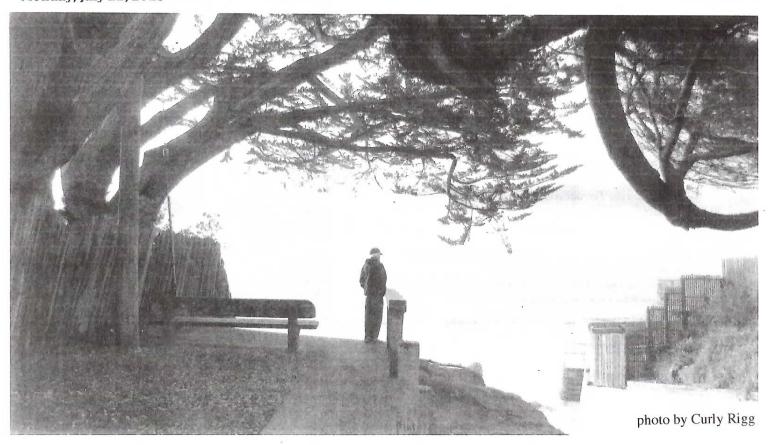
Colinas Hearsay New

Monday, July 22, 2013



WHAT'S HAPPENING

Monday, July 22

BOLINAS FIRE PROTECTION DISTRICT

Meeting of Board of Directors. Fire Dept. Community Meeting room- 100 Mesa Rd. 7:30pm

Tuesday, July 23rd

MUSIC OF THE BEATLES SING-IN

With Bill Quist. Benefit for Stinson Beach Community Center 7pm \$1-\$1,000 donation at the door, all monies to Stinson Beach Community Center.

Wednesday, July 24th

BCPUD (UTILITY DISTRICT)

Regular monthly meeting of Board of Directors, 270 Elm Road, 7:30pm, Please see agenda inside.

Thursday, July 25

DALE POLISSAR & BART HOPKIN

Lyrical clarinet/guitar jazz @ Coast Café, 7-9pm

SPONGE CAKE & THE FLUFF RAMBLERS

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

ROOTS TO REALITY:

Expanding Affordable Housing with John Emmeus Davis, co-presented by BCLT Dance Palace, Pt. Reyes 7-8:30pm

Friday, July 26

PSDSP

Live alternative music @ Smiley's, 9:30pm. Cover

Saturday, July 27

FAR WEST FEST music festival Featuring Zigaboo Modeliste, John Doe, Beso Negro & many more. Starts 11am, Love Field, Point Reyes Station

JUST FRIENDS

Live sweet rock @ Smileys, c. 9pm

Sunday, July 28

OPENING RECEPTION: THE BOX SHOW 150 Boxes by 150 Artists @ Gallery Rte One, 3-5pm

INSIDE:

- · Go To Health: Sadja G.
- Heard It At the Hardware: Robin B.
- Community Center Minutes
- · Agendas for BCPUD & Fire Dept

HAPPY HAPPY BIRTHDAY!!!

July 22:

Nicholas Henry

Catherine Patler

Ibarra Isabella Demmerle

Tristan Patterson

July 23:

John Costello

Garnett Silver-Hall

Angel Taylor

July 24:

Arne Jurgens

Casey Alford

Rod MacDonald

July 25:

Rachel Winner

Martha Wax

July 26:

Rachel Evangeline Ingram

Gordon Heiner Patti Stephenson **Dewitt Jones** Jim Brogan

July 27:

Andrew Blake

July 28:

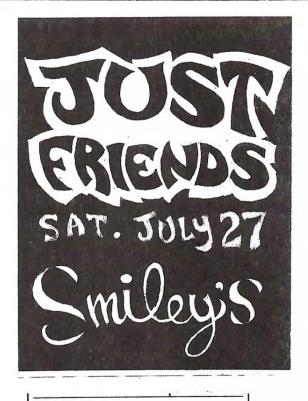
Ciarra D'Onofrio Philip Carman

Bolinas Hearsay News

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT BCPUD BOX 390 270 ELM ROAD BOLINAS CALIFORNIA 94924 415 868 1224

A Regular Meeting of the Board of Directors July 24, 2013 7:30 p.m.

- 1. Call to Order.
- 2. Roll.
- 3. Manager's Report.
 - -- Update on the Terrace Avenue Water Main Relocation Project.
 - -- Update on the Terrace Avenue Bluff Stabilization Project
 - -- Update on the Wastewater Treatment Plant Pump Station and Electrical Upgrade Project.
 - -- Update on Shared Personnel Between BCPUD and Bolinas Fire Protection District.
 - -- Drainage Project Manager's Report.
- 4. Community Expression.
- 5. Request for Financial Relief from Quarterly Water Bill pursuant to BCPUD Resolution 553 288 Larch Road (J. Mattingly).
- 6. Request to Suspend Sewer Connection (L. Ferlinghetti).
- 7. Expanded Water Use Permit Application 270 Laurel Road (F. Vietor).
- Request for Community Discussion re: Items Left on Public Roads In and Around Bolinas (I. Hartmann).
- 9. Concerns re: Lease between the BCPUD and Gospel Flat Farms (J. Aroyan).
- 10. Firehouse Community Park Agency (Mesa Park) Water Use at the Downtown Park.
- 11. Continued Review of Expanded Water Use Permit Limits and Historical Actual Water Use.
- 12. Resolution 620: Approving the 2013-14 District Budget.
- 13. Resolution 621: Replaces Resolution No. 614, Stating the Current Rates and Charges for District Services and Authorizing Placement of Charges on the Marin County Property Tax Bill Where Appropriate.
- 14. Update on Water Supply Augmentation Project.
- 15. Volunteer Committee Reports
 - -- Alternative Energy:
 - -- Bolinas Lagoon Advisory Committee:
 - -- Community Path Update:
 - -- Downtown Parking & Traffic Committee:
 - -- Resource Recovery:
 - -- West Marin Mosquito Control Coordinating Council:
- 16. Other Business
 - a. Board Committee Reports
 - -- Finance:
 - -- Legal:
 - -- Mesa Septic, Flood Control and Roads:
 - -- Operations:
 - -- Park and Recreation:
 - -- Personnel:
 - -- Sewer:
 - b. Minutes of the June 19, 2013 Regular Meeting.
 - c. Warrants
 - d. Scheduling of Next Meeting(s)
- 17. Adjournment.





For more information, to volunteer, or to join call 415-663-1075 Save \$ by buying in advance Tickets at www.dancepalace.org

DANCE PALACE CAMP OPEN HOUSE

This annual event features art by campers, a slide show, and refreshments. Everyone is welcome.

Friday, July 26, 7 PM / Free

paste-up ads/books

Ned Riley June McAdams Jen Pfeiffer/Ned Riley





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: Bolinascc@bocenter.org / www.BoCenter.org

Bolinas Community Center Board Meeting May 18, 2013

Directors and staff present: StuArt Chapman – President, Eleanor Lyman – Vice-President, Susan Tacherra – Treasurer, Lia Korula Sabbatini – General Manager, Randi Arnold –Development Director, Steve Wrenn, Jenny Pfeiffer, Jeff Manson, Susie Stewart, June McAdams and Maitreya Rose.

Ayn Plant - Temporary Secretary

President's Report: Beginning with the singing of the *Bolinas Community Center* song. Minutes were approved with some amendments.

Treasurer's Report: All in all we are doing fine. Gave a general overview and talked about each event having a separate line. Spot on with our budget.

Manager's Report: Art & Garden took in \$7,728, total expenses \$1,700 plus salaries. Made about 5,000. It was a beautiful event. Not as well attended as last year, it was decided not to have event on earth day weekend. Go back to one talk a day. Discussed the possibility of using Memorial Day for the event. BBQ and Blues, \$1,900 net. Suggestion to have someone on the board to take over advertisement for events. StuArt volunteered to follow up with the Hearsay. He does the sign board at the nursery and the blue board by the library. He will put up a sandwich board at Brighton. We need a Volunteer coordinator. Discussion to advertise in the Hearsay for an internship. Discussion on cost various projects. We took in 1,400 from the Free Box Follies. Working on sound permanent sound booth. It would take around 1,500 to get the sound booth up so that a tech would just press buttons and it's on. Want to get rid of existing light board and getting our own that will work with existing dimmers, new dimmers, and Dance Palace dimmers. Need more dimmer

1,900 from BBQ & Blues + 1,400 Free Box Follies = 3,300 now in sound and light fund.

Kitchen update. At \$17,000 at the kitchen fund, \$450 on upgrading kitchen lights. Sinks all cabinets to side all taken out. Leaving the stove alone now. Installing new hand sink, a three compartment sink, and a third separate vegetable sink, all by commercial code per the county. Have top for sink. Under counter frig. Middle counter is 30" x 8' work space. StuArt is working on the good bye song for the existing kitchen. The floor needs to be fixed but due to budget constraints only the flooring under the new sinks is being replaced. FRP has been installed on walls and the total bid for the sinks, floors and walls is \$7,200. Jenny motioned to accept this bid. The motion carried. We discussed having lockable storage, locking the piano closet. Renters need to have their goods secured. Suggestion to keep the piano out. Kids should be able to use it. Put it out in hall. That will allow for more locked storage. Jeff will look into piano tuning and a latch. StuArt will work with Jeff. Need to sell the speakers. Jenny will check with her son.

New class Chi Gong ancient Chinese movement, 10:00am Mondays Susan Stewart.

WEEKLY WRAP & RECAP 7/22/13 From Jenniepfeiffer Riley

Well for sure the best part of this week was seeing Jim Vest come back into town after weeks of intensive in-hospital chemo and radiation treatments. It was a very enthusiastic group of Jim Vest fans that gathered across from the nursery on Friday, with a banner and signs to let him know how good it is to have him back home. He had a big smiling face and surprisingly strong voice and handshake. Molly Maguire has volunteered to coordinate the food calendar for meals for the Vest's while they are going through this difficult uphill climb, so if you have some time and ability, they could use your help.

The weekend's mega yard sale at the hardware store lumber yard had some amazing items, reasonably priced. It's a perfect flea market venue, so I'm thinking it might be fun to join forces, merging with the 2nd Saturday Sale and have a regular rummage event in that large open space. Maybe we could form a core group of interested people to help make it happen.

Saturday's Bolinas Community Center Board meeting was short and productive, mostly about planning for the upcoming Labor Day event, which always seems like it's far away, but in the blink of an eye, here it comes. Labor Day Monday is on the 2nd this year, so right there at the beginning of the month. It's not too early to think about ways to help out with food or silent auction, or music. Other topics of discussion at the meeting included an update on what remains to be done to finish the paint job on the building, which is looking really good and fresh for Labor Day; and also, some information about plans for better chair racks. YES! Anyone who has ever helped put chairs away after an event at the Center - and that's almost all of us - will be happy to have a better system for storing the chairs. The kitchen remodel is coming along well, and the Center is being used more in a variety of ways, making a lively congregation place for our town, and with the new park, a great feel to the heart of town. Lia and Randi are doing a fabulous job keeping things on track.

That's all for now. Next week I'll have some thoughts on the Drakes Bay Oyster issue. I'm seeing many support signs up and I'm not sure why. I'd like to hear more about it. jp

Discussed Memorial Day and jobs folks volunteered for. Lia out of office June 11 – July 11.

Development Director's Report: Discussed the grants applied for. MCBG for kitchen remodel was declined. Bothin grant proposal request for funding the Sound & Light Project was declined.. Received 2,500 for Martine's once monthly Friday Night youth group from the West Marin Foundation.

New Business: ADA compliance. Ayn is exploring the options. Discussed the big heart in the back of the community center. Maybe do it again. Give people more opportunities to be creative.

Adjourned at 11:30

Bolinas Hearsay News

HEARD IT AT THE HARDWARE

By Robin Bradford

"I know the human being and fish can co-exist peacefully."

George W. Bush

Yesterday, I left our fish bowl on my desk near an open window. The bowl is home to my five Goldfish, Joy, Chastity, Faith, Hope, and Larry. The fish, I reasoned, might like some fresh air and enjoy our spectacular view of the ocean.

Tragically, when I returned home, I discovered the fish were missing. Five distinct snail-like trails in the shape of Goldfish fins led from the bowl directly to the open window.

I ran outside to search. My office is on the second floor of our house, and not surprisingly, a dull, thudding panic like the tail-end of a three-day migraine set in almost immediately. To think my Goldfish took the leap made my adenoids twitch, my spleen ache, and my gallbladder throb. Larry is the most adventurous amongst this Glint, and often convinces the girls to plunge into things well-mannered young Goldfish have no business plunging into. I was fearful that this time, he'd gone too far.

My neighbor Walter keeps a close eye on the comings and goings on our block. Some might call him a "busybody," but I wouldn't go to that extreme. Besides, at that moment, I had nothing but lost fish on my agenda when I banged on Walter's door.

I could hear his television. Somebody was watching reruns of Paula Deen on The Food Network again, this time her nasally voice extolling the restorative power of Goldfish Fillets with a simple Beurre Blanc Sauce. My suspicions were immediately heightened. Walter was taken aback when he saw me and a little too quickly, rubbed his large, flour-flecked hands on his apron. "Oh, heh heh, how're you doing?"

"Cooking something, Walter? Dipping something in batter, perhaps?"

Walter giggled nervously. "Home from work early today, eh?"

"You haven't seen any fish walking around here lately, have you?"

He gulped and stared at the ground.

"Well, Walter?"

He blurted out, "You didn't call the Fire Department, did you?"

"The Fire Department? Why would I call the Fire Department when this is clearly a case for" I paused for effect.... "ANIMAL CONTROL!!"

Lifting my chin like Scarlett O'Hara, I made a quick and decisive turn. I wished I'd thought to change from my Levi's into something to better emphasize my twirling, because I'm quite expert at it. Funny where one's mind goes during times of crisis.

Walter rushed after me in a cloud of flour, sputtering, "Is there anything I can do to help?" I twirled back, regretting that my my blue crinoline with matching petticoat was at the cleaner's. "Don't make me laugh! YOU? HELP? It's a little late for that, isn't it, Walter!!" That was the moment I realized I might be twirling a few more times before finding the fish. I raced home, opened my closet and grabbed the first thing I could find. It was a floor-length strapless evening gown by Donna Karan, deep pink, encrusted with a bejeweled belt of rhinestones, a ruched bodice and a high slit up the left leg. I hadn't worn it since the opening of opera season, c. 1999, but this was no time to dwell on memories of Mozart.

I threw the gown on over my sweatshirt and made for the door. With no clue where the path might lead, but confident I'd be the best dressed person there, I consoled myself with the thought that even though I might be running in circles, my priorities had never been straighter.

I have no idea why I paused before running out the door. I suppose it was because a glimmer of something caught my eye. Staring at the first step of our staircase, I recognized the distinctive, tell-tale, tail-shaped markings. The Goldfish had taken the stairs?

I was confused. Larry never planned ahead far enough to even consider the stairs. But if the fish took the stairs DOWN, they could have just as easily taken them back UP. A tiny sliver of optimism leaked into my brain, coupled with an intense desire to baby and cuddle my fish. It was nearly overwhelming, but reason prevailed. No one likes a spoiled fish. A cautious approach was called for. If the fish had simply been out for an innocent stroll, they could freak at the sight of me and the tongue-lashing that might ensue. Or I could accidentally step on one. All was quiet as I entered my office -- a little too quiet. There on the desk, in the exact spot it had been earlier, was the bowl. The trail of fish fins had been wiped clean and my glass-topped desk sparkled like the packaging that only comes with a brand-spanking new Barbie Doll. I peered into the bowl.

Joy? Chastity? Hope - Faith - Larry! Oh thank goodness, all accounted for!!

But something was amiss, fishy, one could say. As if in a horrible nightmare, a devastating scene flashed before me. Voice trembling, my whimper rising to a shriek, "That's not Larry! What have you done with Larry!!!!!"

Weeping, I collapsed on the floor. The girls merely swam, round and round and round, past their little ceramic castle, darting under their cracked ceramic bridge, not one of them with enough decency to make eye contact with me. But a life-altering epiphany was taking place. It was as though I was becoming one with the Goldfish, experiencing for the first time true empathy for their plight, which can be summed up in three words: Spine Crushing Boredom. I understood immediately why the girls had gotten rid of Larry.

continued next page

Bolinas Hearsay News

Go To Health: Human Papilloma Virus and its consequences

Cervical cancer, detected by regular Pap smears before it becomes serious, is caused by a sexually transmitted virus. Nuns and lesbians don't get cervical cancer if they never have intercourse with men. Condoms offer some protection. Were you ever told this when you (or your partner) went for a Pap test? These facts were ignored for years by the medical profession and popular culture - perhaps because of the discomfort people feel about discussing the nitty-gritty of sex, perhaps because of ignorance. The papilloma virus (HPV) that causes cervical cancer can also cause cancers of the vagina, vulva, penis, anus and throat. Cervical cancer is the most common of these problems, but the number of throat cancers from HPV are now on the rise. The actor Michael Douglas made headlines recently when he told a British newspaper that his throat cancer had come from performing oral sex.

Cancers of the base of the tongue, tonsils and walls of the pharynx are becoming more common. A decade ago, people with head and neck cancers were smokers or heavy drinkers. Now only 20% are smokers or drinkers, and the other 80% have cancers caused by an HPV infection. This year an estimated 14,000 people in the US will be diagnosed with head and neck cancers; most of them will be between 40 and 50 years old, and 3 out of 4 will be men, according to Dr. Robert Haddad of the Dana Farber Cancer Institute. Haddad talks about 'an epidemic' of HPVrelated head and neck cancers. If oral sex is a factor, the predominance of men may be because vaginal fluid has more virus than the surface of the penis.

There are two vaccines available against HPV infection – Gardisil and Cervarix. These vaccines protect against many of the some 100 strains of HPV, including the high risk strains HPV-16 and 18 which are a known cause of cervical, throat, anal and vaginal cancers. A study supported by the National Cancer Institute has just been published which showed that sexually active young women in Costa Rica had 93% protection against infection with HPV types 16 and 18, after receiving immunization with Cervarix.. Although the study did not include men, it is believed that they would get the same protection with this vaccine.

The Gardisil vaccine was approved by the FDA and the CDC (Centers for Disease Control) for girls ages 9-26 in 2009, and for boys in 2011. Cervarix has also received FDA approval, and may be even more effective. The vaccine is given by 3 injections over 6-12 months. There has been controversy about these vaccines because of reports

of serious reactions after injection, but careful studies by the CDC do not show that these reports are valid. Most side effects consist of pain, redness, and swelling at the injection site, and occasional fainting, fatigue, headache, muscle pain, gastrointestinal symptoms, and joint pain.

Women are advised to continue having Pap tests for cervical cancer even after vaccination, as the vaccines are not effective against all strains of HPV. Men and women should know they should not ignore difficulty swallowing or feeling/seeing a lump in the throat or on a tonsil. Seek medical attention promptly if this occurs. Sexually active people should also be aware of many other types of sexually transmitted disease, including HIV/AIDS, syphilis, gonorrhea (rapidly becoming drug resistant), Chlamydia, Herpes et al. Condoms are very helpful but not foolproof for prevention. The birth control pill and IUD are highly effective against pregnancy but do nothing to prevent STDs.. Have you ever wondered why sex scenes in movies and television never involve a discussion of these potential problems? Is it still that controversial? We have calorie counts on some menus, and dire (small print) warning on cigarettes. But nothing is said about sex. Young women in college are initiating hook-ups without emotional involvement so they won't get derailed from their independent careers. The recent NYTimes article (7/12/13) about this did not mention STDs or birth control. Go figure.

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

continued from previous page

This awakening, I realized, could lead to a deeper understanding, not just for Goldfish, but for species of all kinds, everywhere on the planet. It was slightly disappointing that Banana Slugs were the first species to pop into my head, rather than the unjustly maligned Walter -- although my second thought involved a scheme to avoid him until his emotions simmered down a little.

Carefully, I returned the fish bowl to its regular place on the coffee table in the family room. Chastity and Faith wanted to watch television and as I flipped the channel to *River Monsters*, their favorite show, I made a silent vow to change their water first thing in the morning, and a sweet, almost palpable feeling of well-being settled over our entire household.

The new fish calls himself Joe.





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6 1	DeepWaking	12-1 am	Weekly Feed	112-1 am			S Sunspots to 1:30 am			Grateful Dead 12-1 am		Radio Goethe	12-1 am	
6					KWMR Night Music		KWMR Nigh	WMR Night Music		KWMR Night Music				
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10			Turning Pages # Neshama Franklin # Vinyl Café (repeat)		CHANGE STATE OF THE STATE OF TH		— Kerry Livingston — Specials		Turning Pages — Specials (Bilingual Storytime on hiatus)		NEW SERIES Climate One		# Guest Hosts 10 am BirdNote	
11	Open House		#1/#3 Specials TBA #2/4/5 Questing Calpestri & Mickelson		The Bioneers (repeat)		An Organic Conversation		Nuestros Niños		Viewpoint	The Place We Live		
	The Bioneers										Ellen Shehadeh			
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	Robin Carpe						Wright	tions	# Témas (repeat)				Jazz	LAST
	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Santiago		Spirit & Mind Anthony Wright		Your Own Health & Fitness		Philosophy '	Talk	NEW NEW DAY Peace Transition Paradigm to Peace Stepanie R. Faure- Van Hook Brac				Rhythm Dave Radiauer	SUNDAYS
2			What's New?	NEW DAY/TIME Aztec Pride	Classical Wednesday		Classical Thursday		Classical Fr		# Hawai'i Calling Susanna Henderson		Riverwalk Jazz	
3	Cruisin' Rick Clark		Jimo & Friends	Jorge Ramirez			# Susan Santiago # Jeffry Wilkinson		#2/4 N. Ma		# World Playground Guest Hosts		The Vinyl Café (CBC)	
4.	Vouth D.1. P	roject			Krista Tippe	t On Being	TeaTime Bo	oks	#3/5 Speci	als				Ta Hall G
	# Anna Kositzin # Devon McMorrow		Art of the Song		#5 Coastal Airwaves Vickisa		Mimi Calpestri Howard Dillon				Circulo musical		Kirven	To Hell & Bach
5			Sabrina Artel's Trailer		Open House		Open House: Témas de inmigracion; Story Shed				Jesus Martinez		Brian Kirven	Beth
	Moyers & Company		Talk		Epicenter: West Marin		# Art's Desire		Happy Hour					Underwoo
6	Trash to Treasure Madeline Hope Release MeNew music Amanda				#1 Dt Payer Dialogues		# Hot Tech/Cool Science Julie Motz		Liberacha Friday Funk Fest		The Celtic Universe # Loretta Farley # Lyons Filmer		Ears Akimbo's	Between Rock
			Musical Varieté Charlie Morgan		Foggy West Ridge County Music Prowl	Bakersfield & Beyond Shorty's							and A Jazz Place	
7						Mike Varley & Amanda	Paul Flowerman	Grey Shepard						
8		Silver			Will Minor	Jeff Manson	Eichstaedt	Shorty	Fairfax Fur	ıkateer	Rick's Jazz Café	Greg's Groove	Choose Your Own Adventure	The Kitchen Sink
	El Barrio	Dollar Jukebox	Faultline R	adio	Coast Highv	vay Blues	L.A. Theatr	re Works			Rick Clark	Gregory	Fred	Patrick
9	Gus Conde Peter Martinelli		Jaimo Crespo		Larry Rippee		Contemporary and Classic Drama		Magic Radi	o	And the second control of the second	DeMascio	Smith	Kleeman
10	Manda	NEW	1						Chris Brey	er				
	Monday Night Beach Party Mixtape Katie Eberle			The Latin Alternative		Sonic Sunspots		ish Unsigned	d		Saturday Night Function		Stuck in the Psychedel Era with the Hermit	
11	Kosmo				Tony Palmer		New music from the UK Professor Kosmo		-		# Marc Matheson # Jeff Wilkinson			
	plays		Professor Kosmo plays					plays						6.6.1

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DD 8/14

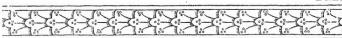
FOR SALE

\$150 FOR ½ CORD OF DRY OAK & MADRONE-YOU **PICK UP-0639**

DD 8/2

DRY DRY DRY SEASONED FIREWOOD

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



LOST & FOUND

LOST: OLIVE GREEN CAP (FROM BUZZ'S SHOP)

with buttons on it. Reward? Steve-759-0846

SH 7/8

LOST: DIGITAL CAMERA MEMORY CARD:

4G in plastic case with name "Knight" on back. July 4 downtown or walking up Terrace to Big Mesa. Call Marc or Cathy at 0265

M S-C 7/12

LOST: METAL BUCKET WITH GOURD RATTLE

Fell out of truck, possibly between Elm & Mesa on way out of town early on Fri. June 28th. John Glavis 415 203-5675

JG 6/28

LEFT AT LAUNDRYMAT DOWNTOWN -

tie-dyed American flag. Please return if found. Thanks, Eat Dog. 2531

LEFT @ BOLINAS COMMUNITY CENTER-

almost black-ladies scarf-cotton knit-called "infinity" as it is one circle that wraps around. Please! 868-1280

LOST-PLASTIC BAG WITH SLIPPERS-INSIDE

they are especially made orthotics I need. If found, please email serena@serluce.com

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

ANNOUNCEMENT

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)

CLASSES

RECHARGE ~ RENEW

Beginning Chi Gong at the Bolinas Community Center. Mondays at 10am Susie Stewart -1646

SS 7/26



Weekly Schedule

Monday		
Chi Gung w/	Sucia	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)	1:00 - 3:00 p.m.
Pirate Pizza in BCC kitchen (pre-order 328-1066)	4:30 - 7:30p.m.
CommUnity Nights W/ Free Movies, Games or Music	c 6:00/7:00 p.m.
Call 868-2128 or visit www.bocenter.org for details	

8:30 -10:00 a.m.
5:30 - 7:30 p.m.
8:00 - 9:30 p.m.

Huisuay	Y
USDA food bank	12 noon
Congolese Dance w/ Sandor (He is back now!)	6:00 - 8:30 p.m.
D	

Pilates Mat Class w/Lisa Townsend

9:00 - 10:00 a.m.

No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 p.m.

Saturday	
Yoga w/ Lisa Brendel	9:00 - 10:30 a.m.
Kids Movement Class (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 (no classes 7/21 or 8/11)	9:00 - 11:00 a.m.
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

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 as they might become separated) & drop into door

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Being there in the crowd at the nursery to welcome Jim Vest back from the hospital. It's good to have him home.
- (2) Another perigee full 'super' moon last night, covered by clouds. This one is called the 'Hay Moon,' 'Thunder Moon' or 'Buck Moon.'
- (3) The sounds of peak summer busy-nesseveryone's hammering and sawing, gardening, tree trimming and fixing up.

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Fill out form and drop in door slot. If you have included payment please note.

Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

SERVICES

BRUSH TO MEADOW TRANSFORMATION

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

DMX

HANDYMAN: HOME REPAIR, CARPENTRY, painting, Hauling too! 27 years experience. Local refs

painting,. Hauling too! 27 years experience. Local refs. Steve Hill -2310

SHX

FIREWOOD • HYDRAULIC LOG-SPLITING • HAULING

Dump Runs, Cow Manure, Recycling, Humane animal removal – Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

TREE SERVICE

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

SRX

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

Phone 868-2144 HDX

SMILEY'S

SCHOONER SALOON & HOTEL
• INTERNET ACCESS • CHECK CASHING
• WESTERN UNION • ATM & CREDIT CARDS
COLOR COPIER (B&W too)

41 Wharf Rd., Bolinas 415-868-1311

WANTED

BOLINAS OR STINSON ART STUDIO

with plenty of light, Please call Sarah Means 415-652-3095

SM 8/13

WOMEN'S BIKE

I would like a light-weight woman's bike (28/30). Simple, not fancy, a few speeds. Pat Dickens – 2446 – Thank you!

PD 8/16

WANTED

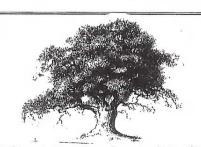
Welcoming an 18 and 2 ½ year old into our home & need a few things-twin mattress and boxspring and toddler bed in good condition, push bike, medium dresser, bike helmet-504-717-6735

BM 7/26

FREE

LIKE NEW –TV TABLE W/TURNTABLE AND ADJ. SHELF: MAHOGANY COLOR WITH BLACK TRIM; SMALL AV CABINET/BOOKCASE, OAK COLOR; SQUARE END TABLE, WALNUT COLOR. 868-1618

AS 7/26



HEALTH AND HEALING

June McAdams, RN Compassionate and Skilled Hospice Care Home Care Newborn to Elders

Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052

CAREGIVER AVAILABLE

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

CH x





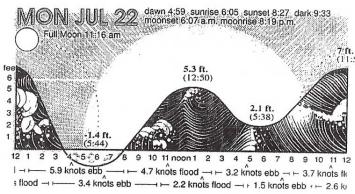
CLASSIFIED RATES:

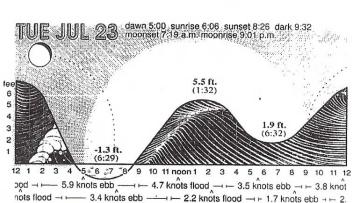
Text classified \$1.50 for 20 words run one time plus

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