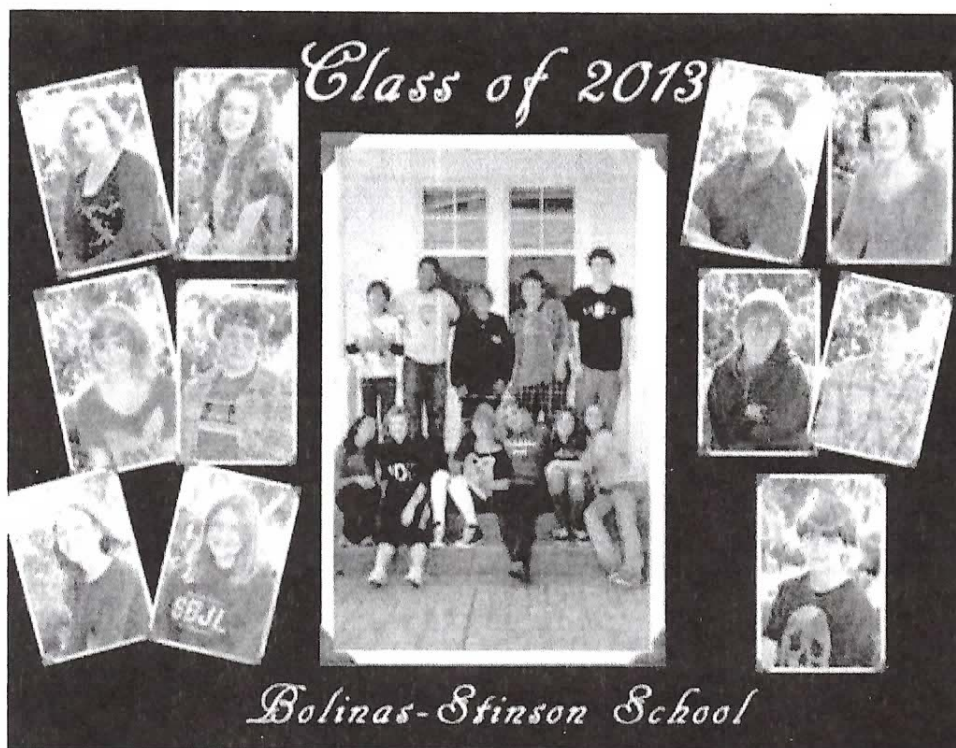


Bolinas Hearsay News

Monday, June 10, 2013

46 ¢ + tax

CONGRATULATIONS TO THE GRADUATING CLASS OF 2013



WHAT 'S HAPPENING

Monday June 10

MESA PARK BOARD MEETING

In the Firehouse community room, 7pm

OPEN MIC W/ JAMES MCDANIEL

Community Night at the Community Center, 7pm

CHI GONG

At the Community Center with Susie Stewart 10am

Wednesday, June 12

BOLINAS SCHOOL GRADUATION

Bolinas campus, 10:30am-noon

WEST CO. PROWL ON KWMR

Featuring live local music with your host, Jeff Manson 6:30-8:30pm

Thursday, June 13

WHISKEY & WOMEN

New band showcase @ Smiley's, 8:30pm

Friday, June 14

JOE & VICKIE PRICE

Live slide guitar blues @ Smiley's, 9pm. Cover

Saturday June 15

RACHEL NAOMI REMEN, MD

Symbols, Rituals & Archetypes: Speaking the Language of the Deep Unconscious Mind. Free. Commonweal 2-4pm

DALE POLISSAR & BART HOPKIN

Mellow clarinet/guitar jazz @ Blackbird Café, Inverness, 6-8pm

FARMACOLOGY AUTHOR DAPHNE MILLER, M.D.

In conversation with Marin Cheese-Maker Marcia Baringa @ Toby's Feed Barn, Pt. Reyes, 7:30

JUST FRIENDS

Live easy rock @ Smiley's, 9:30pm. Cover.

Bolinas-Stinson 8th Grade

GRADUATING CLASS OF 2013

Ibarra Demmerle,

Gavi Emunah,

Melea Emunah,

Mara Kaufman-Puchall,

Lianne Kelley,

Jacob Kline,

Jacey Leppanen,

Tre'shon Macon,

Mika Taylor,

Debora Garcia-Tevalan

Isaac Yerington



COMMUNITY &
CULTURAL CENTER
dance palace

**XERXES WHITNEY, "BUSTING OUT"
MOTIVATIONAL TALK & READING**

Xerxes Whitney will share some stories and poetry on authenticity and gratitude from growing up in West Marin. "West Marin is such special community I want to share my new passion with those dearest to me."

Friday, June 14, 7 PM / \$10

DEBORAH HENSON-CONANT

Harp playing Dance Palace co-founder returns to Point Reyes! Wielding a bright blue customized electric harp with an array of digital effects which she helped to design, Grammy nominated, Deborah Henson-Conant wears her instrument strapped on the way Hendrix wore his Stratocaster, and is just as revolutionary to experience. With the ease of a stand-up comic and a voice like a rock star, see her once and you'll never look at the harp the same way again.

Saturday, June 22, 8 PM / \$22 general, \$20 seniors, \$11 youth



THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Jim Vest, who for so long has been such a cheerful, creative presence in our town, and who now needs our best wishes and prayers for recovery.
- (2) The beginning of outdoor barbequing season—two this past weekend!
- (3) No wind for a while. Are spring winds over? Dare we hope?

--Ned Riley

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

8 2nd Prize \$25 6

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

HAPPY HAPPY BIRTHDAY!!!

- June 10: Ben Pfeiffer
Timo Brown
- June 11: Burr Heneman
- June 12: Robert Dun
Mickey Earl Sobel
Patty Smith
Gabrielle Mitraney
Jon Moore
Ed Chiera
- June 13: Erica Willig
- June 14: Travis Smith
Megan Cory-Bell
Vanessa Waring
- June 15: Orpheus Stephens
- June 16: Simone Garrigues

Friday, June 28
JUGVILLE, THE MUSICAL
@ Community Center, more info to come

Saturday, June 29
IT'S A FAMILY AFFAIR
@ Community Center

Go to Health: Eating on the Wild Side

Jo Robinson, a health writer and food activist, has just published a book that is loaded with new and interesting ideas. Here are a few from early chapters. The fruits and vegetables we grow, buy and eat today have been made more palatable than their wild ancestors by centuries of plant breeding. This does not mean genetic modification, but rather careful selection of varieties of each plant that are large, sweeter, less bitter and easier to chew and digest. However, we have lost many of the important plant nutrients in this process. Industrial farming has taken the process further, and has resulted in loss of flavor. Robinson suggests many ways to find, store and cook foods to optimize their taste and nutritional value.

Here is what she says about lettuce. The most intensely colored leaves have the most plant nutrients – so look for lettuce that is red, purple or reddish brown rather than all green. The arrangement of leaves on the stem is also important – there are fewer plant nutrients in tightly packed leaves as in iceberg lettuce or even romaine than in looseleaf varieties. Leaves need sunlight, but when they are more exposed to the sun, as in looseleaf lettuces, they must make more antioxidants to protect themselves against UV light. We absorb these compounds, which make up part of our own self-defense against disease. Buy the freshest lettuces you can – packaged salad greens have been longer in transit than a heavy head of looseleaf lettuce with crisp leaves. If you do buy packaged greens, look for ones that contain a mixture of dark greens that include some spicy ones, such as arugula, mustard greens or radicchio, and look for the most distant “use by” date. When you get your salad greens home, Robinson suggests that you tear off the leaves, rinse them, and soak them for 10 minutes in very cold water. This will lower their temperature and slow the aging process. Dry them with a towel or salad spinner. Then tear the leaves into smaller pieces – she says that this will double their antioxidant value. The plant reacts as if it was being gnawed by a predator and produces a burst of nutrients to ward off the intruding insect. You should eat the leaves within a day or two after tearing them. If this seems like a lot of work, here is a final

suggestion that sounds easy. To store lettuce and other greens in the refrigerator, put them in a plastic bag, squeeze out the air and seal the bag; then use a needle or pin to prick the bag with 10-20 evenly spaced holes. Put the bag in the crisper section of your fridge. The tiny pinpricks will provide the most ideal level of humidity in the bag and enable the leaves to consume oxygen and give off carbon dioxide. The leaves will stay alive, and fresher, for a longer time. Mark these bags, so you can reuse them later. Robinson likes to use this storage technique of microperforated bags for many fruits and vegetables.

Arugula, a member of the cabbage family, is exceptionally high in plant nutrients, and should be a regular ingredient in salads. Look for younger plants with shorter leaves if you find it too peppery. Use arugula as a spinach substitute in stirfry dishes. Robinson warns that the healthful, anti-cancer properties of arugula can be lost into the water if the leaves are boiled. In subsequent columns I will write about what Robinson says about artichokes, asparagus and tomatoes. I’ll close by telling you that she recommends the smallest tomatoes you can find for both flavor and lycopene content. Apparently there is a new tiny tomato called the currant tomato that is close to the earliest tomatoes found in the Andes, and a real winner.

Sadja Greenwood, more columns at sadjascolumns.blogspot.com

THANKS FOR THE PARCEL TAX PASS!

It’s was really good news, and makes all the difference in meeting our school’s budget expenses. We’re in the process of looking at this year’s school budget, and we can now do more solid planning with our revenues and expenses. We have our last school board meeting of the year coming up June 18th, then no meetings in July, starting again in August.

This Wednesday is the 8th grade graduation, so a big congratulations to all those graduating families. If you intend to be there, best to arrive at 10:30 to get a parking place and a seat. If you wait until 11:00, you’ll end up marching in with the graduates, stealing their moment and embarrassing yourself, not a good thing. Have a wonderful summer vacation. Jennie Pfeiffer.

OLD HAVANA TIMELESS

The most romantic city on an island floating in a sea
The old palaces...hotels encrusted with statues...cornices

A veritable Paris in the Caribbean Sea bent on self destruction
Sensual...decadent...beautiful fantastic classy...Havana...

A Babylonian tropical Goddess...submissive...loving and rising
From the ruins in tranquil pastels lit up like a birthday cake

A sleek 1953 black Cadillac convertible with a pink interior
Rolls up to the Central Parque Hotel...a beautiful bride...

Is sitting on the back boot in her lacey white wedding dress
Beside her sits the handsome groom in a black tux...

The driver toots the horn of this pristine classic car and
A crowd of Cubans and tourists gasp and applaud in approval

We turn a corner on a narrow street ...it looks like a car bomb
Just went off. . .the battered walls of the buildings crumbling

The columns tattered and piles of rubble on the walkways
A young Mulatto girl leans in a metal frame doorway ...

The huge door swung open...her silky jet black hair falls
About her shoulders onto a white peasant blouse...

Framing her buxom breasts...she is wearing tight jean
Short shorts and white sandals...her face has a pensive smile

As she stares at the cobblestone street in tranquil reverie
A 1954 blue Oldsmobile comes rumbling up the street

Like a crazed buffalo spewing black diesel soot everywhere
A little child leads a brown and white goat across the street

With a rope...we hear the sound of a Cuban Salsa band
Just around the corner...Mojitos Mojitos CHA CHA CHA

Jerrund Bojeste

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT



BOX 390 270 ELM ROAD BOLINAS CA 94924

The Board of Directors of the Bolinas Community Public Utility District will hold a Public Hearing on the District's proposed FY 2013-14 operating budget at 7:30 p.m. on June 19, 2013. Interested members of the community are encouraged to attend the hearing.

Adoption of the budget will be on the agenda of the July 24, 2013 meeting of the Board of Directors. A draft of the proposed budget is available for inspection at the District office Monday through Friday, 9 a.m. to 1 p.m. It is also available on the District's website at www.bcpud.org.

Jennifer Blackman
General Manager



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BOOKKEEPING PLUS

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bringing order to your financial world

Message from Superintendent Larry Enos

I would like to extend a very special thank you to all of you who supported the District's effort to secure an extension of our parcel tax when the current tax expires on June 30, 2014.

While it is never easy to ask folks to dig even deeper into their pockets to support our school, it is a testament to the level of commitment of our communities that they continue to do just that! With passage of this measure, we will have the security of a reliable revenue stream that will not be affected by the politics of county, state or federal political processes.

Our new parcel tax, which begins in July 1st, 2014, provides security for the District through 2020, and helps us to continue providing unique and valuable learning experiences for all of our children, both now and in future years. Programs such as our art shops, music, P.E. taught by a specialist, homework club, summer school, and low class sizes to mention a few, might not be possible without this level of community support.

Once again, on behalf of our entire school community, a heartfelt "thank you" for your continuing support!

Dear Editor:

Just wondering what portion of the money spent by the National Security Agency (NSA) on their super computer set up to record every land line and cell number called could have been shuffled over to the VA to upgrade their system so that the men & women that put their lives on the line for us could get their claims heard in something less than the year(s) required now. It seems to me that would be a really good way to insure our security. Just wondering.

Malcolm Ponder



A Non-Profit, Tax Exempt [501(c)(3)] & 509(a)(2) Corporation, No. 23-7117192

P.O. Box 122, Bolinas, CA 94924 Phone/Fax: (415) 868 2128

Email: Bolinasc@bocenter.org / www.BoCenter.org

BCC Board Meeting - April 13, 2013

Directors and staff present: StuArt Chapman – President, Eleanor Lyman – Vice-President, Lia Sabbatini – General Manager; Jeff Manson, Steve Wrenn, Susan Tacherra, Jan Broek, Susie Mills, Susie Stewart.

Ayn Plant – Temporary Secretary

Visitors: Bill & Pat Barton, Lions Club

StuArt brought the meeting to order at 10:05

Agenda and minutes approved.

Lions Club: Bill & Pat talked about the movie "Rebels With a Cause" at the BCC on May 18 at 7:00pm. Tickets at the Hardware Store and the Pt. Reyes Book Store. Fundraiser to support vision and dental grants. Insurance is in place and the ABC permit. Suggested to get event in the Hearsay News. July 4th parade is run by the Lions Club. Members volunteered to help. They need a parade Marshall, and some recommendations were made.

Citizens of the Year – Serita Lewis & Rob Kamecha

Treasurer's Report: Budget was presented. Lia said we're doing fine. Redwood deck costs a few thousand dollars. Good sign to be doing repairs on the building. There are a lot of repairs needed.

Michael Rowan did the wood repair and changed vents. All termite work is completed including subterranean termites. Right on with budget. New computers – not yet.

Manager's Report: Lia got three full quotes for painting. Michael Rowan got it. Donors gave \$5,000 and it was decided to begin after Art & Garden. The colors are linen with sage trim. Randi submitted a Bothin grant proposal request for sound & lighting project and a grant proposal request to West Marin Fund to fund Friday night youth group. Jan. 5th event raised \$1,400 for sound and light.

May 11 is the next sound & light event.

High Tide Blues Band & BBQ.

May 4th talent show.

West Marin Fund, funded Constant Contact. Implementation completed and will update monthly.

Once a month youth night, talking about getting a ping pong table.

Fred Hess ordering fire doors. Installing a three-compartment sink. Will fix floor, fix dry wall. To date there is \$17,000 in kitchen fund.

Max of Bobo burritos donated pots & pans worth about \$1,000. Need to spend \$2,200 for sink and plumbing. Sinks are going in and cabinets are being built.

Members volunteered for jobs at Art and Garden. A lot of enthusiasm for picking up plants and setting up the Center. We adjourned with the Bolinas Community Center song at 11:50.

Hooray! We got the grant to fund Fun Nights for Middle School youth at The Bolinas Community Center.

Our hope is that Middle School youth will "own" this by helping to set up and clean up and will welcome guests of other ages as well.

The Center will be open for eight Friday evenings from 7-10 PM (or later if the adult in charge chooses to extend the hours).

There will be ping pong, games tables, snacks, and music by various DJ s.

As part of our grant agreement we will be inviting representatives of local non-profits to stop in and do a brief presentation about their work and offer some possibilities for youth to get involved.

The grant will cover paying one adult to be there to supervise.

We still need some parent volunteers to agree to a date to drop in and help out.

Please call or email (if no response to email CALL) and let me know when you could be there.

Dates for Youth Nights at BCC are every third Friday.

June 21 , July 19, Aug 16, Sept. 20.,Oct. 18.Nov. 15 Dec none, Jan 17 , Feb. 21.

Please mark your calendars and remind your kids on the day.

Let's work together to make this a big success and maybe next year we will able to have Youth NIght every Friday !

Thanks to Randi and Lia for enthusiastically supporting this with their time and expertise. Martine Algier -868 9036 - communication@martinealgier.com

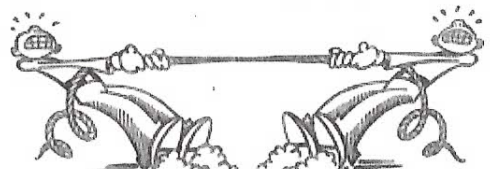


THE TRISKELE

The triskele is an ancient triune symbol meaning "three legs," Which may represent the threefold Celtic universe in motion.

The Women's 4th of July Tug of War Team Needs YOU!

Sign Up at Bobolicious Now





90.5 FM + 89.9 FM
WWW.KWMR.ORG



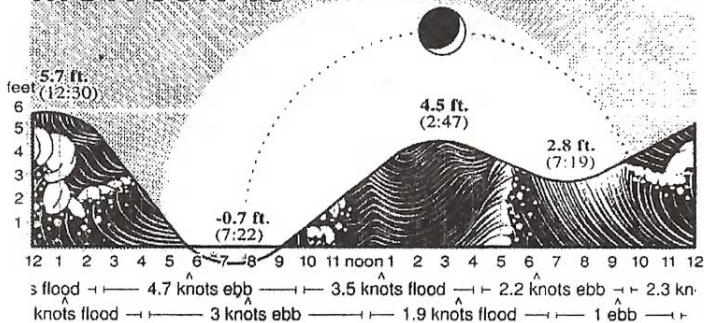
	Mon	Tue	Wed	Thu	FRI	Sat	Sun
6	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music	5 Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am KWMR Night Music	Radio Goethe 12-1 am KWMR Night Music
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	6:00 am As It Happens Morning Glory # Gregory DeMascio # Anneke van der Veen	Daybreak # Gregory DeMascio # Anneke van der Veen
8	With Eyes Open! Peter Asmus Park Wave-lengths L. Farley KT's Kitchen	Rise and Shine Mary Siedman Amber Distasi	Swimming Upstream Amanda Eichstaedt	Morning Blunder Howard Dillon Charlie Docherty	Barrio Vibes Solange Echeverria	Grateful Dead 12-1 am KWMR Night Music	Radio Goethe 12-1 am KWMR Night Music
9	Local.org Paul Fenn Charles Schultz	Airwaves Raul Gallyot	Fish Tales David Cook	Specials TBA	Barrio Vibes Solange Echeverria	Vicarious Traveler Vicki Leeds	Sunday Celebration of Sacred Music # 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	Attunement Anthony Wright	Commonweal Conversations	Specials TBA # Airwaves (repeat) # Tamas (repeat)	Happy Days Marcie Judelson Jazz with Kendrick Rand
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	Jim Bennett	Jazz Rhythm LAST SUNDAYS
2	Cruisin'..... Rick Clark	What's New? #1 Jimo #2-5 Specials	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	Classical Thursday # Susan Santiago # Jeffrey Wilkinson	#1 S. Henderson #2/4 N. Masonson	# Hawai'i Calling Susanna Henderson # World Music with Professor Kosmo	Riverwalk Jazz 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 Jesus Martinez	Learnin' Kirven To Hell & Bach Brian Kirven Beth Underwood
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: Tamas de inmigracion; Story Shed # Art's Desire # Hot Tech/Cool Science Julie Motz	Happy Hour Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Between Rock and A Jazz Place Paul Flowerman Grey Shepard
6	Trash to Treasure Madeline Hope	Musical Varieté Charlie Morgan	Foggy Ridge Music Will Minor	Bakersfield & Beyond Mike Varley & Amanda Eichstaedt	Friday Funk Fest Fairfax Funkateer	Rick's Jazz Café Greg's Groove Gregory DeMascio	Choose Your Own Adventure The Kitchen Sink Fred Smith Patrick Kleeman
7	Release Me...New music Amanda		West County Prowl Jeff Manson	Shorty's Bunkhouse Shorty			
8	El Barrio Gus Conde	Faultline Radio Jaimo Crespo	Coast Highway Blues Larry Rippee	L.A. Theatre Works Contemporary and Classic Drama	Magic Radio Chris Breyer		
9	Silver Dollar Jukebox Peter Martinelli						
10	Monday Night Mixtape NEW Barbarian Beach Party Katie Eberle	The Latin Alternative	Sonic Sunspots Tony Palmer	NEW Best of British Unsigned New music from the UK Professor Kosmo plays....		Saturday Night Function # Marc Matheson # Jeff Wilkinson	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charles Professor Kosmo plays.....	Professor Kosmo plays.....					4.22.13

Office 415/663-8068

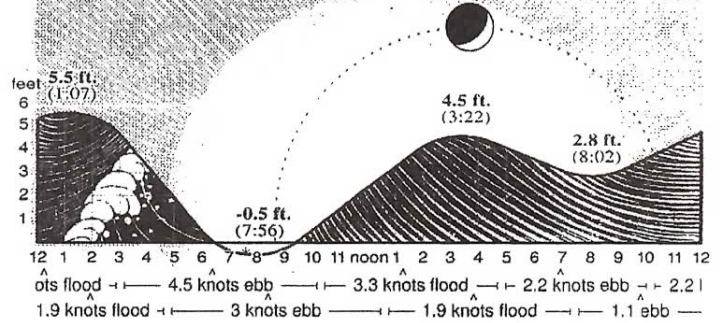
STREAMING on KWMR.ORG

Studio 415/663-8492/8317

MON JUN 10 dawn 4:37 sunrise 5:47 sunset 8:32 dark 9:42
moonrise 7:39 a.m.; moonset 10:04 p.m.



TUE JUN 11 dawn 4:37 sunrise 5:47 sunset 8:32 dark 9:42
moonrise 8:33 a.m.; moonset 10:41 p.m.





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

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

DMX

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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 Mons, Weds and Fris 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 as they might become separated) & drop into door slot.

HEALTH AND HEALING

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CHx

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Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience

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ANNOUNCEMENT

SOOTHING MUSIC, NATIVE AMERICAN OR
silver flute for the sick, shut in or sleepless babies,
background music (trio) for your event.
Donation to Hearsay News- Sadja-0493

SG 6/14

FOR SALE

2000 MAZDA MIATA SILVER CONVERTIBLE,
just passed smog perfectly-body very good condition, engine
excellent condition-\$4,000 Molly Brown 868-1762

MB 6/21

DRY DRY DRY SEASONED FIREWOOD

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

DMx

RENTAL WANTED

OLD BOLINASITE, WRITER/ARTIST WITH BEHAVED

dog seeks rental 1-2 weeks between 8/9 to 9/9/13.
Fenced & sea view ideal. References. Mara Thygeson,
541-3436141, mishova@aol.com

MT 7/19



FREE

INK CARTRIDGES FOR HP PRINTER

Vivera 02
Call 868-2758

PD 6/14

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)





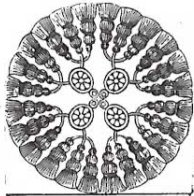
CLASSIFIED RATES:

Text classified \$1.50 for 20 words run one time plus 10¢ each additional word

Display classifieds \$1.50 per inch

10% off for 1 week (3 times)

20% off 1 month (13 times)



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.

LOST AND FOUND

LOST-PLASTIC BAG WITH SLIPPERS-INSIDE THEM ARE ESPECIALLY MADE ORTHOTICS I NEED. IF FOUND, PLEASE EMAIL SERENA@SERLUCE.COM

SL 6/10

LOST AND FOUND

LOST BICYCLE—FROM 455 OVERLOOK DRIVE, Bolinas. Women's "Huffy Comfortex", Silvery gold color, big seat, no baskets. Please return or call Diana-1-207-841-8139 -NO QUESTIONS ASKED!

DL 5/29

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

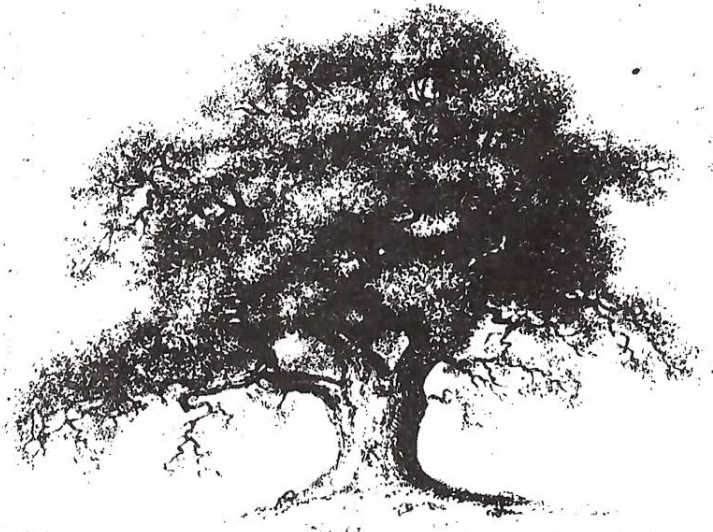
CLASSES



Weekly Schedule

Monday	
Chi Gung w/ Susie Stewart	10:00 - 11:30 a.m.
Pilates w/Lisa Townsend (pre-register 868-0473)	5:30 - 6:30 p.m.
Tuesday	
Yoga w/Lisa Brendel	9:30 - 11:00 a.m.
Bo Babies & Toddlers (Free Hangout)	12:00 - 2:00 p.m.
Pirate Pizza in BCC kitchen (pre-order 328-1066)	4:30 - 7:30p.m.
CommUnity Nights W/ Free Movies, Games or Music	6:00/7:00 p.m.
Call 868-2128 or visit www.bocenter.org for details	
Wednesday	
Pilates w/Lisa Townsend	8:30 -10:00 a.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
Congolese Dance & song 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 4 th Fri of Month)	10:30 - 11:30 p.m.
Saturday	
Yoga w/ Lisa Brendel	9:00 - 10:30 a.m.
Kids Movement Class (ages 3-5) w/ Lisa Townsend	11:00 - 12:00p.m.
Ballet w/ Erika Townsend	12:00 - 1:30 a.m.
Sunday	
Yoga w/ Trishna	9:00 - 11:00 a.m.
Brazilian Dance w/Anna	11:00 a.m. - noon
Pirate Pizza in BCC Kitchen (Random Sundays Only)	4:00 - 7:00 p.m.
To pre-order or for more info call 328-1066	
Ninjutsu Martial Arts for adults w/ Martin	5:00 - 6:30 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



JUNE

10 June

Celtic tree month of Duir commences/Egyptian Day

F The month of the oak, Duir, the most sacred tree of the Druids, during which the summer solstice, the solar high point of the year, takes place. **F**

11 June

Fortuna

A sacred day at the temple of Fortuna in Rome.