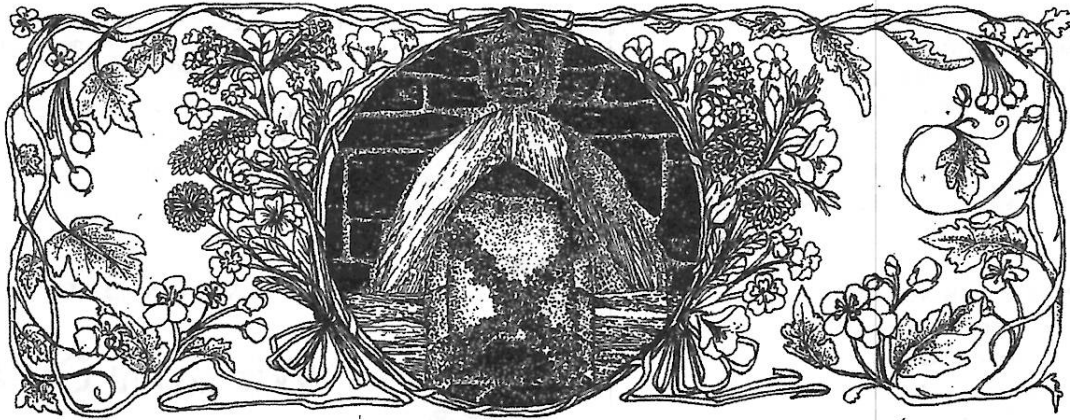


Bolinas Hearsay News

Monday, May 4, 2015

50 cents

THE FESTIVAL OF BELTAINE



*Welcome, with your lovely greenwood choir,
summery month of May for which I long!*

WELSH, FOURTEENTH CENTURY

WHAT'S HAPPENING?

Monday, May 4

STAR WARS DAY May the 4th be with you.

Tuesday, May 5

CINCO DE MAYO

THIRD AGE ELDERS GROUP

Special guest speaks about the 'Village' movement helping people to age in place. All ages welcome.

Fire House, 1:30-3pm. Info: Mimi 858-9275

ETA AQUARIDS METEOR SHOWER

Thursday, May 7

SWEET HONEY

Sing Everly Bros songs @ Coast Café, 6-8pm

VOID WHERE PROHIBITED

Classic rock @ Smiley's, 8:30pm, \$5

Friday, May 8

THE SAM CHASE

Hard-rocking folk @ Smiley's, 9pm, \$8

Saturday, May 9th

TOWN MEETING: SURFERS' OVERLOOK

Discussion on ways to save Terrace Ave, @ Fire House, 10am

SALLY ROBERTSON

Mother's Day Weekend Open Garden and Studio 10-5 284 Cherry, Continues on Sunday, May 10th

CUISINE ON THE GREEN

Crafts, dog show, food & music on the Stinson Beach Green; fundraiser for W. Marin Senior Services, 11am-3pm.

SOUP SATURDAY

Free lunch at St Aidens. Noon. All welcome.

TAMALPAIS STRING QUARTET

Free spring concert in Museum Courtyard, 2pm.

THIS OLD EARTHQUAKE

At Warren's Barn, Mann Family Farm, 6:30-10pm.

BLACK WATER GOLD

Vintage world funk @ Smiley's, 9pm, \$10.

Sunday, May 10

MOTHERS' DAY

PANCAKE BREAKFAST

For Mothers' Day, at the Fire House, 8-11am.

HAPPY HAPPY BIRTHDAY!!!

May 4: Gary Fontan
David Liebenstein

May 5: Sandy Dierks

May 6: Adam Mandelman
Kristina Amoroso
Julie Brown

May 7: Herman Berlandt
Marvin Ennis
Mimi Calpestri
Trevor Willis
Taji Bolduc-Stewart

May 8: Bob Gold (remembered)

May 9: Jacob Tacherra
Bob King
Sylvan Stonewarrin

May 10: Briana Buchanan
Hermione Horvath
Mirta Guzman

Cuisine on the Green

in Stinson Beach
Saturday, May 9th
11:00 - 4:00

Festival of food, crafts and live music

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

Gather. Explore. Play!

Bolinas- Stinson Youth Group

April 27, 2015

Sweet little group got off the bus in Stinson this past Monday.

Was a treat to have Maittrella back, joined by Ely and Rose.

The Snack Bar was still under renovation so we supported the Parkside Bakery and procured chocolate croissants, in addition to Strauss ice cream cones-vanilla bean and banana brown sugar flavors, yum!

The green grass was so inviting next to the playground, we sat down to play a rhythm game and didn't leave our perfect spot for an hour.

We sat in a circle, singing and clapping a song which named other players in the group by number. If you flubbed the rhythm or the number you had to go to the last spot in the circle. It actually was quite challenging and took a specific kind of focus not to mess up, despite having fairly simple parameters. We wanted everyone to succeed so that all players had a chance to sit in the leader spot. It was so much fun.

When was the last time you sat in a public space clapping and singing in a circle? We highly recommend it. Don't miss this weeks musical at the Bolinas Community Center, Singing in the Rain!

Please join our amazing group of Youth Volunteers for next weekend's event in Stinson Beach, Cuisine on the Green!

We will be leading fun games for children and raising money for BSYG!

If ten years or older please contact: rachelcecchi@gmail.com

Dear Reader – Do you want to support our Youth Group? We need your help! Send your tax-deductible check, for any amount, made out to the Bolinas Community Center, with Youth Group in the memo line. POBox 221. Bolinas 94924. Questions? Call 868-0493.

Sweet Rock in Warren's Barn @ Mann Family Farm
 May 9th 6:30-10:00
 This Old Earthquake
 and The Attic Ends
 Hosted by The WMRFW
 \$20.00 tix @ the Door
 Park at the cemetery
 We will provide shuttles to the barn.
 Show starts at 7:00 sharp and ends at 10:00 sharp!
 Hearty Snacks available for purchase by Humble Kitchen.
 Come enjoy beautiful music in a beautiful setting.

www.amandarosskskincare.com

Mesa Park Fire House Community Park Agency looking for a mowing service for weekly field mowing. Knowledge of irrigation systems and a valid CA driver's license required. Please submit resume to P.O.Box 461 attention Mesa Park Board by May 8th, 2015.

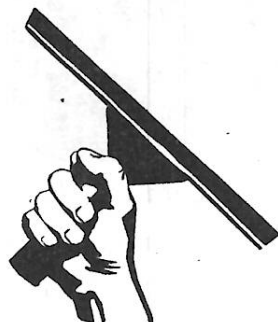
Hey Guys,

A few folks at our last show in Bolinas at the Coast Cafe recommended we reach out to you for a mention of our next performance.

We'll be back at the Coast Cafe on Thursday, May 7th from 6 - 8 pm. I've attached a video link, photo and bio:

Sam and Sam of Sweet Honey started playing Everly Brothers tunes in Tilden Regional Park for bobcats and butterflies in summer of 2014. Since then, they've written a few of their own and are currently working on their debut album while refining and reflecting at their monthly Coast Cafe residency in Bolinas, CA. Come see them May 7th from 6 - 8 pm for some heartfelt acoustic Americana. ["All I Have To Do Is Dream" Everly Brothers Cover Video](#)

Please let me know if there's anything else you need from us. Thanks for your time!
 Sam
 (406) 431-4434



Ken & Sam Levin
Window Cleaning

415.663.9669

West Marin's Best

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Our own fields of green-gold—ripening grasses rippling in the wind.
- (2) Mayday/Beltane celebrations. One of the sweetest was at the Stinson school on Friday, dancing around the May Pole.
- (3) It must be summer—I shivered in the fog all weekend.

--Ned Riley

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48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

Mesa Park Fire House Community Park Agency looking for a part time maintenance person for Mesa Park facilities and grounds. CA driver's license required. Please submit resume to P.O.Box. 461 attention Mesa Park Board by May 8th, 2015.

Short Walks Reverse the Problems of Sitting

You probably know that prolonged sitting isn't healthy – it can actually reduce your lifespan. Here's the good news – taking a 2 minute walk every hour can reverse the damage. Research from the University of Utah has shown that people who engage in two minutes of walking every waking hour come close to achieving the 2.5 hours of moderate exercise each week - the amount that strengthens the heart, muscles and bones and extends the lifespan. My suggestions – set an alarm when you are working at your desk, and walk around with gusto every hour. Get up during all commercials when you watch television – that will give you much more strolling time. This regimen may be better than sitting all day and then taking a run or going to the gym. Stay tuned.

Squirm to Learn

A new study from the University of Central Florida showed that children with attention deficit/hyperactivity disorder (ADHD) learn better if they are allowed to engage in foot tapping, leg swinging and chair scooting movements. This kind of movement is vital to how they remember information and work out cognitive tasks. Children without hyperactivity learn less well if kept in motion. Mark Rapport, head of the Children's Learning Clinic at the University of Central Florida said "The message isn't 'let them run around the room' but that you need to be able to facilitate their movement so that they can maintain the level of alertness necessary for cognitive activities. A majority of students with ADHD could perform better on classroom work, tests and homework if they're sitting on activity balls or exercise bikes, for example." This message may be true for adults as well – if you have always been a fidgeter and think you have a version of attention deficit disorder, try reading on a slow treadmill or exercise bike. It may improve your concentration.

Diet Swap has dramatic effects on colon cancer risk

Scientists at Imperial College in London and the University of Pittsburgh have found dramatic effects on risk factors for colon cancer when American and African volunteers swapped diets for just two weeks. Western diets, high in protein and fat but low in fiber are

thought to raise colon cancer risk compared to African diets high in fiber and low in fats and protein. Colon cancer rates are much higher in the western world than in Africa or Asia. A group of 20 African American volunteers and another group of 20 people from rural South Africa swapped diets under tightly controlled conditions for two weeks. The volunteers had colonoscopy exams before and after the diet swap – researchers also looked at biological markers for colon cancer and samples of colonic bacteria. In the start, almost half of American subjects had colonic polyps (which can progress to cancer) and none of the Africans had these growths. After two weeks on the African diet, the Americans had significantly less inflammation in the colon and reduced biomarkers of cancer risk. In the African group, measurements indicating cancer risk had increased dramatically after two weeks on the western diet.

Professor Stephen O'Keefe at the University of Pittsburgh, who directed the study, said: "our study suggests that westernization of the diet induces changes in biomarkers of colon cancer risk in the colonic mucosa within two weeks. Perhaps even more importantly, a change in diet from a westernized composition to a 'traditional African' high fiber low fat diet reduced these biomarkers of cancer risk within two weeks, indicating that it is likely never too late to change your diet to change your risk of colon cancer."

The study found that a major reason for the changes in cancer risk was the way in which the bacteria in the gut -- known as the microbiome -- altered their metabolism to adapt to the new diet. In the American group, the researchers found that the African diet led to an increase in the production of butyrate, a byproduct of fibre metabolism that has important anti-cancer effects.

The take home message here is – eat plant foods high in fiber. Refined flours, sugars and all kinds of processed foods should be seriously questioned and left on the grocery shelf.

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

**Al Anon Weekly Meeting-St. Aidan Church
Wednesday 8:30-9:30 am
Diana – 9249**

Minutes from the March 23, 2015 Bolinas Fire Protection District Board Meeting

Pres. Kimball called the regular meeting of the Bolinas Fire Protection District to order at 7:30PM. Vice Pres. Bass, Dir. Shaw and Dir. Gade were present. Also present: Chief Brown, Secretary Brown. Dir. Chiera was absent.

Chief Brown asked to add an agenda item requesting Board support and permission to sign documentation regarding the Terrace Avenue Surfers' Overlook repair. MSC Bass/Shaw (unan with one absence) to approve the agenda with one additional action item.

CHIEF'S REPORT

MERA

Chief Brown reported that she plans to attend the regular meeting scheduled for March 25th in Novato. MERA recently released information regarding the Senior Homeowner Exemption applications for the new Generation II tax, and applications for the Citizen Oversight Committee. These applications will be noticed on the BFPD website and in the Hearsay news. Pres. Kimball asked if the Citizen Oversight Committee will consist of citizens only. Chief Brown, who serves on the Technical Advisory Committee, clarified that the Citizen Oversight Committee will consist of five citizens only, selected by the Governing Board and will oversee that funds collected for the Gen II system are spent appropriately.

Prevention

None.

Inspections

445 Tulip – 4291

Planning

20 Nymph Road – Demolish existing residence, construct new one
76 Alturas Road – Remodel
324 Ocean Parkway – Addition
65 Crescente – Remodel
23 Rafael Way – Single family residence remodel
28 Crescente – Single family residence
350 Fern – Studio addition
100 Mesa - Mesa Park bathrooms –Project is underway.
*415 Yucca – Legalize Second Unit
380 Larch Road – New septic system, habitat restoration
480 Horseshoe Hill Road, Barn construction
555 Dogwood – New Construction
210 Laurel – Legalize second unit, new guest house
350 Lauff Ranch Rd. – Legalize multiple structures
4900 Shoreline Highway - Remodel
120 Horseshoe Hill Rd – Addition, remodel
10 Olema-Bolinas Rd – Second Unit

Disaster Council

Chief Brown reported that she has been meeting with the First Aid Team from the Bolinas Stinson School. They have been

training and acquiring more emergency supplies such as backboards and Mylar blankets. Chief Brown has also been meeting with Beth Carusillo to work on community mailings. Beth has been meeting with Area Coordinators to help them disseminate assessment sheets to their Neighborhood Liaisons.

Building and Grounds

Chief Brown reported that AT&T completed installing Remote Radio Units on their communications tower located at the firehouse. In 2013, AT&T requested to add panel antennas and the remote radio units on to the tower. The units were not added at that time due to an inventory shortage. They improve receptivity and transmission signals.

General Operations/Administration

Chief Brown commented that operations went extremely well during her absence while on vacation. She appreciated everyone who pitched in and made station operations and calls run smoothly.

Surfers' Overlook Repair/Terrace Avenue

Chief Brown reported the Save Surfer's Overlook Committee, consisting of Asst. Chief Camiccia, Rudi Ferris, Remick Hart, Ken Masterton and Dick Bass, with Jennifer Blackman and Chief Brown assisting, met last Tuesday March 17th. She summarized that if \$500,000 can be raised by July 1st, the County has agreed to place the project of repairing the road level retaining walls on their fall schedule for completion. Contacting immediate neighbors and residents near the Overlook is their first goal. Pres. Kimball explained that it would be ideal to encourage all the immediate stakeholders to participate in the project by donating any amount, large or small. Both Sup. Steve Kinsey and Mark Buell have offered to help raise more money once the effort is successfully underway. All members of the community will eventually be asked to participate. Community meetings are being planned to educate the community about the importance of the repair. Chief Brown explained that the closing of Terrace Avenue would seriously affect access and egress to and from the downtown area. If Mesa Road were to be closed, which happens annually due to storms, there would be no access from the fire department to the school, Horseshoe Hill or downtown areas. There would be no access to the Mesa for an ambulance and no evacuation route from the Mesa. This scenario could be life threatening for residents and visitors alike. She went on to explain that building an additional access road to the downtown area would be unlikely for various reasons including permitting requirements and cost. Vice Pres. Bass said that it would be helpful to have a community meeting soon in order to educate residents about the issues at hand. Pres. Kimball added that the road level repair, phase one of the project, would buy ten to fifteen years of time to complete the second phase of the project. If phase one of the repair is delayed, there

Cont. next page

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is a risk of the road sliding to point that it can not be repaired.

Dir. Shaw asked how she could best help with the project. Chief Brown answered that the Committee is handling the fundraising but talking about the project with friends and neighbors is always a help. She added that the Bolinas Community Center has agreed to be the projects fiscal sponsor which will allow tax deductible donations to be made to the project without a new 501c3 having to be formed. An agreement with the BCC, which has agreed to only charge 3% for this service, is currently in draft form.

GENERAL BUSINESS

Action Item #1: Elect Marin LAFCO (Local Agency Formation Committee) Special District Representatives – Regular and Alternate

After some discussion, the Board decided to abstain from voting as the candidates were unknown. The Board will consult GM Blackman in the future regarding candidates and their experience.

MSC, Gade/Bass (unan with one absence) to abstain from the Marin LAFCO Special District Representative Election.

Action Item #2: Consider pursuing promised donation to Firehouse/Clinic Project

Dir. Shaw presented a letter for review that she wrote to a past donor to the Firehouse/Clinic Project who has not yet paid all the money that they pledged towards the project in 2008. The Board discussed the appropriateness and timing of pursuing the donation now. Chief Brown commented that not all of the pledges were collected and that in fact, all of the Capital Campaign accounts were closed several years ago at the advice of the District auditors. Vice Pres. Bass expressed her discomfort with asking for monies that were pledged so many years ago. Dir. Gade suggested that monies could instead be requested for current projects such as the Terrace Avenue repair. The Board thanked Dir. Shaw for her efforts but decided not to pursue the promised donation.

MSC, Gade/Bass (unan with one absence) to not pursue promised donation to Firehouse/Clinic Project.

Action Item #3: To reaffirm support of the Save Surfer's Overlook Committee project to pursue phase one of the repair at Surfer's Overlook and to grant permission to Chief Brown to sign related documents without individual approval from the Board.

The Board discussed Terrace Avenue safety issues and the importance of Board support for phase one of the repair. Access and egress issues are of the utmost importance in the community as there are only two access and egress points to and from the Mesa and the downtown area: Mesa Road and Terrace Avenue. Chief Brown reiterated that if Mesa Road is

closed to a road blockage such as limbs falling, Terrace Avenue is the only passage to the downtown area. If Terrace Avenue is not repaired and the road slides, then there is no passage to and from the downtown area. The efficiency and ability to evacuate residents is also very dependent on both access/egress points being open and clear to traffic. The importance of emergency vehicle maneuverability along Terrace Avenue was also discussed.

The Board asked Chief Brown to make a list of key points regarding the repair for Board members to refer to when discussing the project with the community.

MSC, Bass/Shaw (unan with one absence) to formally support phase one of the initiative to save Terrace Avenue at Surfer's Overlook as it pertains to the safety of the community and to allow Pres. Kimball and Chief Brown to formally support the project as appropriate.

CONSENT CALENDAR

MSC, Bass/Shaw (unan with one absence) to approve the Minutes from the February 23, 2015 regular meeting, the warrant lists from February 18 – March 17, 2015, and the financial reports for January 2015 including the account balances.

Chief Brown announced that a Finance Committee meeting will be scheduled soon.

GOOD OF THE ORDER

Vice Pres. Bass thanked everyone in the District who stepped up to make Chief Brown's absence while on vacation possible. Pres. Kimball, Dir. Gade and Dir. Shaw also thanked everyone in the District who made her vacation possible by covering her shifts. Special thanks to FF Jake Tacherra, Asst. Chief Marcotte and FF George Krakauer for working extra time.

Pres. Kimball and Vice Pres. Bass also appreciated and thanked Sec. Brown for being self motivated in her position as Dist. Secretary.

ADJOURNMENT

MSC, Bass/Gade (unan with one absence) to adjourn the meeting at 8:35 PM.

Respectfully submitted,

Molly Brown
District Secretary

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KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	Art of the Song	KWMR Music	KWMR Music	KWMR Music	As It Happens	5 am Sunday Baroque
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happen (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Daybreak
8:00	With Eyes Open	A Cuppa Jo	Rise and Shine	Swimming Upstream			
9:00	Park Wave-lengths KT's Kitchen	Trailer Talk YDP: Retro Rock Hour	Airwaves	Top of the Morning Pieces of Peace	The Friday Guide	Vicarious Traveler Original Minds	
10:00	TURNING PAGES						
	At Nature's Pace	Reading to John Vinyl Café (repeat)	Waves of Joy new Radio Free Book mobile	For Children of All Ages Readers Delight	New Libro Abierto	Day 6 (CBC)	Sunday Celebration of: Sacred Music... Gospel... World Music...
11:00	TALK & CURRENT AFFAIRS						
	The Bioneers Trash to Treasure	Spirit & Mind Questing	Alternative Radio	Philosophy Talk	nuevo Cuerpo Corazón Comunidad	coming: Vida with Sego The Place We Live	
12 pm	Farm & Foodshed Report	New Dimensions	new TBA Making Contact	Attune-ment Commonweal Conversations	new time An Organic Conversation	AFTERNOON MUSIC	
1:00	Ocean Currents Post-Carbon	On Being	Climate One	Art's Desire Hot Tech/Cool Science	Peace Paradigm new day The Local Organon	Forms and Feelings	Happy Days Jazz Rhythm
2:00	AFTERNOON MUSIC & TALK						
3:00	Cruisin'.....	Aztec Pride Dawn Chorus	Classical Wednesday	Classical Thursday	Classical Friday joining Jan 23 The Scoring Stage	Hawai'i Calling new Woodstock West	Riverwalk Jazz The Vinyl Café (CBC)
4:00	Youth DJ Project	Youth DJ Project	Youth DJ Project	TeaTime Books (Coastal Airwaves)			
5:00	NEWS & CURRENT AFFAIRS						
	Epicenter	Epicenter	Epicenter	Epicenter	Happy Hour	Circulo Musical	return Leamin' Kirven To Hell & Bach
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		EVENING MUSIC & DRAMA	
7:00	Release Me	Musical Varieté	Foggy Ridge Music West County Prowl	Bakersfield & Beyond Shorty's Junkhouse	Friday Funk Fest	The Celtic Universe	Elbow Room Between Rock & A Jazz Place
8:00							
9:00	Barbarian Beach Party Silver Dollar Jukebox	return Faultline Radio	Coast Highway Blues	new night Off the Cuff Running With Scissors	Dr. Jazz Radio Programme Magic Radio	NEW title & hosts The Jazz Groove	L.A. Theatre Works
10:00				The Latin Alternative			
11:00	new night Forms and Feelings (repeat)	new music shows TBA	Sonic Sunspots	Best of British	Grateful Dead Hour	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
12 am	LATE NIGHT					LATE NIGHT	
	Weekly Feed 12-1 KWMR Music	KWMR Music	Sunspots to 1:30 KWMR Music	KWMR Music	Radio Goethe 12-1 KWMR Music	KWMR Music	DeepWaking 12-1 KWMR Music

MONDAY MORNING WEEK IN REVIEW

5/4/15 Wrap and Recap from Jenniepfeiffer
We are definitely into May-hem, and the chaos of multiple activities has begun. May first, Friday, Mayday festivities at the Stinson school campus were a total delight, as was the after school theater students' performances in the "Singing in the Rain" production, organized creatively and patiently by Lisa Townsend and company. More quality stage performances were enjoyed by audiences in Pt. Reyes at a production of "The Heiress" starring and produced by Sharon Drake. Along with art everywhere in town there were several opportunities to see Russ and the Family Riviere, back in Bolinas for a visit from Washington for the weekend with their band Pacific High. For the poetry lovers, there was an entertaining interview with JOANNE KYGER at Commonweal on Wednesday and then a Poets' Night at the Library on Thursday - so we are jumping right into the busy May, Mayhem month and the early summer season. More next week, so press on, JP

THIRD AGE ELDERS GROUP

1:30 - 3PM

TUESDAY - MAY 5TH

Bolinas Fire House. SPECIAL GUEST with information about the "Village" movement, which enables Seniors to stay in there neighborhoods and homes through networking, assistance from local services and so forth.

All ages welcome. No charge.
Info. Mimi Calpestri -415-858-9275

FOR SALE

FOR SALE: GE HEAVY DUTY SUPER CAPACITY CLOTHES WASHER. GOOD CONDITION AND CLEAN. \$125 WITH LOCAL DELIVERY, OR \$100 YOU HAUL. - 1085

PB 5/8

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

DMx



ANNOUNCEMENTS

MAKERS' MARKET IN THE MAKING

Are you an artist, baker, or maker of some fabulous product you'd like to sell? Plan is in the works to have a Marketplace on Memorial Day. Email lynnm@bolinas-stinson.org if you'd like to participate. Lots of fun and the more, the merrier

LM5/6

LOOKING FOR LISA GLUECK TO PASS ON NEWS of a family death. Lisa is currently or was recently a resident of Bolinas. Birthday, September 6. Contact with her is urgently requested. If you are Lisa or are someone who knows where she may be, please get in touch. I have no wish to intrude, except pass on the information for her to do with what she will. Edie Walker, aquarooster@hotmail.com or 613 853-8258

EW 5/4

LOST AND FOUND

FOUND: in Howard's car-brass Yale type key, 0 markings on black elastic tie. Call 2144 to claim.

HD5/4

LOST: MOVIE DVD SATURDAY 4/25

after closing the bookstore I accidentally left a box of library books and films on the table outside. When I returned one of the films was gone. If you happened to take the kid's film "From up on Poppy Hill" please return it to the Bookstore or call Peter at 9041. Thanks very much.

P 4/27

I MAY HAVE LEFT MY BELOVED WATCH

on the mantelpiece of the Community Center. If you found it please get it back to me. Neshama - 0636

NF 5/1

LOST: MY NEW SUNGLASSES!!!

Either on walk between front of Bo Clinic, to front of Bo Firehouse, or in Elder meeting in Conference room, Bo Firehouse, April 7th, (my birthday!!!). Please return to Mary Barror, 0902. Many blessings on you, if you do!!! Mary

MB 4/15

FOUND: ANIMAL ID 25338013 -SPECIES-DOG, Breed Australian Shepherd/mix, sex-female, found in Bolinas 4/7/15-currently at Petaluma Animal Shelter. Call us: 707-7787387. Open Tue.-Fri. 1-6pm, Sat. 12-6pm, closed Sun. & Mon. 840 Hopper St. Petaluma, Ca 94952 - Magin Griffith

MG 4/15

FOUND: AT THE PEOPLES STORE THIS WEEK, a pair of earrings in mesh drawstring bag. Call Uniquities @ 868-8886 or drop into the store to claim. 12-5pm every day but Tuesday

JP 3/4

CLASSES



Weekly Classes and Events Schedule

MONDAY	
Bo Babies & Toddlers Open Play Group (free)	10:00 - Noon
Chiropractic Adjustments w/ Colleen Lindstrom	1:00 - 3:00 p.m.
Youth Theatre with Lisa Townsend	3:30 - 5:00 p.m.
Pilates w/Lisa Townsend (pre-register 868-0473)	5:30 - 6:30 p.m.
Men's Percussion Ensemble w/ M. Pinkham	7:00 - 8:30 p.m.
TUESDAY	
Senior Stretch W/Anna Gottreich	11:00 - 12:00 p.m.
Aerial Arts for Youth w/Joanna Haigood	3:30 - 6:00 p.m.
Pirate Pizza in Kitchen (Pre-order at 328-1066)	4:30 - 7:30 p.m.
WEDNESDAY	
Pilates w/Lisa Townsend	8:15 - 9:30 a.m.
After-School Theater w/Lisa	3:30 - 6:30 p.m.
Ninjitsu w/ Martin (Starts 1/14/15)	6:30 - 8:00 p.m.
THURSDAY	
USDA food bank	12 noon
Aerial Arts for Youth w/Joanna Haigood	3:30 - 4:45 p.m.
Congolese Dance w/ Sandor	6:00 - 7:30 p.m.
FRIDAY	
Pilates Mat Class w/Lisa Townsend	9:00 - 10:00 a.m.
No Place Like Home (Free Brunch 4 th Fri of Month)	10:30 - 11:30 p.m.
SATURDAY	
Diaspora Dance w/ Amber Hines	9:00 - 10:15 a.m.
Ballet w/ Erika Townsend	10:30 - Noon
SUNDAY	
Vinyasa Yoga w/ Adele	9:30 - 10:45 a.m.
Brazilian Dance with Anna Gottreich	11:00 - 12:15 p.m.
CommUnity Night (see website for details)	6:00 - 9:00 p.m.

No Classes April 25th-26th for Art & Garden

Call 868-2128, check the Library Marquee, Calendar in BCC Foyer or visit www.bocenter.org for more info & special events!



FREE

Free: Spacious Hot Tub looking for a home! 72" wide x 80" long x 32" deep. In fine working condition, needs to be removed from current location. Yours for FREE provided you come and take it away. Please call for details: 9554 or 925-785 1648.

EK 5/4

FREE: LARGE DINING ROOM TABLE & 6 CHAIRS.
 PLEASE CALL 868-0925

LD 5/4

GREAT OAK DINING TABLE
 with broken leg. 509-1471

5/1

ONE PIECE TOTO, LOW-FLOW TOILET.
 415-868-2350.

4/29

FILL DIRT FOR YOUR PROJECT
 pick up at Bolinas Hardware. Available while supply lasts.
 Karen Dibblee

KD 4/24

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

SERVICES

HOLISTIC CHEF – GLOBAL GOURMET VEGAN/
vegetarian meals, juices and desserts – Thrive and let food be
your medicine. Stephanie 415.509.4115 or shiborn@gmail.com

SH 5/4

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 tool 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 HAS
a Subaru SW for all Bay Area (& beyond?) destinations.
Many local refs 868-2144

HD x

HELP WANTED

BOLINAS PEOPLE'S STORE IS HIRING.
Looking for someone preferably with retail experience, available
weekends & afternoons, able to make a long-term commitment.
Come in and pick up an application.

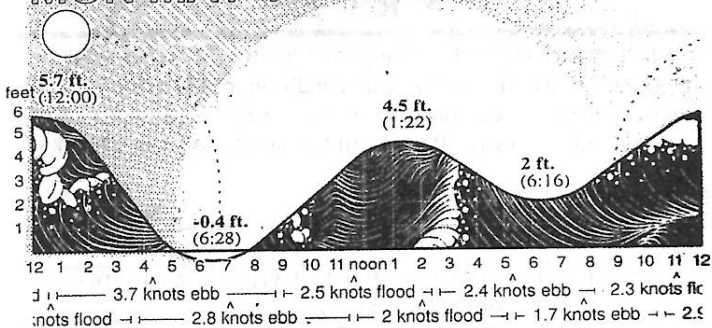
NT 5/8

HOUSING WANTED

KALIE AND SCOTT ARE STILL LOOKING
for a good spot to grow a garden and have a home!

KI 5/13

MON MAY 4 dawn 5:08 sunrise 6:11 sunset 8:03 dark 9:06
moonset 6:44 a.m. moonrise 8:49 p.m.



How to contribute to the Hearsay News in person
Come to the office-at 270 Elm at Maple, behind the
BPUD office on Mon's, Wed's and Fri's 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 mail
box 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.

HEALTH AND 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

NEEDED

LOOKING FOR A USED DOOR
I need a 2.6 (30 inches wide) door to fix my shed. If you have
one lying around that you are willing to sell, please give us a
call. Keith -0402, Patrice -1918

KH 5/6

SIDEWALK SALE MAY 18

Uniquities' Sidewalk Sale, which has
spread down to the Bookstore, will be the
third Saturday this month to allow all
vendors to sell at Stinson Beach Cuisine
on the Green, which is May 9, the second
Saturday, the day we usually hold the
Sidewalk Sale. So you have some extra
time to get things together if you want to
participate, and you also have the good
opportunity to get to both events. Drop in
at **Uniquities Variety, Thrift & Gift and
Really Good Pet Food Emporium** – noon
to 5:00 every day but Tuesday --to
reserve space; then collect your Random
Rummage and come buy, sell, trade.
Submitted by Jennie Pfeiffer

Enrolling Now for Dance Palace Summer Camp!



**Register By April 24th
For The Early Bird Discount!**

DANCE PALACE CAMP is a day
camp for ages 6-12 and focuses on our
environment, creativity and imagination
with hands-on, fun activities that
encourage respect for our planet, the
development of friendships, kindness,
cooperation, and social skills.

SESSION I: June 15- July 2
(Mon.-Thurs., 9 a.m.-3 p.m.)

SESSION II: July 6- July 16
(Mon.-Thurs., 9 a.m.-3 p.m.)

After-Camp Free Play (3-5 p.m.)

Go to www.dancepalace.org for
more information and to register or
call 415-663-1075.

