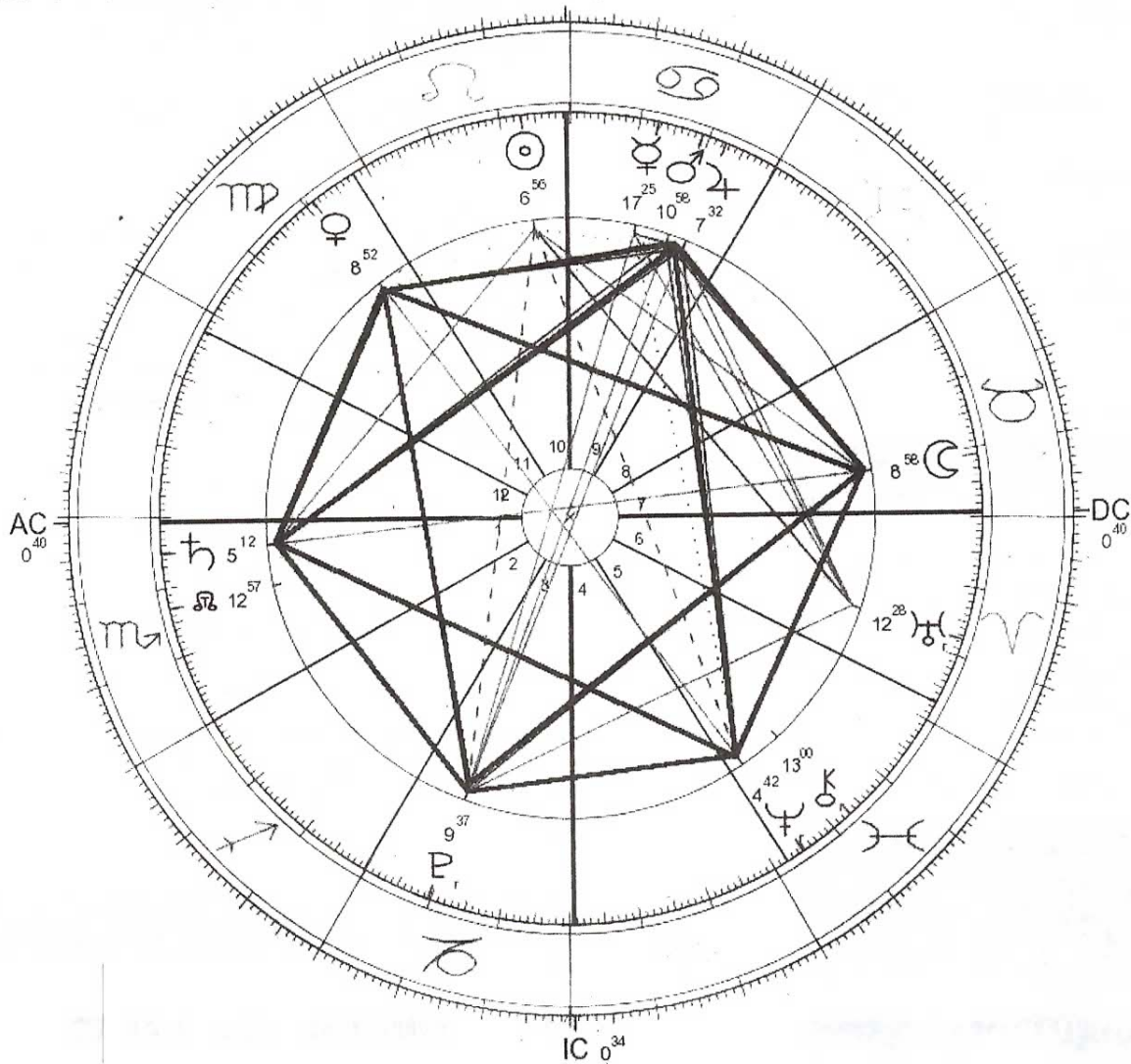


# Bolinas Hearsay News

Monday, July 29, 2013

MC 0<sup>34</sup>

46 ¢ + tax



JULY 29, 2013 IS THE BIG ONE; THE ONE WE'VE BEEN WAITING FOR. This is when the planets – the Moon, Jupiter and Mars (both conjunct on this day), Venus, Saturn, Pluto and Neptune align to form what is known in astrology as a Grand Sextile (60° apart) or Star of David. This aspect is extremely rare (the last time one formed was at the beginning of the end of WWII – on the 7th February 1945, which showed that the conflict was coming to a close).

## WHAT'S HAPPENING

Tuesday, July 30

### ANANDA BRADY

Reading from his book "Ten Years on the Hippie Trail: My Decade of Overland Travel in the 70's" Bolinas Library, 7pm

Wednesday, July 31

### MIDNIGHT ON THE WATER

Local contradance band plays trad tunes for Smiley's celebration of all July birthdays, 7:30-9:30pm. Free. Free cake too.

Thursday, August 1

### LUGHNASA

Celtic celebration of the last days of summer and beginning of harvest; halfway point between fall equinox and summer solstice.

### AGENTS OF CHANGE

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

Friday, August 2

### FOGDUB

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

Saturday, August 3

### BLACKWATER GOLD

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

## HAPPY HAPPY BIRTHDAY!!!

- |                  |  |
|------------------|--|
| <b>July 29:</b>  | <b>Diane Lamontez</b>  |
| <b>July 30:</b>  | <b>Sharon Mantle<br/>Jessica Gene Ross<br/>Justin Demmon</b>                       |
| <b>July 31:</b>  | <b>Anthony Stewart<br/>Ana Krakauer<br/>Piro Patton<br/>Paloma Dunlap</b>          |
| <b>August 1:</b> | <b>Emmy Rhine</b>  |
| <b>August 2:</b> | <b>Eric Festin<br/>Phil Hoffman</b>  |
| <b>August 3:</b> | <b>Miranda (Young) Joseph<br/>Mikel Jay<br/>Janet Mattingly<br/>Amelia Neffati</b> |
| <b>August 4:</b> | <b>Bob Grenier<br/>Bob Bates<br/>Sam Blake</b>                                     |



## Balancing Act

BOOKKEEPING PLUS

Christine Cunha, Owner  
415.868.2700

- Full-Charge Bookkeeping
- Payroll
- Year-End Prep
- Mail Service
- Plus More...

*Confidentiality Assured*

48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

### THIS WEEK AT THE DANCE PALACE:

**SPIRITUAL ECOLOGY:  
THE CRY OF THE EARTH**  
Saturday, July 27, 7 PM

### COMING SOON:

**DANCE PALACE  
SUMMER STOCK  
THEATRE PRESENTS:  
ALL IN THE TIMING**

**BY DAVID IVES  
DIRECTED BY  
MELISSA CLAIRE**

Friday, Saturday, August 2 & 3 at 7:30  
PM & Sunday, August 4 at 4 PM

**DE CORDA EM CORDA  
W/JED BARAHAL, CHISTINA  
MARGOTTO & ANNA BARROS**  
Saturday, August 10 at 8 PM



COMMUNITY &  
CULTURAL CENTER

**dance palace**

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

paste-up  
ads/books  
press

Ned Riley  
June McAdams  
Jen Pfeiffer/Ned Riley

## BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT



BOX 390 270 ELM ROAD BOLINAS CA 94924

### SPECIAL WATER CONSERVATION NOTICE

On Friday, July 26<sup>th</sup>, the BCPUD experienced a mechanical failure on our intake line from the Woodrat reservoir and are unable to draw water from that reservoir. Due to this failure we can only draw from the Arroyo Hondo water source which does not meet the town's current demand. We ask that you please use extra conservation measures during this time period.

We expect repairs to the intake line to take approximately 7-10 days. During this time, your conservation will make a difference.

Thank you for your cooperation.

BCPUD Staff

## 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

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

- (1) Russ Riviere Jr, back in town after too many years gone to Bellingham, touring with his new band Pacific High (with son Ezra on bass.)
- (2) Getting out of the fog-drip to Napa on a sunny Sunday afternoon, to play tunes in their Porchfest celebration—some 60 bands playing on porches and front yards.
- (3) Sprawling on the grass in the sun at one of the great Marin events—the FarWest Fest, one of the most perfectly sized festivals I know of.

--Ned Riley

**Wanted:** The Lions Club needs to engrave the woman's tug of war trophy!  
If anyone knows of its whereabouts please contact Bill Barton at 868 8969  
and/or turn in to Julie at Bobolicious. Thank you.

## Minutes from the June 24, 2013 Bolinas Fire Protection District Board Meeting

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

MSC, Chiera/Smith (unan with one absence) to approve the agenda.

### CHIEF'S REPORT

#### NERA

Chief Brown reported that Tiburon Fire Chief Pearce, President of the MERA Board, requested comments and concerns from fire departments regarding the MERA Next Generation system. Chief Brown along with the Inverness and Stinson Beach Fire Chiefs drafted a response letter. Chief Pearce then compiled all fire department responses into one letter that he presented at the MERA Operations meeting on June 5<sup>th</sup>. Chief Fox of Inverness was in attendance at the June 5<sup>th</sup> meeting and reported that he spoke with Shelly Nelson, Communications Services Manager for the County Department of Public Works, and David Jefferies, Project Manager for MERA Next Generation System, to ask them if provisions were being made for the new system to accommodate the volunteer paging system. They responded that the new system will not work with paging systems and furthermore, that there are no plans to address the paging situation. One solution was put forth to give every volunteer a MERA radio, but that would cost prohibitive and operationally impractical. The paging system for volunteers is used in conjunction with the MERA radio system. All volunteer firefighters are alerted to the nature and location of calls by their receive-only pagers.

Dir. Kimball suggested that Sup. Steve Kinsey be asked to help as he is aware of the special needs of West Marin residents. Chief Brown plans to continue to work with the other West Marin Fire Chiefs towards a solution to the communication problems that are not addressed by the new MERA Next Generation System.

#### Prevention

Chief Brown reported that since the 2013 Wildfire Safety Brochure has been mailed, she has had the opportunity to conduct more residential inspections. Residents seem to be most concerned with their neighbor's trees which Chief Brown cannot address unless they are encroaching on roofs and chimneys. She works to address fire safety issues with residents that they may not be aware.

#### Evacuation Planning

No update.

#### Inspections

Pitcher Canyon Fire Roads, Audubon Discussion was had with Audubon

representatives who were inquiring about the importance of redefining fire roads on their property.

#### Planning

20 Nymph Road – Demolish existing residence, construct new one  
15 Oak Road – Legalize existing retaining wall  
415 Yucca – Solar Install  
40 Mesa Road – Solar Install  
76 Altura Road – Remodel  
324 Ocean Parkway – Addition  
280 Mesa – Demolish existing structure, construct new one, and legalize multiple existing structures

65 Crescente – Remodel

23 Rafael Way – Single family residence remodel

28 Crescente – Single family residence remodel

#### Grants

No update.

#### Training

FF Peter Orner completed the 2013 Wildland Academy. Capt. Smith and Asst. Chief Marcotte took E265 and supported burning operations on June 13<sup>th</sup> and 14<sup>th</sup>. FF Cole Rippe also attended on June 14<sup>th</sup>.

#### Disaster Council

Chief Brown reported that she and Beth Carusillo continue to update the Neighborhood Liaisons for each area of Bolinas. They plan to meet with the Area Coordinators who have managed to identify Neighborhood Liaisons in their areas on Saturday June 22<sup>nd</sup>. A community drill will be planned in the near future.

Chief Brown reported that Libby Coleman, the West Marin Disaster Coordinator, has retired from her position. She was instrumental in bringing together many different agencies to assist with all of West Marin's disaster planning while also managing several large grants and keeping overall momentum going for the Council. Chief Brown greatly appreciates her commitment and contributions and wishes her well with future endeavors. Richard Dillman has stepped into her position temporarily.

#### General Operations

Chief Brown announced that the new Zoll AutoPulse has been purchased and delivered to the station. The cost of \$15,000 was made possible by a generous donation from a local resident. The Board discussed writing a thank you letter to the resident. Pres. Buchanan asked if the District owns a defibrillator also. Chief Brown said that the AutoPulse and an automatic external defibrillator are stored on U219 and are brought to every call. A second AED is mounted on the wall in the public meeting room.

A Zoll representative trained the Volunteers to use the AutoPulse on June 13<sup>th</sup>. The tool takes the place of manual compressions during CPR and has been shown to result in more positive outcomes.

Chief Brown is extremely grateful for the charitable gift to the Department and to the community of Bolinas.

Dir. Kimball and Chief Brown attended Jennifer Vuillermet's farewell luncheon from of the Marin County Counsel Office. Dir. Kimball reported that many key officials were present from the County of Marin. (They gave Jennifer a BFPD sweatshirt as a gift which she promptly put on as a chill was in the air.) The District has been informed that Jenna Brady will be her replacement for Special District legal matters.

Chief Brown thanked both the Personnel and Finance Committees for their work on the draft budget FY13/14 which is now complete and ready for review.

Chief Brown gave a brief history of the AT&T modifications requested since December of 2010. At that time AT&T made a request for approval to add three new panel antennas to their existing communications tower on District property. After a lengthy and thorough public process, the application was approved with a corresponding lease amendment limiting the RF exposure emitted from the tower in September of 2011. Don Smith conducted thorough

calculations of predicted RF exposure and made recommendations for the antennas installation. AT&T took no immediate action until March of 2013, when they assigned a new contractor, Vinculums, to request a signature for a current Letter of Authorization from the District, as the original permit had expired and needed to be re-activated. Chief Brown gave the letter to County Counsel for review and to Don Smith. Don discovered that the new request involved new configurations with different models of antennas. He again calculated maximum emissions from the new configuration and was happy to report that the emissions from the new configuration would actually be lower than the previously approved one. Dir. Kimball and Chief Brown agreed that the resubmission did not require Board approval.

Dir. Kimball thanked AT&T for their willingness to work together for the best possible solution for the community. He also thanked Don Smith for his hours of research and investigation spent on analyzing the configurations. The Board discussed drafting a thank-you letter to Don Smith.

#### Surfers' Overlook Repair/Terrace Avenue

Dir. Kimball said that a full draft report was received from SAGE regarding their geotechnical investigation completed on April 16<sup>th</sup> and 17<sup>th</sup>. The "Working Group" consisting of members from the County, BCPUD and BFPD reviewed the report. GM Blackman will draft a response with Working Group comments and concerns regarding details in the report. Dir. Kimball said that the role of the BCPUD and BFPD after the completion of the survey by SAGE will now be minimal as

funding is in question. The original repair cost was estimated to be from four to five million and will most likely require private contributions. Sup. Steve Kinsey has had a long history of securing private/public funding and will most likely be asked to supervise the next steps to be taken. Concerns of the Coastal Commission will also be taken into consideration.

Chief Brown plans to meet with the new director of the Coastal Health Alliance and members of the Building and Grounds Committee. They plan to discuss the details of the lease agreement and disaster preparedness.

#### GENERAL BUSINESS

Action Item #1: Adopt Resolution #168-2013 Determining the 2013/2014 Appropriations Limitations of Tax Proceeds (\$666,203)

Chief Brown noted that the sale of bonds does not affect the Appropriations Limit. MSC, Kimball/Chiera (unan with one absence) to adopt Resolution #168-2013.

Action Item #2: Approve Preliminary Budget for FY13/14

Chief Brown reviewed the draft budget with the Board. She reported that the Personnel Committee recommended a 3% COLA (Cost of Living Adjustment) for all employees. An additional week of vacation was approved for Capt. Phil Wall and a recommendation for a monthly stipend for Asst. Chief Marcotte was included. The Board discussed adding a monthly time sheet for Marcotte to document his duties accomplished and time spent. An increase in the Prevention account for hiring Todd Lando to implement prevention education to the public was included with a not to exceed amount of \$10,000 annually. He will also assist with residential inspections and evacuation planning.

continued on next page

## Go to Health: Exercise: 2013

New research on exercise is reported in the August issue of *Scientific American*. You probably know that the 'runner's high' (also felt after vigorous dancing, biking, and many sports) is caused by the brain's release of endorphins (opioid-like hormones that evoke pleasurable feeling). Recently, research has also shown that exercise increases our ability to concentrate, think and make decisions. Exercise increases the size of a part of the brain called the hippocampus. The specific part of the hippocampus affected by exercise is one that allows people to remember familiar surroundings. Animal studies have shown that exercise increases the level of chemicals responsible for triggering the growth of new neurons. A molecule known as brain-derived neurotrophic factor is responsible. Newborn neurons are thought to help with distinguishing between similar but different events and things. Think about this – go for a hike; create new brain cells!

New research on how exercise prevents heart disease goes beyond the lowering of blood pressure, lowering LDL cholesterol (the 'bad' kind) and raising HDL cholesterol (the 'good' kind). The more important LDL related effect is that exercise increases the number of larger, safer, LDL particles and decreases the number of small, dangerous ones. A couch potato might have an identical cholesterol level as an active person, but be more at risk for heart attack because of the predominance of small LDL molecules.

Exercise is a key to keeping blood sugar normal. As you use your muscles, they need increasing amounts of glucose to fuel their efforts. The liver sends out more glucose and the pancreas releases insulin - to signal cells to draw glucose from the blood. As exercise becomes a daily habit, muscles grow more sensitive to the effects of insulin, so lower levels will accomplish the same result, and the pancreas does not have to work as hard to keep glucose levels normal. This is particularly helpful for people with type 2 diabetes, whose bodies have often become resistant to insulin. Recent studies show that combining aerobic exercise (like brisk walking) with resistance training (weights, leg presses, et al) is the best for keeping blood glucose normal.

We know that we should be exercising, but many Americans fail to achieve the recommended half an hour of moderate activity for five or more days a week. However, a recent analysis of six studies, totaling 655,000 adults tracked for about 10 years, found that people doing leisurely activities like washing the car or taking a stroll for 11 minutes a day had a 1.8-year longer life expectancy after age 40 than inactive people. Those who met the guidelines for moderate activity gained 3.4 years of life, and those who were active between 60 and 90 minutes a day had greater gains – 4.2 years. It seems that we evolved as creatures who moved – think about walking out of Africa to populate the rest of the world. The streets of Bolinas are always interesting; the ocean and hills around us beckon. If you find it hard to begin, get a dog. Then you'll have to walk, and she'll always love you.

*Sadja Greenwood past issues at [sadjascolumns.blogspot.com](http://sadjascolumns.blogspot.com)*

## MINUTES continued from previous page

Dir. Kimball suggested adding a place holder in the budget for potential merit raises based on performance. The Personnel Committee will discuss this further.

Dir. Chiera offered to work on a Personnel Policy Manual that would standardize all personnel issues. He offered his experience with public administration to complete the project.

Chief Brown thanked all of the Committees for their assistance in preparing the draft budget.

MSC, Kimball/Chiera (unan with one absence) to approve the Preliminary Budget for FY13/14.

Sec. Brown will post notices for public review of the draft budget that will take place from July 8<sup>th</sup> to July 12<sup>th</sup> at the station.

### CONSENT CALENDAR

MSC, Chiera/Kimball (unan with one absence) to approve the Consent Calendar including the Minutes from the May 27, 2013 regular meeting, the warrant lists from May 23 – June 18, 2013 and the account balances. (The financial reports for May 2013 have not been received from the County of Marin.)

### COMMITTEE REPORTS

The Board assigned Dir. Bass to the Building and Grounds Committee along with Dir. Chiera.

### BOARD MEMBER REPORT

Dir. Chiera thanked everyone who worked on the budget, especially Chief Brown. He thanked Dir. Kimball for his work on the Surfers' Overlook project and Don Smith for his work on the AT&T request.

continued on next page

MINUTES continued from previous page

## WEEKLY WRAP & RECAP 7/29/13

From Jenniefeiffer Riley

Every upside has it's down, every top has it's bottom, each peak has it's valley, positives have the negative lurking there somewhere, just as night follows day, etc. and on and on. In the life of Jim Vest, this is definitely an up side down time with his major wrestling match with cancer. We know this all around good person to be an excellent performer, stalwart family man with a loving heart, competent, capable, and a good friend, definitely an up side human being. This down side he's going through, gives us pause to take a look at all the things we love about this member of our community as we appreciate how good it is to have him in our lives. Understanding that we can't come into life without looking at death at some point, we definitely want to put that off as long as possible. Life is so precious. With a devastating illness, the peaks and valleys are on a whole different level of terrain, and just getting up in the morning can sometimes be the big "up" of the day. It was for sure an up day to see Jim coming into town last week - the down side is that he had to go back into the hospital, hopefully getting treatment that will give him some more time with his family. When things look so bleak, it's hard to see the light coming through, so we're holding the light for Jim right now, hoping he can get home again soon. We're holding that thought for Sandy and their family as well, cause these are harsh days for them. All best love.

Here we are into the last week of July already, and the pink blossoming "Naked Ladies" are starting to flower, trumpeting that summer is waning and we need to start thinking about grabbing those last vacation opportunities that get us out of town while "Fogust" settles in, with it's many shades of gray. Downside to sun is fog, but fog has an up side also: reduces fire, helps the plants, reduces the heat, makes those sunny days more special by contrast to these soft quiet contemplative days.

A small "up" this week is that the short bench made it's way back to its spot at Brighton Square. Thank you to Chris Birney for helping locate it and seeing it get returned to its proper location - a simple misunderstanding concerning its availability for use other places.

Wednesday's BCPUD had some community members come in with concerns about discarded items left beside the road, and about expanding projects on the sever pond land. There will be a committee looking at this.

There was no down side at all to the Reviere reunion this weekend, with their Pacific High band at the Community Center Friday night - except maybe that it is too short a visit. Loved seeing Russ, Marlene, Ezra, Jay, and their band of eclectic musicians.

Also loved being at the Far West Fest on Saturday, with great food, music, and sunshine - definitely a peak. Hope you have a great week, with big ups and minimal downs, jp

### PERSONNEL MATTERS

None.

### ANNOUNCEMENT

None.

### GOOD OF THE ORDER

Chief Brown expressed gratitude for her job and thanked the Board directly for their support and good will.

Chief Brown announced that planning for the usual July 4<sup>th</sup> festivities is underway.

### ADJOURNMENT

MSC, Kimball/Smith (unan with one absence) to adjourn the meeting at 9:08PM.

Respectfully submitted,

Molly Brown  
District Secretary

Note: All minutes to all Board meetings are available for review at the Bolinas Library.

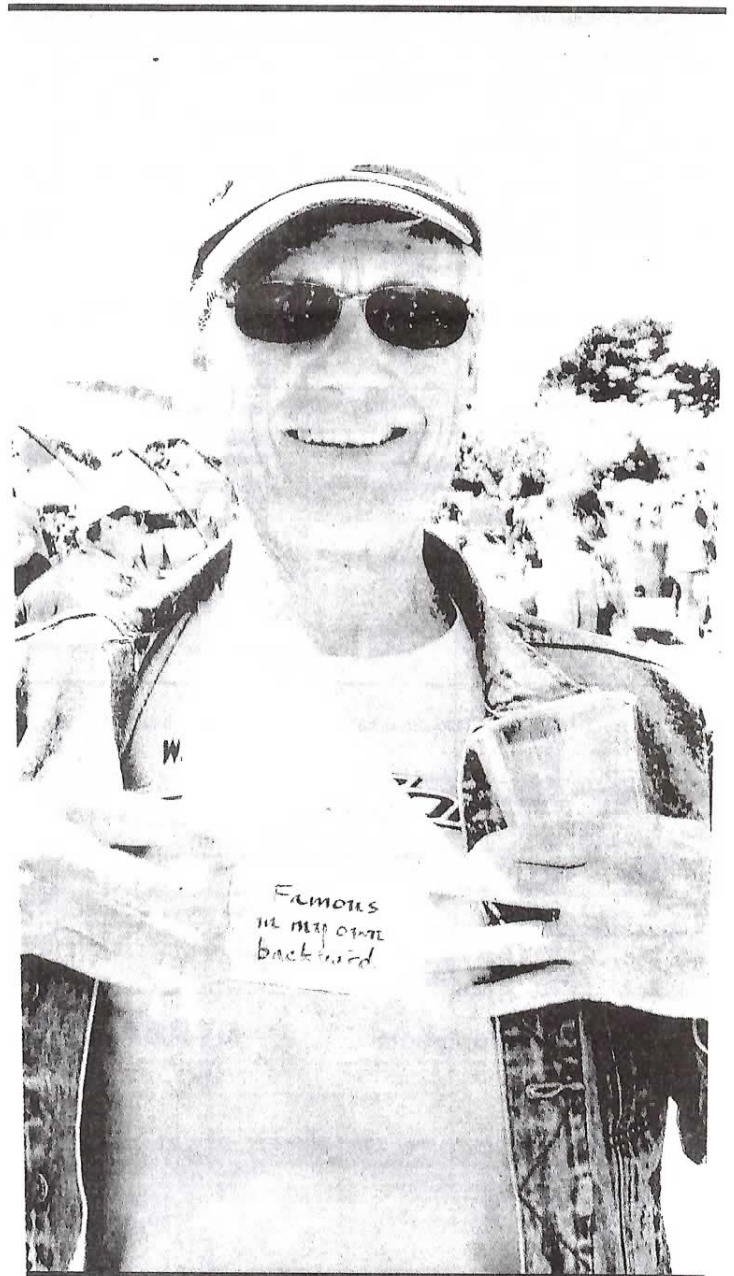


Photo by StuArt, taken at his Fortune Wheel booth at the Far West Fest, Saturday, July 27



90.5 FM + 89.9 FM  
WWW.KWMR.ORG

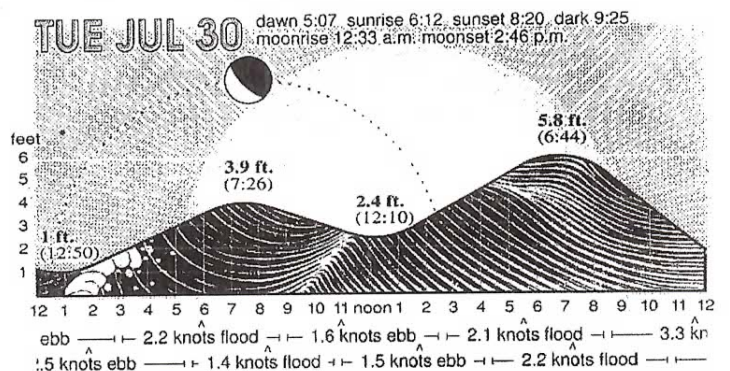
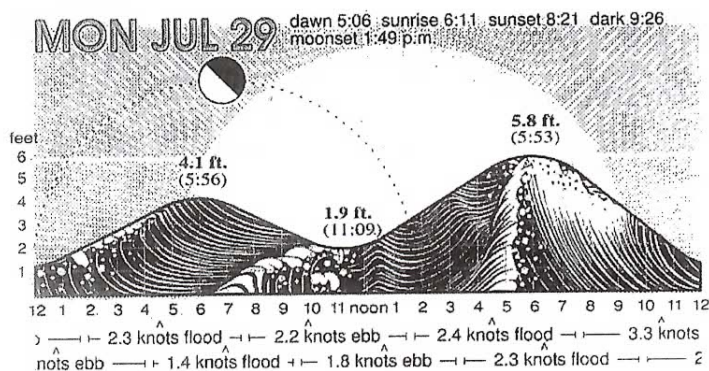


	Mon	Tue	Wed	Thu	FRI	Sat	Sun	
6	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music	S Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am KWMR Night Music	Radio Goethe 12-1 am KWMR Night Music	
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	6:00 am As It Happens Morning Glory # Gregory DeMascio # Anneke van der Veen	KWMR Night Music Daybreak # Gregory DeMascio # Anneke van der Veen	
8	With Eyes Open! Peter Asmus Park Wave-lengths L. Farley	Hear the World (RNW)	Rise and Shine Mary Siedman Amber Distasi	Swimming Upstream Amanda Eichstaedt	Morning Blunder Howard Dillon Charlie Docherty	Hear the World (RNW)	Barrio Vibes Solange Echeverria	
9	Krista Tippet On Being (repeat) KT's Kitchen	Airwaves Raul Gallyot	Fish Tales David Cook	Art of the Song (repeat)	Vicarious Traveler Vicki Leeds	Original Minds Elia Haworth	Sunday Celebration of Sacred Music # Rick Clark # Guest Hosts	
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 — Specials (Bilingual Storytime on hiatus)	NEW SERIES Climate One	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	Specials TBA # Airwaves (repeat) # Tamas (repeat)	Forms and Feelings Jim Bennett	Happy Days Marcie Judelson Jazz with Kendrick Rand
1	West Marin Matters #1 J. Stock #2/4 Gong & Stephan #3/5 S. Santiago NEW	Spirit & Mind Anthony Wright	The Local Organon P. Fenn C. Schultz NEW SLOT	KWMR Peace programs (repeat)	Philosophy Talk	NEW Peace Paradigm Stephanie Van Hook	NEW DAY Transition to Peace R. Faure-Brac	LAST SUNDAYS Dave Radlauer
2	Cruisin'..... Rick Clark	What's New? Jimo & Friends	NEW DAY/TIME Aztec Pride Jorge Ramirez	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	Classical Thursday # Susan Santiago # Jeffry Wilkinson	Classical Friday #1 S. Henderson #2/4 N. Masonson #3/5 Specials	# Hawai'i Calling Susanna Henderson # World Playground Guest Hosts	Riverwalk Jazz The Vinyl Café (CBC)
4	Youth D.J. Project # Anna Kositzin # Devon McMorrow	Art of the Song	Krista Tippet On Being #5 Coastal Airwaves Vickisa	TeaTime Books Mimi Calpestri Howard Dillon	Open House: Tamas de inmigracion; Story Shed	Happy Hour	Jesus Martinez	Learnin' Kirven Brian Kirven Beth Underwood
5	Trash to Treasure NEW TIME	Sabrina Artel's Trailer Talk	Open House	Epicenter: West Marin Issues #1 Pt Reyes Dialogues Last: WM Political Reps	# Art's Desire # Hot Tech/Cool Science	Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Paul Flowerman Grey Shepard
6	NEW TIME Moyers & Company	NEW SERIES Live Wire! Radio	Musical Varieté	Foggy Ridge Music Will Minor	West County Prowl Jeff Manson	Bakersfield & Beyond Mike Varley & Amanda Eichstaedt	Shorty's Bunkhouse Shorty	Friday Funk Fest Fairfax Funkateer
7	Release Me...New music Amanda	Charlie Morgan	Faultline Radio	Coast Highway Blues	L.A. Theatre Works	Contemporary and Classic Drama	Magic Radio	Rick's Jazz Café Greg's Groove Choose Your Own Adventure The Kitchen Sink
8	El Barrio Gus Conde	Silver Dollar Jukebox Peter Martinelli	Faultline Radio Jaimo Crespo	Coast Highway Blues Larry Rippee	L.A. Theatre Works	Contemporary and Classic Drama	Magic Radio	Rick Clark Gregory DeMascio Fred Smith Patrick Kleeman
9	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.....	Chris Breyer	Saturday Night Function # Marc Matheson # Jeff Wilkinson	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charles	Professor Kosmo plays.....	Professor Kosmo plays.....					

Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317



## FOR SALE

### MOVING SALE

Furniture, couches, twin beds, king bedroom set, queen BR set,  
small appliances, flat screen TVs, dressers, DVD players,  
and more! Call for info, -0639

DD 8/14

### \$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

DMx

## 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

## FREE

MATTRESS WITH A FRAME- PICK UP AT 315  
MISTLETOE RD.- 868-1418

PK 8/2

## LOST & FOUND

STOLEN BIKE: grey Scott, w/ 2 Mile stickers &  
mountain bike wheels. Missing Sat. from Altura. Call  
Finn, 868-9689 with any information. 7/29

SH 7/24

FOUND: WATERPROOF DIGITAL CAMERA  
found this morning on the beach. Call 2004 to claim

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 28<sup>th</sup>. John Glavis 415 203-5675

JG 6/28

LEFT AT LAUNDRYMAT DOWNTOWN -  
tie-dyed American flag. Please return if found.  
Thanks, Eat Dog. 2531

ED 6/24

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

JS 6/17

LOST-PLASTIC BAG WITH SLIPPERS-INSIDE  
they are especially made orthotics I need. If found, please email  
serena@serluce.com

SL 6/10

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

KO 5/17

## CLASSES

### RECHARGE ~ RENEW

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

SS 7/26



### Weekly Schedule

#### Monday

Chi Gong 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) 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 6:00/7:00 p.m.  
Call 868-2128 or visit [www.bocenter.org](http://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 w/ Sandor (He is back now!) 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<sup>th</sup> 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](http://www.bocenter.org)



## 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](mailto:hearsaynews@yahoo.com)

Maximun 20 words for one week (three times)

## 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  
slot.



# 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

**HANDYMAN: HOME REPAIR, CARPENTRY,**  
painting,. Hauling too! 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'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

"I can see again"

**CLEAR LIGHT WINDOW WASHING**  
Call Dale-0782

DP 8/5

## SERVICES

**Sewing- Alterations-Repairs-rips, zips, hems, buttons,**  
curtains, costumes, etc. 707-601-4316  
[highbohemia@earthlink.net](mailto:highbohemia@earthlink.net) Jessica

JR 8/2

## HEALTH AND HEALING

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

**CAREGIVER AVAILABLE**  
Excellent homecare, cleaner.  
Call 868-1782 Anita & William

CH x



## 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

**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

### RELIABLE/SIMPLE CAR TO BUY

for over the hill – under \$ 7,000. Now's the time to help a neighbour! ZEN MAGIC 804.332.0072

SH 8/2

**SEEKING HOMEMADE LOCAL MUSIC,**  
both current & historical to feature on KWMR.  
Contact Jeff: [westcountyprowl@gmail.com](mailto:westcountyprowl@gmail.com)

JM 8/2

## WANTED

**A double bed mattress, bookshelves, a chest of drawers. Can**  
pay a little or will trade for sewing-707-601-4316

JR 8/2

## WANTED

**DRESS SHOES SIZE 9 OR 9 ½ FOR BOY AGE 13. CALL**  
868-9036

MA 8/9

## NEEDED

I need crabapples. Do you have or know where a crabapple tree grows? Please call 1633

SB 8/16

## RIDESHARE

**WANTED: TO EAST BAY ONCE A WEEK,**  
in morning & return on same day preferred. Take photographer to studio. 831-246-4652 Thank you

KI 7/24



[hearsaynews@yahoo.com](mailto: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.