

Bolinas Hearsay News

46 ¢ + tax

Monday, August 12, 2013



FLOTSAM SHELTER AT THE GROIN -- curly Rigg

WHAT'S HAPPENING

Monday, August 12

MESA PARK

Meeting of the board @ Firehouse, 7pm. Agenda inside.

Tuesday, August 13

BOLINAS-STINSON SCHOOL

Regular monthly meeting of the Board @ Bolinas campus library, closed session 5:30pm, open, 6:30. Agenda inside.

WEST MARIN COMMUNITY MEETING

Regarding the delivery of mental health services, @ The Dance Palace, Pt Reyes, 6:30pm

Wednesday, August 14

DALE POLISSAR TRIO WITH BART HOPKIN

@ The Panama Hotel. 4 Bayview Street San Rafael 7-10PM

Thursday, August 15

WHITECAPS

Monthly luncheon & meeting @ Rod & Boat Club, 11:30am.

BUCK NICKELS & LOOSE CHANGE

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

Friday August 16

DINNER TO GO

Barbary Coast will be serving a special menu to go only 5-7pm @ BCC Kitchen. First come, first serve.

STAGE OF SLEEP

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

Saturday, August 17

COMMUNITY CENTER

Regular monthly meeting of the Board @ Library, 10am

GOSPEL FLAT FARMSTAND

Group show reception: art, potluck & music, 6pm

STAGGER WING

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

HAPPY HAPPY BIRTHDAY!!!

August 12: Eleanor Lyman
Marvin Weaver

August 13: Mark Butler
Tyrone Cree Brendel
John Kent

August 14: Ananda Brady
Jesse Barrow

August 15: Jesse Harold Tacherra
Robin Elizabeth Ross

August 16: Cara Marcus
Cyrus Hazzard

August 17: Zack Noble Peacock
Roberta Kilbride Perry
Bob Boutin

August 18: Jessa Docherty

Saturday, August 24

ARTIST'S RECEPTION

For Llewellyn Ludlow's surf and landscape paintings @ Bolinas Gallery, noon. Exhibit runs 8/7-8/31. Info: 2677

A NIGHT IN MOROCCO

Including feast, music, slides & stories; a fundraiser for the Amal Center in Marrakech, @ Community Center, doors 6:30pm, dinner 7:30, \$40. Info:269-9013

Monday, September 2nd

LABOR DAY

Street party downtown, live music, dancing B-B-Q to benefit the Bolinas Community Center

★ BOBOLICIOUS ★ August Events

AUGUST 9TH: 6-9 PM

♥ **Open Mic Singer/Songwriter & Poetry**

Hosted by **MOLLY Maguire**

Serving... Pizza by the Slice (GF, too), Smoothies & Homemade Desserts!!!
(Come early to sign up!)

AUGUST 17TH: 3-5 PM

♥ **Meet BOLINAS FOLK ARTIST:**

JANIS Loewengart Yerington

(Artist reception to hang out with friends, neighbors, and the wonderful artist and creator of the Bolinas Whales. New Whales of all sizes will be swimming in for the event so come by for fun and support a good cause - a portion of whale sales will be donated to the Marine Mammal Center!!!)

"Eat a rainbow everyday."

WEEKLY WRAP & RECAP 8/12/13 From Jenniefeffer Riley

I just got the call from Ned that the paper is pretty full so keep it short. So here is a shorter form of the week:

Sofi (absolutely) Rox and proved it once again Tuesday night at the Bolinas Community Center with her CD release party. She hung transparent drapes around the stage and seating area, to transform that large hall into an intimate and magical viewing space. Her mom, Beth, made yummy chili with cheese toasts and desserts for refreshments, and Sofi graciously shared the stage with other performers - Ethan Okamura, Ramblin' Jack Elliot, StuArt, Sophi Rose - some of whom participated in the making of her new album. Sofi has a very natural and gracious style on stage, and was a wonderful host, making everyone feel welcome, as she shared background stories of her songs and their inspiration/development. This was also a bon voyage party for her, as she takes off for Austin, and the continuation of her musical journey of self discovery. She is gifted in so many ways and I'm looking forward to seeing new developments from her when she cycles back home to us. I wish her good fortune on her travels.

Llewellyn Ludlow has an excellent show of his art geography (Mill Valley, Mt. Tam, Beaches), which includes some very interesting new large pieces. His work will be at the Bolinas Gallery through this month.

At the Bolinas Museum there are some wonderful exhibits also. Keith Hansen is featured in the main gallery with his beautiful bird illustrations. Seeing them all together gives a sensational splash of color. It was fun Saturday to see the Jet Black Pearl performance in the courtyard outside Keith's studio and I was impressed with Jetty Swart's virtuosity on the accordion, at times accompanied by toy piano and nose blowing in a background percussive loop. The crowd unison nose blowing was a new one for me and a bit over the top, but an interesting way for a performer to handle dealing with a cold while performing.

I purposely missed the Conscious Aging Workshop in Pt. Reyes on Thursday (going for 6 Thursdays, 1:30-3:30) because I am already very conscious of aging, and even though I'm sure it's very informative, I don't wish to spend any more time or energy on it. Press on Regardless, JP

COMING SOON:

**DANCE PALACE
DUCK DERBY 2013**

Buy your tickets
at the Farmer's Market
Win \$500!

Sunday, September 22. 11 AM



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

You are invited to attend a Conscious Aging Workshop

- At this workshop you will learn how to:
- Explore unexamined self-limiting beliefs, stereotypes, and assumptions about aging.
 - Develop self-compassion to cope more effectively with the stresses associated with aging.
 - Discover and reflect on what has given heart and meaning to our lives and how that informs our intentions for our aging process.
- This workshop is part of a pilot project on conscious aging developed by the Institute of Noetic Sciences in Petaluma, CA. It is being given in various locations around the country. Your feedback will be used in the final development of this curriculum.

**Location: The Dance Palace,
Point Reyes Station, CA.**

**Date & Time: Six Thursdays 1:30-3:30
beginning August 8.**

Workshop Facilitator: Regine Wilson M. Div., LCSW
has been leading groups for more than thirty years. She is a graduate of the Graduate Theological Union in Berkeley as well as a practicing psychotherapist.
**For more information or to pre-register
call 530-913-5129.**

Smiley's POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

2nd Prize \$25

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

Go to Health: How You Can Help

Fight Superbugs

“As soon as antibiotics were discovered and developed for medical use, bacteria began the Darwinian ‘arms race’ that has been fought ever since.” So wrote Steve Heilig, alternate Wednesday editor for this paper, in the most recent Journal of the San Francisco Medical Society, where he is a director. Due to overuse of antibiotics, “antimicrobial resistance has reached a crisis stage in human medicine.” You are doubtless aware that doctors should not prescribe antibiotics for viral infections (colds and flu) unless there is good evidence of an additional bacterial infection. You may not know that 70 to 80 percent of all antibiotics produced by U.S. companies are used in farm animals. These animals are often penned in crowded, dirty conditions; they are fed low doses of antibiotics to *prevent* infections and promote growth. Bacteria are killed by the low doses used, but some develop mutations that make them immune to the drugs. These bacteria are passed on to the farmers, their contacts, and the consumer. Thorough cooking can destroy them, but beware of cutting boards, knives, your hands, and ‘rare’ burgers.

In a 1976 study, small amounts of tetracycline were given to a flock of chickens by a researcher. He found that the chickens began to carry bacteria resistant to tetracycline *and* other antibiotics. So did the farmers who tended them. Based on this kind of evidence, in 1977 the FDA announced plans to ban the feeding of low doses of antibiotics to livestock. However, there was strong back-pressure from legislators and agribusiness, and the FDA failed to act on its own recommendation. The American Academy of Pediatrics, the Centers for Disease Control, the National Academy of Sciences, and the World Health Organization had identified subtherapeutic use of antibiotics as a human health issue. More than 30 years later, in 2011, the FDA reacted when sued by the Natural Resources Defense Council and other groups. It revoked its 1977 recommendation (never implemented) and said a ‘voluntary effort’ would be more effective.

You may have heard of a dreaded bacterium called MRSA – methicillin resistant *Staphylococcus aureus*, which is found in the community as well as in

hospitals. MRSA related deaths in the U.S. have risen to over 17,000 per year. In Iowa, large pig farms where 2000 pigs are confined shoulder to shoulder, nearly half of these animals carry MRSA according to a 2009 study. Almost half the workers there carry MRSA as well.

Here’s news close to home – an Iowa pig farmer who used routine antibiotics joined Niman Ranch’s pork collective; he stopped confining his animals and using antibiotics. He found he had the same results as Danish farmers who banned subtherapeutic antibiotics in 2000. Pork production rose, and the incidence of resistant bacteria fell dramatically in people and animals.

What can we do to protect ourselves, our children and the public? There is a microbiologist in Congress, Louise Slaughter, a Democrat from New York. Every year she introduces a bill called *The Preservation of Antibiotics for Medical Treatment Act*. We should make sure our congressman, Jared Huffman, supports this bill. We should refuse to buy or eat meat, poultry, eggs or fish treated with antibiotics. If it is labeled organic, this is a given. Otherwise, ask the butcher behind the counter. Trader Joe’s shoppers answered a poll by Consumer Union; 69% wanted the store to stop selling meat raised on antibiotics. The store has hedged on this; although they do sell some antibiotic-free meats, they “do not presume to make choices” for their customers. Bring up this issue when you shop there. Whole Foods does not sell antibiotic-raised meats. While these personal choices can make the meat you buy more expensive, eating less of it, and using it as a condiment/flavoring for vegetables is a wise move. When you eat out, ask about the source of the meat, be sure it is not too rare, or go vegetarian. I’ll close with a quote from Steve Heilig’s piece in *San Francisco Medicine* - “Centers for Disease Control sounds alarm on deadly, untreatable superbugs”. *USA Today*, March, 2013.

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

**paste-up
ads/books
press**

**Ned Riley
June McAdams
Jen Pfeiffer/Ned Riley**

BOLINAS-STINSON UNION SCHOOL DISTRICT
 125 Olema-Bolinas Road
 Bolinas, CA 94924
 Phone: 415.868.1603 Fax: 415.868.9406

AGENDA

Regular Meeting of the Board of Trustees
 Tuesday, August 13, 2013

Closed Session from 5:30-6:30

Bolinas Campus, 2nd floor meeting room

Open Session at 6:30 p.m., Bolinas Campus Library

Item # Topic/ Description Discussion/Action

1. Call meeting to Order
2. Roll Call
3. Approval of Closed Session Agenda

4. Public Comments on Closed Session Agenda
5. Recess to Closed Session

The Board will consider and may act on any of the following items in closed session. Any action taken in closed session will be reported in open session as required by law.

5.1 Public Employee

Appointment/Employment-Principal [54957]

Title: Principal

5.2 Public Employee

Discipline/Dismissal/Release [54957]

5.3 Student Matters [49073-49079]

6. Reconvene into Open Session
7. Announcement of Reportable Action taken during Closed Session
8. Approval of Agenda / Introductions

9. Public Comments

This is an opportunity for the public to address the Trustees on matters related to school business that is not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time.

10. Correspondence

Incoming:

6/20/2013 from Marin Community Foundation re:

Grant to support the after-school program

6/28/2013 from Jared Huffman re: Measure A

5/16/2013 from CA Dept of Education re: K-12 High

Speed Network Consortium Letter of Agency

Outgoing:

6/19/2013 Letter to staff regarding configuration

6/24/2013 Letter to parents regarding configuration

REPORTS

11. Superintendent's Report

- 11.1 State Budget / Legislative update
- 11.2 Special Education Shared Services
- 11.3 Enrollment
Projected enrollment for the 2013-14 school year as of 8/8/13.
- 11.4 Pre-school for All task force
- 11.5 School Garden Funding
- 11.6 Technology purchases for 2013-14
- 11.7 CREBS re-finance
- 11.8 Energy Efficiency Update
- 11.9 Schedule Board's Fall Retreat
- 11.10 Marin County Civil Grand Jury re: Planning for School Emergencies

12. Principal's Report

- 12.1 New School committees
- 12.2 Middle School Advisory Program Update
- 12.3 Middle school programs
- 12.4 Staff Development/Common Core

13. Board Member Reports

The Board President will request reports from the members of the Board pertaining to District/School committees on which they serve. These include:

- Negotiations
Dar & Siedman
- Fiscal Oversight and Advisory Committee
Harmon
- Technology Committee
Harmon
- Green Team
Pfeiffer
- Marin County School Boards Association (MCSBA)
Pfeiffer
- Joint Legislative Action Committee (JLAC)
Pfeiffer

Consent

14. Approval of the following Consent agenda items

Warrants dated:

14.1 7/22/2013

14.2 7/23/2013

14.3 7/25/2013

14.4 7/30/2013

Minutes from the following meetings:

14.5 6/18/2013

Other:

14.6 Interdistrict Transfers (4-5)

14.7 Approve Memorandum of

Understanding between Bolinas-Stinson and Lagunitas for the 2013-2014 school year for Superintendent Services.

14.8 Approve Memorandum of

Understanding between Bolinas-Stinson and Sausalito-Marin City School for Business Services

14.9 Consolidated Application

STUDY AND INFORMATION

15. Recruitment for Superintendent and Principal

DISCUSSION

A continued discussion regarding the recruitment of a Superintendent and Principal for the school year beginning 2014

16. Spanish Instruction

DISCUSSION

A continued discussion regarding the possibility of implementing Spanish language instruction

BOARD CONSIDERATION

Item Topic/Description

17. Principal's Contract ACTION
Ratification of Principal's contract for the 2013-2014 school year
18. Business Services ACTION
Ratification of Business Services contract for the 2013-2014 school year
19. Employees Unused Sick Leave Status ACTION
Approve Certificated and Classified Unused sick Leave status dated 6/30/2013
20. Resignation ACTION
Approve the resignation of Kelly Wengronowitz from the 1.0 FTE 3rd grade teacher position.
21. Screening and interviewing committee ACTION
Authorize Superintendent to form a screening and interviewing committee for a 1.0 FTE 3rd Grade teacher
22. Special Education Program Manager ACTION
Approve recommendation for a Special Education Program Manager shared between Bolinas-Stinson, Shoreline Unified, Nicasio School District and Lagunitas School District as outlined in the memorandum of understanding.

23. Public Comments

This is an opportunity for the public to address the Trustees on matters related to school business that is not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter

Fun, Laughter, Music, Good Vibes

Free at the Coast Cafe on Mondays from 10:30 AM till 5:00 PM, or come just for a few hours. Help chop, cook, sort and package food for the elderly, the ailing, and the new moms in our community.

We have a rocking good time, people get fed, and we all feel great at the end of the day.

Join us.

Serita (415.299.0293)

Robin (415.793.508)

Food For Families

Pat (415.868.2446)



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

Jim Vest is back home again, and the need for support for him and his family has grown as they continue with full time care. Food For Families and Tanya Kleider have been bringing food twice a week, which has been a huge help. Meals for the rest of the week are greatly appreciated, especially soups. Please let me know if you can contribute something (gluten free). Thanks so much, Molly x9358



THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Sofi Rox's CD release party & celebration last Tuesday—I admire her persistent search for her own voice and personhood, and her talent.
- (2) The Perseid meteor shower, viewable last night & tonight, fog allowing—maybe a picnic supper on the mountain?
- (3) An old college friend comes for a visit.

--Ned Riley

SCHOOL AGENDA cont.

is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time.

24. Future Agenda Items

- Study & Information-Ongoing -Time line for Supt Search & Principal search
- Consent-August-Regional Occupational Center/Program Facilities Report
- Consent-September- Single school District plan
- Study & Information- Spanish Language Instruction
- Supt. Report-Garden Coordinator
- Board Consideration (Sept)-Unaudited Actuals
- Supt. Report-CREBS re-finance
- Supt Report-Facilities purchases
- Study & Information-Anti-bullying policies review of re-tooled policies
- Study & Information-6th grade inclusion to middle school
- Principal's report-PTA formation/charge
- Supt. Report-Schedule Board's Fall Retreat
- Board Report-FOAC meeting schedule
- Board Report-Technology Committee meeting schedule
- Action-Resolution-Gann Limit Resolution and Notification
- Action-Resolution-Instructional Materials and Sufficiency

25. Adjournment

The next regular Board meeting will be held on Tuesday, September 10, 2013

AGENDA MESA PARK BOARD MEETING August 12, 2013 7:00 PM Bolinas Firehouse

- Call to Order
- Members present
- Community Expression
- Action Item: Entering into a Legal Service Agreement with County Council
- Downtown Park
- Maintenance Report
- Irrigation Report: Approve check for the coastal permit
- Treasurer's Report
- Up-date on election status
- Other: Donation of a sculpture for the park
- Approve Warrants
- Approve Minutes
- Next meeting
- Meeting adjourned

Submitted by Jane Mickelson



90.5 FM + 89.9 FM
WWW.KWMR.ORG



	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	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
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 Hear the World (RNW)	Barrio Vibes
9	Krista Tippet On Being (repeat) KT's Kitchen	Airwaves Raul Gallyot	Fish Tales David Cook	Howard Dillon Charlie Docherty	Art of the Song (repeat)	Solange Echeverria
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
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) # Témás (repeat)
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 Stepanie R. Faure-Van Hook NEW DAY Transition to Peace R. Faure-Van Brac
2	Cruisin'..... Rick Clark	What's New? NEW DAY/TIME Aztec Pride	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	Classical Thursday # Susan Santiago # Jeffrey Wilkinson	Classical Friday #1 S. Henderson #2/4 N. Masonson	# Hawai'i Calling Susanna Henderson # World Playground Guest Hosts
3		Jimo & Friends Jorge Ramirez			#3/5 Specials	Riverwalk Jazz The Vinyl Café (CBC)
4	Youth D.J. Project # Anna Kositzin # Devon McMorro	Art of the Song	Krista Tippet On Being #5 Coastal Airwaves Vickisa	TeaTime Books Mimi Calpestri Howard Dillon		Circulo musical Learnin' Kirven To Hell & Bach
5	Trash to Treasure NEW TIME	Sabrina Artel's Trailer Talk	Open House	Open House: Témás de Inmigración/ Story Shed	Happy Hour	Jesus Martinez Brian Kirven Beth Underwood
6	NEW TIME Moyers & Company	NEW SERIES Live Wire! Radio	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
7	Release Me...New music Amanda	Musical Varieté Charlie Morgan	Foggy Ridge Music Will Minor	West County Prowl Jeff Manson	Bakersfield & Beyond Shorty's Bunkhouse	Ears Akimbo's Elbow Room Between Rock and A Jazz Place
8					Friday Funk Fest Fairfax Funkateer	Paul Flowerman Grey Shepard
9	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	Rick's Jazz Café Greg's Groove Choose Your Own Adventure The Kitchen Sink
10	Monday Night Mixtape	NEW Barbarian Beach Party Katie Eberle	The Latin Alternative	Sonic Sunspots Tony Palmer	NEW Best of British Unsigned	Rick Clark Gregory DeMascio Fred Smith Patrick Kleeman
11	Jacoba Charles	Professor Kosmo plays.....	Professor Kosmo plays.....		NEW music from the UK Professor Kosmo plays.....	Saturday Night Function # Marc Matheson # Jeff Wilkinson Stuck in the Psychedelic Era with the Hermit

7.22.13

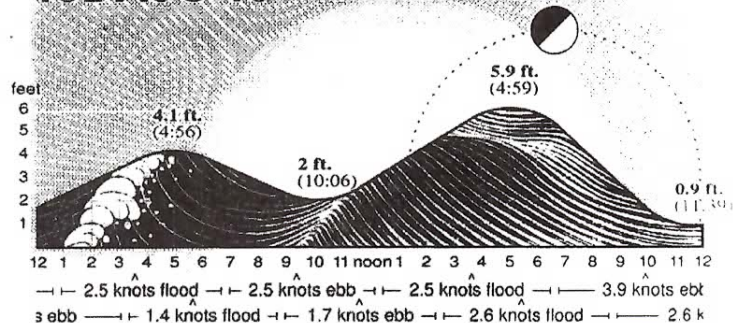
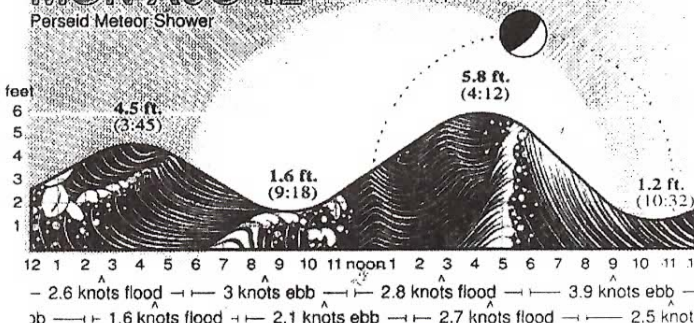
Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317

MON AUG 12 dawn 5:21 sunrise 6:23 sunset 8:06 dark 9:08
moonrise 12:12 p.m. moonset 11:10 p.m.

TUE AUG 13 dawn 5:22 sunrise 6:24 sunset 8:05 dark 9:07
moonrise 1:16 p.m. moonset 11:52 p.m.



ANNOUNCEMENT

FOR SALE

ODYSSEY VIDEO IN STINSON BEACH IS SELLING
OFF ALL THEIR DVD'S. CASH ONLY \$5.00 EACH OR 5
FOR \$20.00. OPEN EVERYDAY EXCEPT TUESDAY
BETWEEN 12 NOON AND 7 PM THANKS

AD 8/16

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

DRY DRY DRY SEASONED FIREWOOD

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

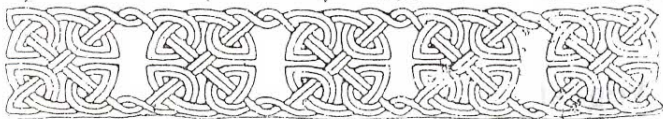
DMx

NEEDED

I NEED CRABAPPLES.

Do you have or know where a crabapple tree grows?
Please call 1633

SB 8/16



LOST & FOUND • FREE • RIDE SHARE •

ARE PUBLIC SERVICE ADS, AND RUN FOR FREE.

Please keeps ads to around 20 words.
We will run them for at least a week
or until you ask for removal.

Hearsay Staff

FREE

1 WOOD SHED - 8'X12' & 1 WOOD TWIN BED FRAME
with 3 drawers - Steve - 847-2519

SR 8/5

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 - COMPOST - FREE

Load yourself • Bring containers
Bolinas Resource Recovery 25 Olema Bolinas Rd. 9-5
Closed Sunday

BRR7/28

MATTRESS WITH A FRAME-
pick up at 315 Mistletoe Rd.- 868-1418

PK 8/2

RIDE SHARE

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

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) 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 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 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

LOST & FOUND

MISSING BIKE: GREY SCOTT W/2-MILE STICKER
& mountain bike wheels. Missing Sat. from Altura.
Call Finn 868-9689 with any information

F 7/29

FOUND: WATERPROOF DIGITAL CAMERA
found this morning (7/24) on the beach. Call 2004 to claim

SH 7/24

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

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



HEARSAY NEWS CLASSIFIEDS

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Fill out form and drop in door slot. If you have included payment please note. Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

SERVICES

BRUSH TO MEADOW TRANSFORMATION

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

DMX

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SHX

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JR 8/23

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CS 8/14

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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

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CR 8/23

12 August

Lights of Isis/St. Clare/William Blake

Ancient Egyptian festival of the Lights of Isis, later became the Christian day of St. Clare. Today is also the anniversary of the death of visionary artist and poet William Blake.

13 August

Hecate/Runic half-month of As commences

Another festival of the goddess Hecate (right). The rune As is sacred to the deities of Asgard: a time of stability, with the divine force obviously at work in the world. This letter corresponds with the ash tree.

The world ash, Yggdrasil, is a symbol of continuity in times of change and chaos. The Odinic festival of the runes falls within this half-month (see 25 August).



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