Mozart  
keyboard program Bill Quist prepared  
for Friday evening was magical! His  
selections of Fantasies, Rondos and  
Sonatas from the late 18th century  
moved the very engaged, small

group in the candlelit environment.  
His final gift was Beethoven's  
"Moonlight Sonata" accompanied by  
the real moon rising in the antique  
south window.

Bill's Bach program I attended  
recently was equally moving,  
gorgeous.

There will be another twilight hour in  
the near future. Stay tuned, and  
attend!

Anna Mohn Gade

## LOST AND FOUND

**FOUND: SET OF KEYS ON DOGWOOD. 4 KEYS WITH**  
 retractable belt clip. 868-1092

JM 3/13

**WYLIE LOST HIS PHONE ON MONDAY 3/6. IT IS AN**  
 LG flip phone with h's name written on the back in silver ink. If  
 found, please call 415- 302 7712,

.....**WYLIE PERDITO SU**  
**TELEPHONO CON SU HOMBRE ESCRITO EN LA**  
**PARTE** posterior en tinta de plata de plata. Por favor llame al  
 415-302 7712 si se encuentra.

NP 3/8

**FOUND: SMALL, VERY FRIENDLY YOUNG BLACK cat,**  
 tail up, longhaired, arrived at my house about 5 days ago-in  
 heat? Please call FAST, may be pregnant now. Ilka-0419

IH 3/6

**ALAN MARGOLIS LOST HIS WALLET**  
 on Tues. Feb. 28th. Call Sadja at 868-0493 if found.  
 Thank you!!

SG 3/3

**LOST: MY BLACK SWEAT PANTS. I PUT THEM IN the**  
 wrong small black car at the soccer field after soccer last  
 Sunday. Soccer players, did you find some black fleece pants in  
 your car you couldn't identify? Please call 868-0144

JP 3/1

**FOUND: CELLPHONE OUTSIDE THE LIBRARY**  
 Tuesday night, 2/21. Please come to library to claim.

JS 2/22

**LOST: ALPACA FUR HAT-SEWER POND TRAIL corner**  
 of dogwood and alder. Please return-\$20 reward.-868-2326

MS 2/1

**FOUND: SNARE DRUM. PLEASE COME AND GET IT**  
 @ HEARSAY OFFICE-monday, wednesday or friday-9am- 12  
 noon. Thanks

JM 2/1

**FOUND: ONE PAIR OF GLASSES FOUND ON TERRACE**  
 Ave. on Saturday morning (12/31/16). They are brownish, low  
 prescription, in Ray Ban frames. Call 415-497-6975

BD 1/4



## FREE

### METAL GARAGE DOORS

Two doors each 7 ft. x 9 ft. Needs to be disassembled, truck  
 available. 415- 868-1050 or 415 342 8607

CT 2/17

### STURDY WOODEN ROCKING CHAIR

-0636.

NF 2/17

## CLASSES



### Weekly Classes and Events Schedule

#### MONDAY

Somatic Exercise	9:30-10:45am
Baby Yoga with Angela & Levi	11:00-12:00 pm
Bo Babies & Toddlers Open Play Group (free)	12:00-2:00 pm
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/ Angela Sterpka	7:00-8:15 pm

#### TUESDAY

Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15am
Soul Soup w/Amber Hines (0-3yr)	10:30-11:15am
Senior Stretch w/Brenda Stein	11:30-12:30 pm
Aerial Arts for Youth w/ Joanna	3:30-6:00pm
Contemporary Dance w/ Lisa (teens & adults)	6:30-7:30pm

#### WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30-9:45am
After School Theater w/Lisa T	3:30-5:30pm
Diaspora Dance w/Amber Hines	6:30-8:00 pm

#### THURSDAY

Yoga Flow with Brenda Stein	7:30 - 9:00 am
USDA food bank	12 noon
Congolese Dance w/ Sandor (Back March 16 <sup>th</sup> )	6:00-7:30 pm

#### FRIDAY

Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 <sup>th</sup> Fridays)	10:30-12:00pm
No Place Like Home (Free Brunch 4 <sup>th</sup> Fri of Month)	12 noon

#### SATURDAY

Diaspora Dance w/ Amber Hines	9:00-10:30 am
Jazz Dance & Acrobatics/ KT (ends 3/11)	11:00-12:00 pm
Tumbling & Hula-hoops/ KT (ends 3/11)	12:00-12:45 pm

#### SUNDAY

Belly Dancing with Amalia	11:00 - 12: 00 pm
CommUnity Night (see website for details)	Noon-6:00 pm

Call 868-2128, check the Library Marquee, Calendar in BCC  
 Foyer or visit [www.bocenter.org](http://www.bocenter.org) for more info & special events!

### CALLING ALL ARTISTS

THE BOLINAS COMMUNITY IS HAVING  
 THE ANNUAL ART&GARDEN  
 FUNDRAISER APRIL 28<sup>TH</sup>-29<sup>TH</sup>.

STOP BY THE OFFICE AND PICK UP A  
 PANEL AND CREATE A PIECE OF ART  
 FOR OUR SILENT AUCTION.

DUE DATE FOR ART 4/25/17.

CALL 868.2128 OR STOP BY THE OFFICE  
 M-F 11-1. Blessings and thank you.