

Bolinas Hearsay News

Monday, May 27, 2013

46 ¢ + tax



WHAT'S HAPPENING

Monday, May 27

MEMORIAL DAY CELEBRATION

Picnic, BBQ, beverage & music in the Plaza. Music by Bobo Tempo, the OMGs and vintage artists Charlie, Jeffrey and Magi. Noon to 5pm. A BCC community FUN event!

FIRE DISTRICT

Regular monthly meeting of the Board of Directors @ Firehouse meeting room, 7:30pm

Tuesday, May 28

YOUTH NIGHT @ THE BCC WITH DJ OMATIC 6-8 FREE

Wednesday, May 29

WEST CO. PROWL

Jeff Manson's local music show on KWMR this week featuring the June McCroy Trio live in the studio 6:30-8:30pm

MIDNIGHT ON THE WATER

Acoustic traditional contradance music to accompany Smiley's celebration of all May birthdays, 7:30-9:30pm. Free. Free cake, too.

Thursday, May 30

ERIN & THE PROJECT

Alternative pop @ Smiley's, 8:30pm. No cover.

Friday, May 31

ANNUAL SCHOOL ART SHOW

BSUSD Students show their work @ Quesada bldg, Bolinas campus; 6-6:45pm student music concert, 6:45-9pm, art exhibit, w/ food & refreshments.

OTTO MOBILE & THE MOANERS

Plus TV MIKE & THE SCARECROWS @ Smiley's, 9pm.

Sunday, June 2

SUN FESTIVAL & BABY BLESSING

11am at Wharf Beach or 2pm at Community Center if inclement weather

DALE POLISSAR TRIO

With Dale on clarinet, Max Perkoff, keyboards. Piro Patton, bass, @ Station House Café, Pt Reyes, 5-8pm. No cover.

Sunday, June 9

ART HAPPENING at SMILEY'S

2-6pm. Bring 1 or 2 pieces of artwork to display. Hang out for viewing and socializing

THE NEW SCHOOL PRESENTS BILL PLOTKIN:

Wild mind: A field guide to the human psyche. 9AM-4PM \$100 at Commonweal. Co-Presented by Pt. Reyes Books

HAPPY HAPPY BIRTHDAY!!!

- | | |
|---------|--|
| May 27: | Perry Fly
Pam Dake |
| May 28: | Tirrell Willis
Isabelle Marguerite Winstead |
| May 30: | Simon Bruce
Nancy Condy
Jimmie Friedrich
Sunshine Appleby |
| May 31: | Janet Kjelmeyr
Elizabeth Rose Tacherra
John Rene |
| June 2: | Valent Matson Kostelnik |

pasteup
books/ads
press

Ned Riley
June McAdams
David Cattell

Announcing
the Fabulous Bolinas
SUN FESTIVAL
& Baby Blessing



Sunday, June 2 at 11am
Wharf Road Beach



COMMUNITY & CULTURAL CENTER

dance palace

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

Tickets at www.dancepalace.org

HUNGRY OWLS, OWLS OF MARIN

The first lecture introduced the local community to owls already living here, describing habitat, concentrating on availability of nesting locations, and prey to eat. The second lecture covers owls used as means of rodent control... integrated pest management... Nest boxes etc...

Presented by the Inverness Garden Club, this is the second part of the Hungry Owls Project.

Friday, May 31, 7 PM / Free



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

Beginning Chi Gong

with Susie Stewart

Flowing movement for health and well being



Gentle, nourishing and energizing
Wonderful for aging and injured bodies
Accessible for everyone

Bolinas Community Center
Mondays at 10:00 a.m. Starting June 3
First class free \$10 after
Info 868-1646

Chi Gong Coming To The
Community Center

Chi gong is an ancient Chinese mind-Body fitness practice a bit like Tai Chi. There are many schools which seem as Different as night and day, but they all convey health and wellbeing through movement.

I have been studying with Lee Holden in Santa Cruz for some time, and would like to bring his style to Bolinas for everyone who is interested.

Classes will begin on June 3, Monday At 10am. The first class is free, so come See if you like it.

Susie Stewart
868-1646

THE SHOE BOX

From An Interview With An Iraq War Vet

It's not like there's a victory parade.
It's not like there's some kind of completion to the thing.
You just go over there and you come back,
and it's still going on over there--
and it's like it never happened--
Nobody here care's that much--
it's still going on, but nobody's paying much attention...

So you try to put it behind you, but it's hard--
I mean, like--we were there, and...

We saw some things...

We did some things...

And there isn't a day goes by
I don't think about the war.
There isn't a day goes by
I don't try not to think about the war.

Best advice I got was from my platoon sergeant:

We had been out already that day
and we were about to go out again...
And it was night, and it was scary.
And he and I just sat and talked--
about being scared and all...
And he told me his father had fought in Viet Nam.
And his father's advice was--
when you're about to go into an action--
You just take all your thoughts, your worries, your doubts,
and you put 'em in a shoe box...
And you tell yourself,
"I'll deal with that later."

And I feel like--that's what I'm doing
About the war--I mean...
I know there's some stuff inside
that's gonna hafta be dealt with sometime...
But, for now, I just try to put it all in a shoe box
and tell myself,
"I'll deal with that later."

But it's hard--I mean...

I stay in touch with some of the guys in my platoon,
and other vets--and...
This vet e-mailed me the other day
and he said..."Tell me..."

Is it normal to want to blow your brains out?"

Dale Polissar

Sunday, June 2

The West Marin Chili Feed begins at 11 a.m. at Toby's Feed Barn, in Point Reyes Station, with award-winning chili made from last year's champion recipe along with a sampling of other chilis and cornbread, homemade pie and lemonade. Proceeds benefit Stockstill House, West Marin Senior Service's assisted living facility.

The Western Weekend Parade begins at high noon in downtown Point Reyes Station, with wild, original, old and traditional, musical and whimsical floats. **The Point Reyes-Olema 4-H Club** holds a bake sale in front of Toby's Feed Barn during the Western Weekend festivities.

The Mountain Play Association presents The Sound of Music for its 100th season, beginning today at 2 p.m. and continuing on Sundays through June 16 at the Cushing Memorial Amphitheatre (801 Panoramic Hwy), in Mill Valley. \$20 to \$40 tickets available at mountainplay.org or by calling (415) 383.1100.

Pt Reyes Light 5/23/13

Go to Health: Breaking News: your brain, your waistline!

Keep your brain in shape: Researchers at Oxford have recently shown that elderly subjects with mild cognitive impairment have significantly less brain atrophy in areas vulnerable to Alzheimer's disease if they take B vitamins. Their original study, published in 2008, showed that adults over 60 with higher vitamin B12 levels were 6 times less likely to experience brain shrinkage over 5 years than those with lower levels. The present study looked at subjects with high levels of homocysteine (above 11 micromoles/L) and found that B vitamins reduced cerebral atrophy in brain regions vulnerable to Alzheimer's by as much as 7 fold. Half of the subjects had elevated homocysteine levels. Homocysteine is an amino acid which had been linked to cardiovascular disease. However, lowering its levels has not been shown to improve cardiovascular risk. With the brain, the situation may be different. By taking B vitamins to lower their homocysteine levels, subjects in this study had a marked decrease in gray matter atrophy. Subjects in the Oxford study received 0.8 mg of folic acid, 20 mg of vitamin B6 and 0.5 mg of vitamin B12 daily. It is important to note that high doses of folic acid have been linked to increased rates of colorectal and prostate cancers in certain studies. A recent re-analysis of relevant studies was reassuring in this regard. However, remember that too much folic acid can be counterproductive, and stick to the guidelines in this article if you or a loved one has elevated homocysteine levels and decides to use B vitamins. Many experts think that everyone over 50 should consider a B12 supplement.

Another benefit of probiotics: Readers of these columns may recall that I am enthusiastic about probiotics supplements, because of their beneficial action against irritable bowel disease, abdominal pain, diarrhea of multiple origins, vaginal infections, and even colds and flu. Here's a new one – overweight Japanese subjects given a probiotic dose of 100 billion cells of *Lactobacillus gasseri* (a strain isolated from human breast milk) in a fermented milk product for 12 weeks lost significantly more abdominal visceral fat (the dangerous kind for heart disease) and subcutaneous fat than subjects given the fermented milk alone. However, the

amounts of fat lost were small – 3-5%. Waist size decreased by 1.8%. Previous studies had shown that obese rats given a high sugar diet also reduced their weight with *Lactobacillus gasseri*. Probiotics containing large amounts of this lactobacillus are sold in Germany. A US source is Seacoast Vitamins (800-555-6792). I do not know anything about this supplement company, and cannot attest to its standards.

California Update! President Obama's Affordable Care Act is being implemented in our state. California has set up the insurance exchanges that will allow people to compare prices of 13 different insurance plans, including Kaiser, Anthem Blue Cross and Blue Shield. Go to the website – Covered California – to get full information. Tax credits, cost sharing subsidies and expanded Medi-Cal assistance will help people who cannot afford the full cost of insurance. Enrollment will begin later this year, and the plans will go into force in 2014. You can get more information by calling 888-975-1142.

You will be proud to live in California when you read that more than half the people without health insurance live in states that are not planning to set up exchanges or accept federal money to expand Medicaid – Texas, Florida, Kansas, Alabama, Louisiana, Mississippi, and Georgia. People with incomes from the poverty level to up to four times that amount (\$11,490 to \$45,960 for an individual) will be able to get federal tax credits to subsidize the purchase of health insurance. But many people below the poverty line will be unable to get tax credits, Medicaid or any other help to buy insurance. What will it take to make us see that helping each other as a community is as important as protecting individual rights?

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

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Our occasional 'geezer walks': old friends getting together on a Friday, for a sandwich and stroll on the beach.**
- (2) Summer is upon us: the first picking of wild black dewberries.**
- (3) Getting together with your disreputable soccer friends to watch the European Cup finals on a sunny Memorial Day weekend morning.**

--Ned Riley



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P.O. Box 122, Bolinas, CA 94924 Phone/Fax: (415) 868

2128 Email: Bolinascc@bocenter.org /

www.BoCenter.org

BCC Board Meeting – March 2013

Directors and staff present: StuArt Chapman – President , Eleanor Lyman – Vice President, Randi Arnold – Development Director, Lia Sabbatini – General Manager, Steve Wrenn, Ayn Plant, Susie Stewart, Chris Besenty, Stacy Besenty, Jennie Pfeiffer, Susie Mills, June McAdams - Secretary

Visitor: Janis Yerrington

10:10 Meeting called to order.

Agenda and minutes approved with minor corrections.

Ayn Plant was voted in as a Board Member.

President's Report: Tree Project-discussion followed –Janis Yerrington spoke about the project and how it would improve the looks of the area.

A motion was made to accept the tree project as proposed by the Yerringtons. Motion passed.

Talked about the membership meeting and wanted everyone to attend and enjoy the event.

Treasurer's Report: Numbers reviewed- fundraising has gone well and our finances are sound.

Jennie complimented the staff.

Manager's Report: The painting Project is in process thanks to an anonymous donor. Bids are currently being accepted for the work. The Web Site looks great thanks to Chris Besenty.

Youth night on a Friday this month was a big success and will continue with Martine's guidance.

Lia reviewed upcoming events. Art & Gardens coming together- a sign up list was circulated seeking volunteers. Discussion followed about set up. Two fundraising events are coming up in May.

Development Manager's Report: We got a grant from the West Marin Fund for the implementation and maintenance of Constant Contact. Marin County Block Grant request has been written but little money is available this year. Some problems around employee fees are important concerns.

Other Business: It was announced that June McAdams would like to be relieved of the Secretary role. The group was asked to consider volunteering for this position. Stacy Besenty volunteered for the position of secretary-Thank You, Stacy. A motion made to elect Stacy as secretary. Motion passed.

Meeting adjourned @ 11:05.

Respectfully submitted by June McAdams

WEEKLY WRAP & RECAP 5/27/13

From Jennie Pfeiffer

WE ARE FULL ON IN THE MIDDLE OF EXPERIENCING MARVELOUS MAY MAYHEM, so no time to recap, got to get down to the Plaza and enjoy the Memorial Day Holiday music and bar-b-q, in between drizzle drops, while we remember with heavy hearts, those who sacrificed their lives in the interest of national liberty and for the visions of power for the rich and mighty.

I missed doing a recap last week, will be cutting this column short, and will take a break generally until June, so it's up to our community full of reporters to pick up the slack. Remember, everyone in town is a reporter for the Bolinas Hearsay News.

So far this weekend we've had a lot of revelry. Saturday was filled with family events and I want to particularly congratulate Chloe McCollum and Javi Alvarado, youth interns with the Bolinas Community Land Trust. They did a wonderful job of organizing the Family Faire in the new Down Town park. Lots of fun things to do and a perfect use of that lovely park. I do think we need to be able to lightly amp the voices of the musicians. It's too difficult to hear with all the ambient outdoor noise. Don't need anything earth trembling, just a bit of a boost.

Later Saturday night more good food and music at the Community Center for the Stinson Beach Preschool FUNdraiser, and then yesterday there was art and also the gala windup party ending the Museum's spring garden tours. I didn't get there, but the participants looked like they were having fun as they got on the buses loading at the school where soccer was ending. Lots to do, so pace yourself.

jp

Saturday, June 1

Virgil Shaw plays at 9 p.m. at Smiley's Saloon, in Bolinas.

An Invitation to the Community

Please join us in celebrating the creativity and artistic spirits of our children at the

ANNUAL
BOLINAS-STINSON SCHOOL
ART SHOW

Friday May 31
Quesada Bldg., Bolinas campus
6:00 - 6:45 Student Music Performances
6:45 - 9:00 Art Exhibit with Food and Refreshments



Balancing Act
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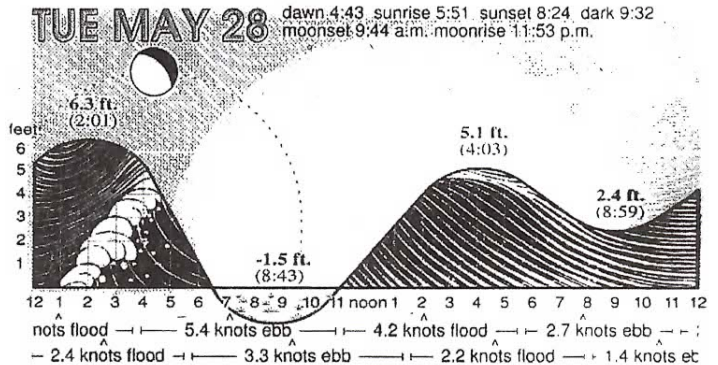
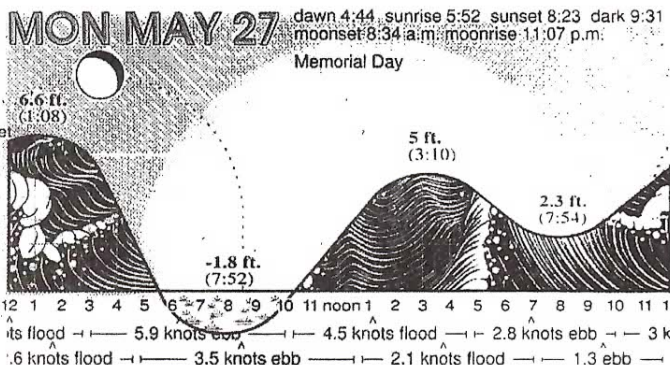


	Mon	Tue	Wed	Thu	FRI	Sat	Sun
6	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music	5 Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am KWMR Night Music	Radio Goethe 12-1 am KWMR Night Music
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	6:00 am As It Happens Morning Glory	KWMR Night Music Daybreak
8	With Eyes Open! Peter Asmus Park Wave-lengths L. Farley	Local.org Paul Fenn Charles Schultz	Rise and Shine Mary Siedman Amber Distasi	Swimming Upstream Amanda Eichstaedt	Morning Blunder Howard Dillon Charlie Docherty	Barrio Vibes Solange Echeverria	# Gregory DeMascio # Anneke van der Veen
9	KT's Kitchen	Airwaves Raul Gallyot	Fish Tales David Cook	Specials TBA		Vicarious Traveler Vicki Leeds	# Rick Clark
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Vinyl Café (repeat)	Turning Pages # Joy Maulitz # ViewPoint (repeat)	Turning Pages — Kerry Livingston — Specials	Turning Pages # Bilingual Storytime # Specials TBA	NEW SERIES Climate One	# Guest Hosts 10 am BirdNote
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
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions	Alternative Radio	Attune-ment Anthony Wright	Common-wealth Conversations	Forms and Feelings	Happy Days Marcie Judelson
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Santiago	Spirit & Mind Anthony Wright	Your Own Health & Fitness	Philosophy Talk	NEW Peace Paradigm Stepanie Van Hook	NEW DAY Transition to Peace R. Faure-Brac	Jazz Rhythm LAST SUNDAYS
2	Cruisin'..... Rick Clark	What's New?	Classical Wednesday	Classical Thursday	Classical Friday	# Hawai'i Calling Susanna Henderson	Riverwalk Jazz
3		#1 Jimo #2-5 Specials	#1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	# Susan Santiago # Jeffry Wilkinson	#1 S. Henderson #2/4 N. Masonson	# World Music with Professor Kosmo	The Vinyl Café (CBC)
4	# Aztec Pride Jorge Ramirez # Youth DJ Project Anna Kositzin	Art of the Song	Krista Tippet On Being #5 Coastal Airwaves Vickisa	TeaTime Books Mimi Calpestri Howard Dillon	#3/5 Specials	Circulo musical	Learnin' Kirven To Hell & Bach
5	Moyers & Company	Sabrina Artel's Trailer Talk NEW SERIES Live Wire! Radio	Open House Epicenter: West Marin Issues #1 Pt Reyes Dialogues Last: WM Political Reps	Open House: Témas de immigration; Story Shed # Art's Desire # Hot Tech/Cool Science	Happy Hour	Jesus Martinez	Brian Kirven Beth Underwood
6	Trash to Treasure Madeline Hope	Musical Varieté	Foggy Ridge Music West County Prowl	Bakersfield & Beyond Mike Varley & Amanda Eichstaedt	Liberacha	The Celtic Universe	Ears Akimbo's Elbow Room Rock and A Jazz Place
7	Release Me...New music Amanda	Charlie Morgan	Will Minor	Shorty's Bunkhouse Shorty	Friday Funk Fest	# Loretta Farley # Lyons Filmer	Paul Flowerman Grey Shepard
8	El Barrio	Faultline Radio	Coast Highway Blues	L.A. Theatre Works	Fairfax Funkateer	Rick's Jazz Café Greg's Groove	Choose Your Own Adventure The Kitchen Sink
9	Gus Conde	Jaimo Crespo	Larry Rippee	Contemporary and Classic Drama	Magic Radio	Rick Clark Gregory DeMascio	Fred Smith Patrick Kleeman
10	Monday Night Mixtape	NEW Barbarian Beach Party Katie Eberle	Sonic Sunspots Tony Palmer	NEW Best of British Unsigned	Chris Breyer	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charles	Professor Kosmo plays.....		New music from the UK Professor Kosmo plays....		# Marc Matheson # Jeff Wilkinson	4.22.13

Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317





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

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SERVICES

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DP 6/3

HEALTH & HEALING

LOOKING FOR REIKI PRACTITIONER

To trade sessions with. If interested call me.
Serena ph 868-1018

SC 5/24

HEALTH AND HEALING

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increased flexibility and function too. Through gentle, effective
path of Ortho-Bionomy. Fridays in San Rafael. Sara Sunstein,
30 years experience. 510-526-5414. www.sarasunstein.com

SS 5/31

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Excellent homecare, cleaner.
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CH x

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HELP WANTED

EVENT MANAGER FOR THE BOLINAS COMMUNITY

Center. Paid position. Contact B.C.C. 868-2128

BCC 5/31

HOUSING WANTED

NEEDED IMMEDIATELY-2 BEDROOM HOUSE,
in Bolinas, for Professional Mother, daughter 8 and very
mellow dog. Year lease. 415-300-7639

BF 5/31

FOR RENT

FRIENDS OR FAMILY COMING TO TOWN THIS
summer & stretching the limits of your guestroom? Rent our
home on the Big Mesa! 2 BR, 1.5 BA, Mtn view, great garden.
One week minimum. Available mid June - mid July. Email me
@ csimeone@att.net for details, photos, cost.

CS 6/5

SMALL COTTAGE WITH OCEAN VIEW

Private entrance through garden. No smoking. No pets.
\$1095/mo. Contact @415-868-2587

HW 5/29

WANTED

MANUAL TYPEWRITER IN GOOD WORKING ORDER.

Please call Martha at 868-0531 Thank you very much

MW 5/24

Free Ads are now Free

As a public service to help recycling of things in Bolinas and to
promote the Hearsay News we will now print ads for things you
are giving away for free. Drop your ad through the slot in the
door at the left side of the PBUD building at 370 Elm Street.
Or email to hearsaynews@yahoo.com

Maximun 20 words for one week (three times)

FREE

OAK SCHOOL TEACHER'S DESK FROM 40s/ 50s

Black top with locking drawers, 60" x 34".
Could help transport. Lea - 9330

LE 5/29

TV:13" COLOR SONY TRINATRON +
Panasonic DVD player + Digital Converter Box + Rabbit Ears.
Excellent condition. 868-9648

BK 5/29

RIDE SHARE

OFFERING: ROOM TO RIDE SHARE

8:30 depart Bolinas, Mill Valley, San Rafael. 5:30-6:00 depart
San Rafael, Mill Valley - M-F. 415-300-7639.

BF 5/29

FOR SALE

DRY DRY DRY SEASONED FIREWOOD

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

DMx

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.

The Bolinas Hearsay News is a community newspaper representing you, the populace of the community. The Bolinas Hearsay News is not a scandal sheet, nor does it seek to advocate any single political or philosophical stance. The Bolinas Hearsay News is not a vehicle for self-aggrandizement or commercial hoaxes. It is, rather, an expression of the citizens of Bolinas. In light of that, every citizen of Bolinas, who is a reader of the Hearsay News is hereby deputized as a Hearsay News Reporter.

LOST AND FOUND

LOST: MIND, IN GOOD SHAPE, NOT MUCH particular value but I'm rather fond of it. Might have left it on roof of my car but I can't really be sure. If found, please return to Smiley's where I might have also left it.
Thank you very much.

SL 5/22

FOUND; MEDIUM SIZE, BLACK FEMALE DOG. 5/27
Gave her a good meal, waiting for owner. 415-314-1055

5/20

LOST: BLACK BERET WITH BLACK AND GREEN artificial roses attached. Please call Kathleen -2283

KO 5/17

WEDDING RING IN WHITE GOLD AND PLATINUM (both looks like silver to the unused eye) with a groove running through the middle was lost on the Bolinas beach on April 17, 2013. I have been out there with a metal detector twice without luck. If you have found my ring please contact me at (415) 939-3596 Cell or henning-vdj@att.net

HV5-3

LOST: SILVER BRACELET MADE BY A FRIEND. Swirly with a hook catch. Could be anywhere but I was walking around the graveyard looking for Charles Fox. Would love to have it back but have cut it loose. Vickisa-868-0931

VF 4/22

LOST: CORAL & TURQUOISE NECKLACE on Mesa. Please return if found - great sentimental value. I live on Pine Rd. Ciao, Paola, molta grazie. Paola 9271, Dolores 0935

PG4/22

MISSING: FROM THE ROD AND BOAT CLUB ST. Patrick's Day dinner: a brown leather handbag in a backpack shape and bright pink wallet. Please return, no questions asked- 868-8862.

AM 3/18

CLASSES



Weekly Schedule

Sunday

Yoga w/ Trishna 9:00 - 11:00 a.m.
Brazilian Dance w/Anna 11:00 a.m. - noon
Ninjutsu Martial Arts for adults w/ Martin 5:00 - 6:30 p.m.

Monday

Chi Gung w/ Susie Stewart (class starts 6/3/13) 10:00 - 11:30 a.m.
Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m.

Tuesday

Yoga w/Lisa Brendel 9:30 - 11:00 a.m.
Bo Babies 12:00 - 2:00 p.m.
Pirate Pizza in BCC kitchen (pre-order 328-1066) 4:30 - 7:30p.m.
CommUnity Nights 6:00/7:00 p.m.
W/ free movies, games or music. Call -2128 for details

Wednesday

Pilates w/Lisa 8:30 - 10:00 a.m.
After-School Theater w/ Lisa Townsend 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

USDA food bank 12 noon
Ballet for adults w/ Erika Townsend 2:00 - 3:00 p.m.
After-School Ballet w/ Erika Townsend 3:30 - 5:15 p.m.
Congolese Dance & song w/ Sandor 6:00 - 8:30 p.m.

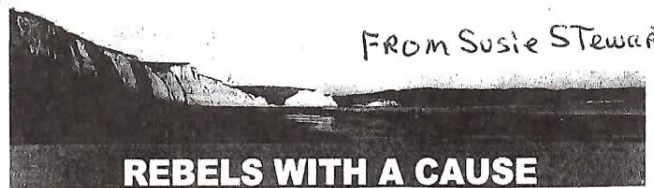
Friday

Pilates Mat Class w/Lisa 9:00 - 10:00 a.m.

Saturday

Yoga w/ Lisa Brendel 9:00 - 10:30 a.m.
Ballet w/ Erika Townsend 12:00 - 1:30 a.m.

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



FROM SUSIE STEWART

REBELS WITH A CAUSE

A stunningly beautiful new film narrated by Frances McDormand, **REBELS WITH A CAUSE** spotlights the rebels, a group of citizens from many walks of life, who fought to establish public parks next to a densely populated urban center yearning for access to nature.

WHAT: Roxie Cinema
WHEN: OPENS May 31
WHERE: 3117 16th Street, San Francisco
INFO & TICKETS: roxie.com



WHAT: Elmwood Theater
WHEN: OPENS June 7
WHERE: 2966 College Avenue at Ashby, Berkeley
INFO & TICKETS: riallocinemas.com/index.php?location=elmwood



WHAT: Christopher B. Smith Rafael Film Center
WHEN: OPENS June 7
WHERE: 1118 Fourth Street, San Rafael
INFO & TICKETS: cafilm.org/rtc



WHAT: Rialto Theater
WHEN: OPENS June 7
WHERE: 6868 Mckinley Ave, Sebastopol
INFO & TICKETS: riallocinemas.com/index.php?location=sebastopol

Susie says
This was great!

QUESTING - WHERE IS THE PATH? is taking a stroll down Memory Lane with long-time, life-time resident of Bolinas, Dave Glasson whose family has been part of West Marin history for three generations. Dave is going to share some of his memories of what it was like then and how it's not that much different now.

Please join us on
KWMR COMMUNITY RADIO 89.9FM
11AM, May 28th - Hosts Mimi Calpestri and Jane Mickelson.