

Bolinas Hearsay News

46 ¢ + tax

Monday, August 26, 2013

WHAT'S HAPPENING

Monday, August 26, 2013

FIRE DISTRICT

Meeting of the board of directors @ Firehouse, 7:30pm.
Please see agenda inside.

RESOURCE RECOVERY PROJECT

Board meeting, 270 Elm Rd, 3:30pm

Tuesday, August 27

STORYTELLING

Neshama Franklin tells a very personal story at the Marsh in Berkeley along with 3 other performers. 7pm for music, 7:30 for stories. 2120 Allston Way. Carpooling possible. Call Neshama at -0636

Wednesday, August 28

LAZARO PEDROSO

Percussionist, singer & Santeria priest from Havana @ the New School @ Commonweal 2-4pm FREE info: commonweal.org

MIDNIGHT ON THE WATER

Traditional contradance music for Smiley's celebration of all August birthdays. 7:30-9:30pm. Free, free cake too

Thursday, August 29

CAZADERO

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

Friday, August 30

RICHARD DIEBENKORN SHOW

Docent Jim Kohn, PhD discusses the DeYoung's current show of Diebenkorn's paintings "The Berkely Years, 1953-1966" at the Firehouse, 6:30pm

THE HAGGARDS

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

Saturday, August 31

STORYTELLING

Neshama Franklin tells folktales for all ages at Olema Ranch Campground, 8-9pm. Follow the tiki torches to the campfire.

ELEPHANT LISTENING PROJECT

Live band @ Smiley's, 9:30pm

Monday, September 2

LABOR DAY

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

Friday, September 6

FRANCIS WELLER

Beauty, imagination, & the Life of the Soui @ the New School, Commonweal 2-4pm FREE

Saturday, September 7

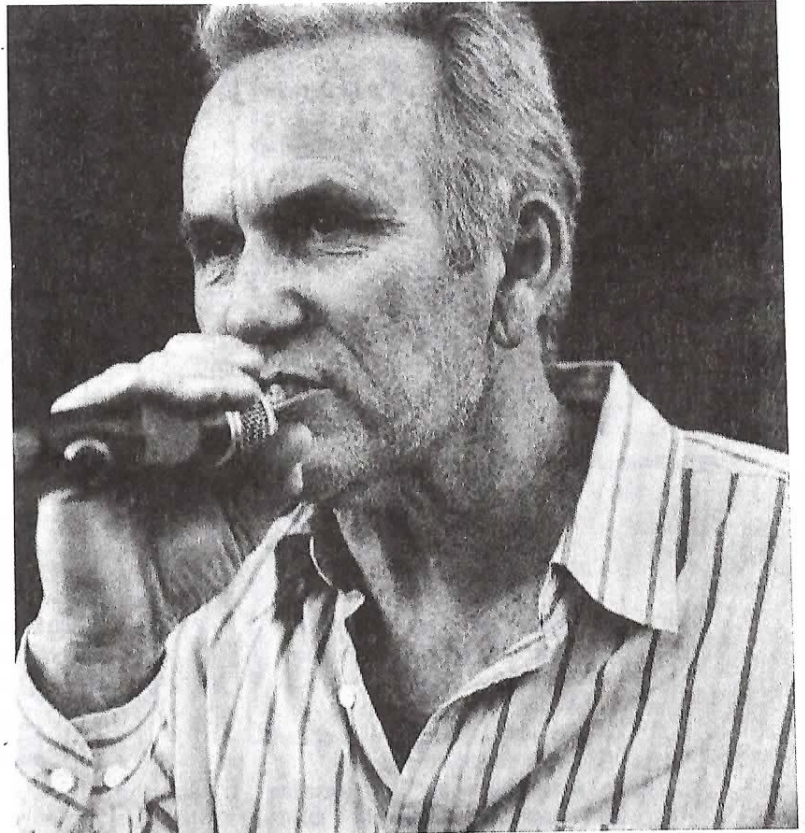
FUTURES

Drawings & paintings by Vanessa & Vincent Waring. Opening reception, Gospel Flat Farm Stand 4pm

Sunday, September 8

THE BOX SHOW CLOSING PARTY

Gallery Route One, Pt. Reyes Station, 3-4pm



JIM VEST

REST IN PEACE

HAPPY HAPPY BIRTHDAY!!!

August 26: Benjamin Becquart-Hoffman

August 27: Nancy Todd
Beverley Kane
Dale Gould Johnson
Cenize Rodriguez

August 28: Jim Heddle
Rhonda Leone
Finnian Stephens

August 29: Mark Harmon
Ron Applin
Jeremy Dierks
Ron Brown

August 30: Bill Berkson
Susan Murphy
Michael Della Valle
Orrian Elijah Willis

August 31: Brook Sierra
Helen Sirica
Cyrus Harmon
David Kimball
Persis Norton

September 1: Dean Hutchinson
Chenoa Erickson
Sarah DeBerry
Melinda Mills
Una Zakas

The Hearsay News will not be published on Labor day, Monday, September 2nd. See you at the BBQ line, or the dessert table.

--Monday staff

MEETING AGENDA
 BOLINAS FIRE PROTECTION DISTRICT
 BOARD OF DIRECTORS

MONDAY August 26, 2013 at 7:30PM

Location:

Bolinas Fire Department Community Meeting
 Room 100 Mesa Road

The site is open to the public and is wheelchair accessible.

(This agenda is posted in accordance with the Ralph M. Brown Act, California Government Code Section 54950, et seq.)

1. Call to Order and Roll Call
2. Approval of Agenda
3. Fire Chief's Report
 - a. Update on Evacuation Planning
 - b. Update on Terrace Avenue Surfer's Overlook
 - c. Fire Calls & Emergencies for July 2013
4. General Business
 - a. **Action Item #1:** Landmark Dividend – Easement purchase proposal. Landmark Representative will be in attendance
 - b. **Presentation:** MERA's Next Generation Project Presentation and Study Session
 - c. **Action Item #2:** Approve Request from Department of Parks and Recreation to renew Communications Vault Lease for ten years beginning July 1, 2014
 - d. **Action Item #3:** Election for LAFCO Alternate Special District Member
5. Consent Calendar
 - a. Approval of regular Minutes from July 22, 2013
 - b. Approval of warrant lists from June 19- Aug 20, 2013
 - c. Approval of financial reports for May, June and July 2013 including account balances
6. Public Expression (The public may address the Board regarding matters not on the agenda.)
7. Committee Reports
8. Board Member Report
9. Personnel Matters (Board may go into a Closed Session.)
10. Announcement Re: Closed Session (if any)
11. Good of the Order
12. Adjournment

LABOR DAY
 Monday, Sept 2
 Town Celebration
 Dance in the Street
 Tasty BBQ, Beverages & Desserts
 Silent Auction Kids Zone

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

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

THREE GREAT THINGS ABOUT THIS PLACE...

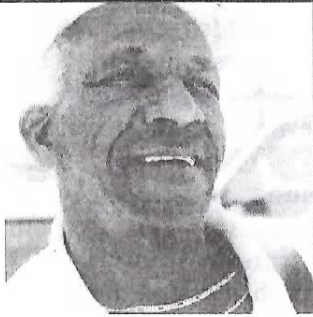
- (1) The annual Old Time Music Campout at Lake Sonoma this past weekend—lots of picking and grinning and dragging the bow.
- (2) Jim Vest's burial service at the cemetery, followed by a tearful, joyful party at the Kleiders.
- (3) The upcoming Labor Day street party for the Community Center—one of my favorite events for one of my favorite institutions.

--Ned Riley

Held at Commonweal Register on our website

Wednesday, Aug 28
2-4pm

Lázaro Pedroso
Santería (Way of the Saints)



Join TNS Host Michael Lerner in a conversation with Havana's Lázaro Pedroso about his culture, music, and religion. For 50 years, he has been a Santero (priest in the Afro-Cuban Santería religion). Santería involves polyrhythms, song, and dance. The rich tradition, carried here by West African slaves, includes herbal elements, musical elements, magical elements, and prayers.

The New School at Commonweal
451 Mesa Road • Bolinas • 868.0970
www.tns.commonweal.org
Free: donations accepted gratefully

Blackberry Farm Barn blow through.
Saturday August 31 Sunday September 1

No estate or garage have we
Just the old farm filled with debris.
Though within the stalls and trees
Hide some treasures and memories.
Much too old to know what or when
On they must go to begin again.
So on Saturday and Sunday too
Come search and find some treasures for you.
The farm will open from ten to three
After which - it is time for tea.

Aggie Murch



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

WEEKLY WRAP & RECAP 8/26/13

From JENNIEPFEIFFER

It was a Sunday memorial for James Vest, yesterday, just a week after we got the sad news that he lost a valiant struggle last Monday afternoon, overcome by an outrageously aggressive and voracious cancer, moving like a freight train - three months start to finish. As the large group of family, friends, and loving community members gathered at the cemetery, under foggy, misty skies, I was thinking of the many times over the years that we've stood on that site together, saying farewell to other dearly beloved. that have left us before we were ready. Are we ever "ready"? We know coming into this amazing life that there is no way to get around the fact that we'll be leaving it one day, but that doesn't make it any easier to say good bye to loved ones. After the last words were spoken, the last clods of dirt were placed over the remains. I looked around at some of the familiar names on tombstones there, thinking how good it was to have known them. how nice it was to remember them and say a little hello as I thought of times together. I love that cemetery. It's such a lovely place to spend the ever after. I appreciate those that put so much care into keeping it beautiful.

It was a short walk from the gravesite, through the gate to the Kleiders, who so very generously opened their gorgeous garden and outdoor space for a party for Jim, celebrating the life of this kind and caring man, supportive husband, father, grandfather, hardworking painter of homes, employer of many of our emerging adults needing jobs, and excellent keyboard recording artist/singer/songwriter. He and Sandy were working on an album that Sandy has promised him she will complete, so anyone who is looking for a way to contribute, helping with the funding of this endeavor will, I feel sure, be appreciated. The band he's played with the past several years, *Just Friends*, with Charlie Docherty, Molly Maguire, Jerome Bohlman, and Michael Pinkham, among others, poured their hearts into a tribute to Jim yesterday. Molly slipped into the keyboard slot a month or so ago, when Jim no longer had the strength to do it, and did a stellar job supporting the melodies and singing the harmonies. Thanks to June, Tanya, and Isabella Kleider (along with many helpers) for all their food preparation, organizing, and serving the many who showed up to comfort one another. And thanks to Alex Kleider for always being the gracious host.

The Kleider women have contributed their culinary skills to many events in town, and just Saturday night, were at the Community Center helping Ciarra D'Onofrio with her fundraiser efforts on behalf of the Amal Women's Center in Morocco. This was an amazing feast of Moroccan dishes and came about through the happy coincidence of June and Isabella's trip to Morocco, where they added to their repertoire of cooking skills about the same time Ciarra returned for a year there with a study abroad program. It was a very entertaining evening of slides and conversation and food.

You can also get some excellent soup on Friday's from Tanya and Isabella's Humble Kitchen. And it's delivered. jp

Ad Copy for KWMR-FM
(90.5 PRS & 89.9 Bolinas)

Wed Aug 28

8 am Swimming Upstream. West Nile Virus; Zero Breast Cancer.

5 pm Open House. Civil Rights March on Washington.

5:30 pm Epicenter. Marin Sheriff Robert Doyle; CA Assemblyman Marc Levine.

Schedules & More Info at www.kwmr.org

Richard is having an operation on his rotator cuff [shoulder] this Wednesday; hoping to speed up his rehab process through visualization I tried getting him to read "Imagery in Healing" [Achtenberg] but mr.science balked- too new age for his stripe.so I began re-reading it...

There was an article I had cut out some time ago stuck inside on Imagery, Ceremony & Healing Rituals [Achtenberg]. Here are some random excerpts I hope make sense out of context:

...if the stories in the mind change, emotions change, and the body changes-it's as simple as that. Thoughts are biochemical reactions and biochemistry influences thought ~~~~~ the things that are most important and human are invisible---feelings, beliefs, ideas, our connections with each other and something greater---you realize that they are represented and vested in images and symbols.~::~imagery is a wedge or an entrance into the ability to translate and transform the very nature of our being ~~~~~ [Interviewer- on examples of how symbols are used in Achtenberg's work]: I ask people to describe who they are symbolically. For instance, I could tell you that I am Jeanne---this, that and the other---or show you my CV. But what I really am is a wildflower. When I say that, you don't even have to see me or know me---you already know many characteristics about my inner life and lifestyle. Wildflowers are tenacious, delicate, and tough. After they bloom they can go underground for weeks and years; there is still life, but of a different sort. They are also stubborn and don't transplant or grow if forced against their will. Symbols are a great means of communication of who we are to ourselves and one another. [end of quotes]

That last paragraph reminded me of an experience I had in Silva Mind Control, (my first foray into woowoo country). Our first assignment was to meet our spirit guides. A light hypnotic trance was induced, and we were told to imagine descending in a elevator, counting backwards 10-9-8-7-at to count of 1, then we were to open our eyes and behold our spirit guides however they manifested. 1! Eyes open.! Nothing before me. Nothing. My guide hadn't shown up. [I had been expecting a large blond winged angel - a Temperance tarot type. Expectations not met.] Out of the corner of my eye, however, on my right, I had glimpsed a little black imp, looking back at me and running away

Back to the Achtenberg interview w/excerpts:)Once we become aware of our symbolic nature, we begin to identify our own story and wholeness---the symbol becomes a source of wisdom and power, a totem, a fetish, a power object. The wildflower teaches me things about myself. It teaches me that I am part of an organic whole that does what it does when it does because of the story. This is nothing new; it is old tribal medicine.

The black imp taniabedford@sbcglobal.net

Hi Writers,

I am producing another True Stories in Stinson on Tues. Sept 24th at 7pm. I am looking for writers/ readers and wanted to ask you first. Remember stories are 6 to 8 minutes when read aloud. Let me know if you would like to read a story. Also, let me know if there is anyone else you know that I should ask to read. Even if you don't read, I hope to see you there. Best Wishes, Camilla

camilla ford (bajacamilla@yahoo.com)

This Tuesday on the Rise and Shine Show, Mary Siedman and Amber Distasi welcome guest Bolinas singer/songwriter/musician/composer Emma Lee of the Emma Lee Project. Tune in between 8-9 a.m.

"From her favorite coffee shop solo gigs to full band performances Emma Lee's original songs allow the listener to dream awake."

From: Mary Siedman (msiedman@yahoo.com)

Go to Health: Driving 'under the influence of...'

Mothers against Drunk Driving (MADD) has taken on an added cause – drugged driving. According to the National Highway Traffic Safety Administration, one in 8 weekend, nighttime drivers test positive for illicit drugs, and one in 3 drivers killed in auto crashes test positive for drugs. They are referring to illicit and prescription drugs, as well as alcohol. All cause dangers for drivers and their passengers.

The Institute of Medicine has reported that 20% of serious injuries from driving can be attributed to driver sleepiness. Here's the problem – insomnia is very common, and can of course cause sleepiness and danger at the wheel. However the drugs used to treat insomnia, like Ambien, can also contribute to dangerous driving the next day. An article in the August 22nd New England Journal of Medicine reports on driving impairment in Ambien users. The relationships between drug dose, time of use, and the concomitant use of alcohol or other substances have not yet been worked out. However, people using these drugs should know, and should be warned by their doctors, that their driving the next day may be impaired. Studies have shown that they may not be aware of their impairment.

Ambien is the most widely used prescription drug for insomnia. Recent studies have shown that the usual 10 mg dose is too high for women and the elderly, who should start with a 5 mg dose. Because some people can fall asleep easily but wake later and can't go back to sleep, a lower dose of Ambien, called Intermezzo, has been marketed for midnight wakefulness, to be dissolved under the tongue if the user has at least 4 hours more of sleep-time. Again, the suggested dose is lower for women than men. While the lower doses are more appropriate, daytime hangover is still a problem for many users.

Sonata, Lunesta, and Silenor are other prescription drugs used for insomnia, and may also cause driving impairment the next day, especially in people over 55, according to a French study. All these drugs are also habit forming if used nightly.

Valium and other drugs called benzodiazepines (Ativan, Xanax, Restoril, Halcion, Klonopin) are very useful drugs for anxiety, panic disorder, seizures and other problems. When used for sleep, they can be habit forming and may impair driving the next day.

Marijuana use and its effects on driving have been studied at the University of Washington's Alcohol and Drug Abuse

Institute. Laboratory studies and driving simulator studies have shown a dose-dependent impairment of ability to steer, keep a steady speed, follow another car, reaction time and lane positioning. The combined effects of marijuana and alcohol affect driving even more.

Alcohol, so commonly used, and such a pleasant relaxant for many people, can lead to tragedy behind the wheel. Every day in American, another 27 people die as a result of drunk driving crashes. 'One for the road' should be a soft drink or coffee consumed by a designated driver who has remained sober.

Stimulants such as amphetamines, methamphetamine, cocaine, ecstasy, and Ritalin, can make driving extremely unsafe by affecting coordination and attention. Users often drive aggressively and take risks. Drowsiness and rebound fatigue occur when the drug effects wear off. Amphetamines combined with alcohol or opiates are equally dangerous.

Opioid drugs given for pain, such as morphine, codeine, oxycodone and fentanyl patches, can be associated with safe driving in very low doses, but the dangers of road trauma increase with higher doses. People taking these drugs should check with their doctors concerning their driving abilities and safety. When such drugs are taken illegally, often in high doses, the dangers of erratic driving escalate.

Over the counter antihistamines such as Benadryl and Chlor-Trimeton can cause drowsiness and may impair driving abilities.

The average car today weighs 3-4000 pounds. Hurling along the road at 55 miles per hour or faster, it is both an amazing machine and a dangerous one. We all know people who have been killed or seriously hurt in car crashes. Here's my take-away from writing this column:

- *Never drive under the influence
- *Always designate a sober driver at a party
- *Suspect all other cars on the road
- *Pull over for faster drivers and motor cycles
- *Respect pedestrians and bicyclists (they may be under the influence too)
- *Avoid road rage in yourself and others
- *Don't text, talk on the phone, or take chances
- *Give yourself plenty of time to get there so you don't speed

Sadja Greenwood, MD back issues at sadjascolumns.blogspot.com. See my column of 4/24/2012 for safe ways to deal with insomnia.



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)	Morning Glory 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	# Gregory DeMascio # Anneke van der Veen	
9	KT's Kitchen	Krista Tippet On Being (repeat)	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) # Témas (repeat)	Forms and Feelings 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 Stepanie Van Hook NEW DAY Transition to Peace R. Faure-Van Brac	Jim Bennett Jazz Rhythm Dave Radlauer LAST SUNDAYS
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 # Jeffry Wilkinson	Classical Friday #1 S. Henderson #2/4 N. Masonson	# Hawai'i Calling Susanna Henderson # World Playground Guest Hosts	Riverwalk Jazz The Vinyl Café (CBC)
3		Jimo & Friends Jorge Ramirez			#3/5 Specials		
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		Circulo musical Jesus Martinez	Learnin' Kirven Brian Kirven Beth Underwood
5	Trash to Treasure NEW TIME	Sabrina Artel's Trailer Talk	Open House	Open House: Témas de Inmigracion; Story Shed	Happy Hour		To Hell & Bach
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 Julie Motz	Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Between Rock and A Jazz Place
7	Release Me...New music Amanda	Musical Varieté Charlie Morgan	Foggy Ridge Music Will Minor	Bakersfield & Beyond Mike Varley & Amanda Eichstaedt	Shorty's Bunkhouse Shorty	Friday Funk Fest Fairfax Funkateer	Paul Flowerman Grey Shepard
8	El Barrio	Silver Dollar Jukebox	Faultline Radio	Coast Highway Blues	L.A. Theatre Works	Rick's Jazz Café Greg's Groove	Choose Your Own Adventure The Kitchen Sink
9	Gus Conde	Peter Martinelli	Jaimo Crespo	Larry Rippee	Contemporary and Classic Drama	Rick Clark Gregory DeMascio	Fred Smith Patrick Kleeman
10	Monday Night Mixtape	NEW Barbarian Beach Party Katie Eberle	The Latin Alternative	Sonic Sunspots Tony Palmer	NEW Best of British Unsigned	Saturday Night Function # Marc Matheson # Jeff Wilkinson	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charles	Professor Kosmo plays.....	Professor Kosmo plays.....		New music from the UK Professor Kosmo plays....		

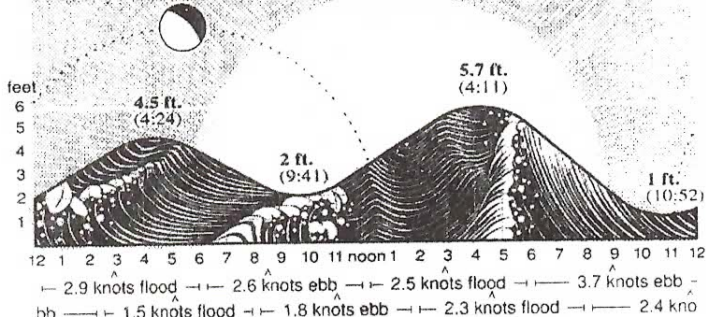
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Office 415/663-8068

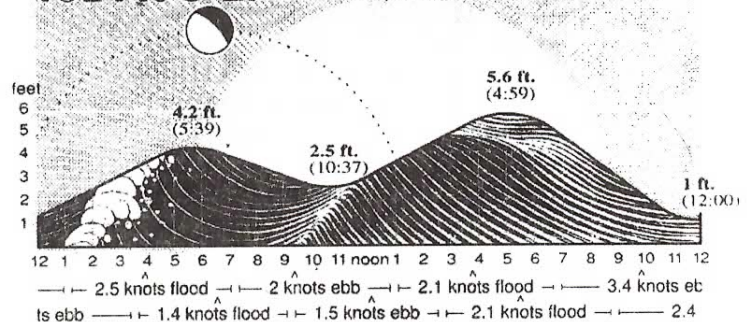
STREAMING on KWMR.ORG

Studio 415/663-8492/8317

MON AUG 26 dawn 5:35 sunrise 6:35 sunset 7:47 dark 8:47
moonset:12:35 p.m. moonrise 11:09 p.m.



TUE AUG 27 dawn 5:36 sunrise 6:36 sunset 7:46 dark 8:45
moonset 1:31 p.m. moonrise 11:51 p.m.



FOR SALE

GARAGE SALE • SUNDAYS 9:00 AM – 2:00 PM

Until it's all gone. Or call me and come by
460 Fern Road at Poplar – Barbara Kayfetz
868-9622 or 868-9268 – C

BK 8/30

DRY DRY DRY SEASONED FIREWOOD

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

DMx



LOST & FOUND

FOUND: DOG, MEDIUM SIZE, FEMALE WHITE
poodle found on big mesa on 8/16. No tags. Identify color of
collar. 868-2888 Maud & Bob

MD 8/19

FOUND

AT BCC-8/24-CAMERA-DIGITAL CANON AND ON 8/25-
A PAIR OF PRESCRIPTION TURQUOISE SUNGLASSES
FROM KAISER PERMANENTE CALL 868-2128 TO
CLAIM.

BCC 8/26

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

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 - 7:30 p.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
Congoese 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 - 12:00 p.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

BAKERS NEEDED

September 2nd is Labor Day, yay!
As usual, there will be lots of food .

I am looking for people to bring to
the dessert table home baked sweets .
Volunteers to help run the dessert table
for an hour or two are also needed.
People will so enjoy eating the goodies
and we will all have a lot of fun!

All proceeds benefit BCC.

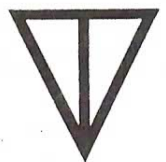
Call 868-9052 to offer help!

Thank you, June McAdams

26 August

Ilmatar

Ilmatar is a Finnish goddess, known as the Water
Mother. According to tradition this goddess is the cre-
ator of the world. Pictured at right is a traditional
caléndrical sigil for this day.



27 August

Nativity of Isis

paste-up
ads/books
press

Ned Riley
June McAdams
Jen Pfeiffer/Ned Riley

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

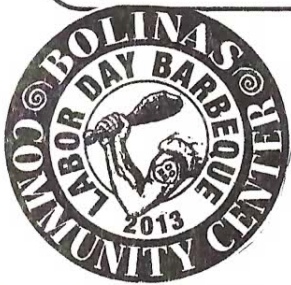
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Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day. Or request a link to the password-protected website to read online and info on how to subscribe.

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MS 9/20

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CH 9/13

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MA 8/28

Start your search now for fabulous items to donate! Something that could be a great treasure to someone else. When you donate, we'll give you a tax receipt so you can reduce your taxes, and you'll glow with the knowledge you are supporting the Center, the heart of our village.

Drop off donations at the office Thursday August 29th through Saturday August 31st, 10:00 - 4:00.

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LP 9/26

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.

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BRR7/28