

# Bolinas Hearsay News

Monday, September 16, 2013

46 ¢ + tax



*Windy Sunday*

*'roving'*

## WHAT'S HAPPENING

Tuesday, September 17

### BIRTHDAY SONGFEST

Join small town troubadour StuArt in celebrating his 65<sup>th</sup> birthday singing original songs + the Bolinas birthday song by Ananda, BCC, 7pm

Wednesday, September 18

### BCPUD (UTILITY DISTRICT)

Regular monthly meeting of the Board @ BCPUD office, 270 Elm Rd, 7:30pm. (Agenda inside)

Thursday, September 19

### FULL MOON/HARVEST MOON

4:14am

### THE STATE OF BOLINAS LAGOON

Town meeting on major issues affecting the lagoon & its restoration, @ Stinson Beach Community Center, 6-8pm

### SONGWRITER SHOWCASE

Live music @ Smiley's, 8:30pm. No cover.

Friday, September 20

### UPLIFTMENT: HARVEST REGGAE FEST

Messenjah Selah, Lee Tafari & the Love Band; dinner show w/ Sophia Rose, food by local chefs. At the Community Center, dinner 6pm. Admission \$15, free under 18. Info: Maitreya -0525

### ARIZONA & THE RAMBLERS

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

Saturday, September 21

### HONEY DUST

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

Sunday Sept 22

### AUTUMN EQUINOX

1:44pm

## HAPPY HAPPY BIRTHDAY!!!

**September 16: Gwen Spangler (remembered)**

Laurie Patton  
Marion Weber  
Megan Matson  
Zephyr Forest  
Lori Morgan  
Jerrye Sean  
Raven Angelica

**September 17: Max Kline**

**September 19: Gregory Shelley**  
Lisa Lee Sternik  
Ecordielle Driscoll

**September 20: StuArt Chapman**  
Shari Dell  
Kathy Bustamante

**September 21: Terra Dreven**  
Sean Morgan  
David Fortna  
Kathryn Hadley  
Alex Klein

**September 22: Karen Willig**  
Terry Bell

### SHARING OUR VOICES

CD Release Party; 5PM, BCC; Free entrance and CD, potluck dinner

### DUCK DERBY

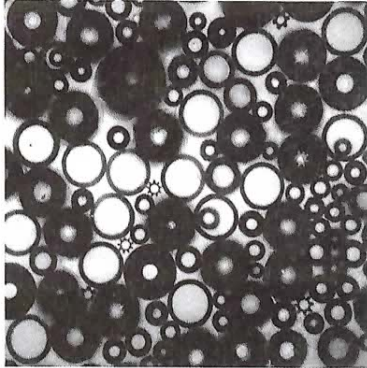
benefit for the Dance Palace at White House Pool, 11 am.

**GALLERY ROUTE ONE PRESENTS**

September 13-October 20, 2013

**Reception:**  
**Sunday, September 15**  
 3 to 5 pm

**CENTER GALLERY:**  
**MADLINE NIETO HOPE**  
 Make. Believe.



MADLINE NIETO HOPE, WASHER STUDY #5

**PROJECT SPACE:**  
**RESIDENCIA EN LA TIERRA**  
 An Exhibition of photographs of photos by GRO's Latino Photography Project

**IN THE ANNEX:**  
**ANDREW ROMANOFF**

**ART SALON**  
**Sunday, October 20,**  
 4:30 pm



MARICELA MORA, SOPLAR LA CONCHA

**THIS WEEK AT THE DANCE PALACE:**

**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](http://www.dancepalace.org)

**DUCK DERBY REDUX 2013**

See the ducks race at White House Pool with one very lucky ducky winning \$500 for its sponsor. Buy your tickets at the Farmers Market in Point Reyes, at the Dance Palace, or from a DP Board Member. The cost to participate and sponsor a duck is \$5.00 a duck, or a quack pack of five for \$20. Music by Tim Weed and Debbie Daly with BBQ, drinks, and ice cream offered for sale. All funds raised will support Dance Palace programs and scholarships.

**Sunday, September 22, 11 AM-1 PM / Free, White House Pool**

**30**

11101 Highway 1, Point Reyes Station, CA 94956 (415) 663-1347

Paste up-Ned Riley  
 Ads-June McAdams  
 Printer- Jennie Pfeiffer

Tuesday, September 24

**TRUE STORIES**

Evening of personal stories @ Stinson Library, 7:30pm.  
 Info: -1336

**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

HATLE CONSCIOUS WORKS & COMANCHE  
 BRING TO YOU  
 A GATHERING IN HONOR OF OUR ROOTS AND IN SUPPORT OF OUR YOUTHS

**UPLIFTMENT**  
 WEST MARIN HARVEST CELEBRATION

**MESSENJAH SELAH & LEE TAFARI**  
 BACKED BY THE LOVE BAND + SPECIAL GUESTS  
 ACOUSTIC DINNER SHOW WITH SOPHIA ROSE AND MORE  
 LEE'S UNLIMITED & COMANCHE HIGH POWER PLAYING STRICTLY VINYL  
 GOOD GOOD FOOD ~ FINE DESSERTS ~ JUICE BAR ~ RAFFLE PRIZES

**FRIDAY SEPT 20TH '13**  
**THE BOLINAS COMMUNITY CENTER**  
 EARLY SHOW, ALL AGES ~ KITCHEN OPEN 6-9 ~ MUSIC 7-MIDNIGHT  
 GENERAL ADMIN \$15 (INCLUDES RAFFLE TIX) 18 AND UNDER FREE!

## Go to Health: How to Preserve your Brain, Muscles, and Bones

**Your Brain** – Keep it sharp. Here are some of the proven ways to help memory and brain function:

Exercise at least 30 minutes every day. Upper body exercise counts if walking is hard for you. Play music to keep you going. Ride a stationary bike in front of your TV. Get an exercise pal or join a class. Exercise will help you grow new neurons and oxygenate your brain.

Vitamin B12 is important to prevent brain shrinkage in people over 60. It is found in animal foods. Vegans should always take a B12 supplement. Some older people don't absorb it well from food. Get a B12 blood level from your doctor, and take B12 tablets sublingually if you are low.

Eat vegetables and fruits, legumes, fish and poultry. Limit fatty meat and foods containing sugar, to prevent obesity and keep your arteries clear. Avoid too much alcohol and addictive drugs, legal or illegal.

Olive oil should be your major fat source. A compound in extra virgin olive oil called oleocanthal may help prevent Alzheimer's. See the 6/5/13 column at [sadjascolumns.com](http://sadjascolumns.com) for details.

Get enough sleep: 7-8 hours, so that you wake refreshed. Sleep is essential for good brain functioning.

Learn something new: a new language, a new skill, a musical instrument, drumming, a dance routine. According to a 2009 Gallup Poll, 85% of Americans who don't play a musical instrument wish that they could. You can! You will forge new pathways in your brain.

**Your Muscles:** As we get older, our muscles grow weaker, and it's important to work on staying as strong as possible. You don't have to join a gym to keep your muscles strong, but if you do, enjoy your workouts. Walk daily, run in place, bike, dance, skip rope, garden, lift weights at home. Light weights are fine for beginners and many women. Resistance bands are useful. Invest in a few sessions with a personal trainer if you have never tried strength training. Take a class in yoga, Pilates, or dance. We have great classes in Bolinas. Use a standing desk so you don't sit too much. Vitamin D is important for muscle strength and to prevent falls and

fractures. Many people benefit from taking 1000 IU daily as a supplement. Talk to your doctor or nurse practitioner about this. Keep your blood level of Vitamin D3 at 30 ng/ml or higher.

**Your Bones:** Osteoporosis is common in women after menopause – it is defined as bones that are porous, brittle and subject to fracture. It can also occur in men as they age. Your doctor can arrange a test called DEXA, or bone densitometry, that can diagnose osteoporosis. There are various medicines that help with this problem. Whether or not you take a medicine, you should definitely eat a diet with adequate calcium, possibly take supplementary calcium (to be discussed with your doctor) and take Vitamin D as noted above. Good foods high in calcium include non-fat or low fat yogurt, calcium fortified soy milk, kale, collards, watercress, arugula, broccoli, okra, beans, almonds, sardines with their bones, and many others. Make bone soup, by adding vinegar to a bone broth to help release the calcium. Aim for a diet high in green vegetables, nuts and seeds. There is preliminary evidence that using olive oil as your main fat will help to preserve bone strength. Exercise, especially walking, running, dancing and resistance exercises help keep bones strong. When your muscles contract, your bones react. Here's an exciting new development: UCSF now has a service for Skeletal Health in the Department of Orthopedic Surgery, developed and staffed by Aenor Sawyer, MD, who is a Bolinas resident whenever she can break loose from work. Those of you who know Aenor are aware that she is as compassionate as she is expert, and the opportunity to visit her new service is truly a blessing.

Dear Readers – I hope you can join me at my book party on Saturday, September 21<sup>st</sup>, 2-5 pm, at 440 Birch Rd. I will be launching a novel, *Changing the Rules*, which is about a young woman's search for identity and her calling. Please drop in.

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



## 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  
September 18, 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 – Approve Bid Documents.
  - Update on Shared Personnel Between BCPUD and Bolinas Fire Protection District.
  - Update on BCPUD's Five-Year Capital Improvement Plan.
  - Drainage Project Manager's Report.
4. Community Expression.
5. Expanded Water Use Permit Application – 240 Alder Drive (E. Cannon)
6. Request for Financial Relief from Quarterly Water Bill pursuant to BCPUD Resolution 553 – 250 Iris Road (R. Hillyard).
7. Request to Dedicate Walking Path on BCPUD Sewer Pond Property as "Warshall Nature Walk" (K. Okamura, H. Kossman, S. Patton and D. Hadley).
8. BCPUD Coastal Permit, APN ##193-020-47 and 193-020-59, 100 Mesa Road (Mesa Park Ballfield Irrigation and Public Restroom Project).
9. Funding for and Details of Candidate Publicity for BCPUD Board Election on November 5, 2013 Ballot; Update on Current Directors' Submittal of "Issues List" for BCPUD Candidates.
10. Update on Water Supply Augmentation Project.
11. Amend Resolution 312 (revising grounds for termination of water service and adding reactivation fee).
12. Resolution 624: Appointing Lewis Likover as a Limited Duration Employee.
13. Resolution 625: Authorizing Investment of Monies in the Local Agency Investment Fund.
14. Volunteer Committee Reports
  - Alternative Energy:
  - Bolinas Lagoon Advisory Committee:
  - Community Path Update:
  - Downtown Parking & Traffic Committee:
  - Resource Recovery:
  - West Marin Mosquito Control Coordinating Council:
  - Sewer Pond Land Management Committee: Report from September 16, 2013 Committee meeting; Revisions to Lease with Gospel Flats Farm.
15. Other Business
  - a. Board Committee Reports
    - Finance:
    - Legal:
    - Mesa Septic, Flood Control and Roads:
    - Operations:

Sleeping in an orchard

I'm writing an unfinished book  
Everyday is a new page

To perceive the essence of  
This heavenly nature

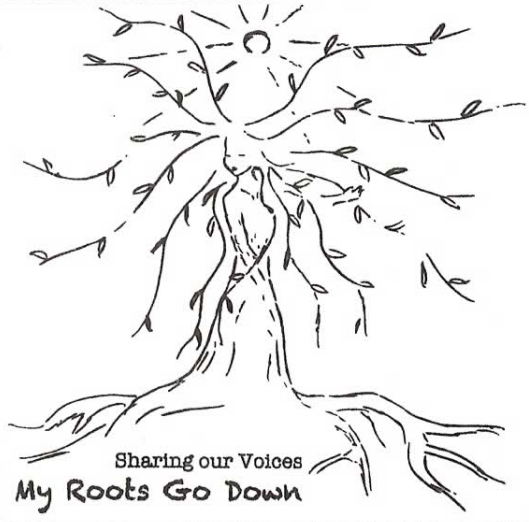
One must listen to the music  
Of the heart. . .between each breath

We dance this world of life  
Sing the song of the universe

It is love playing the strings  
Of your heart. . .listen

Listen to the harmony of  
Friendship

J.Bojeste



Sharing our Voices  
My Roots Go Down

**SHARING OUR VOICES  
CD RELEASE PARTY  
Sunday Sept. 22**

Doors open at 5 PM, dinner at 5:30, show at 6 PM,  
end at 8 PM.

This is a FREE EVENT - even the CD is FREE!  
This night is out gift to the community. It's our  
CD release party. It is a potluck, a night of sharing  
food, music and poetry.

- Park and Recreation:
  - Personnel:
  - Sewer:
- b. Minutes of the August 21, 2013 Regular Meeting.
  - c. Warrants
  - d. Scheduling of Next Meeting(s)
16. Adjournment.



**Balancing Act**  
BOOKKEEPING PLUS

**Christine Cunha, Owner**  
**415.868.2700**

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- Payroll
- Year-End Prep
- Mail Service
- Plus More...

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48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

## WEEKLY WRAP & RECAP 9/16/13

From JENNIEPFEIFFER

Meetings, meetings, meetings. A couple of week's worth of recaps to put together, so I'm working on that. Should have it together later in the week or certainly by next Monday. Sorry for the delay - life gets in the way. Grandbabies always trump writing about meetings, and that's where I'm spending time these days, with grand daughter Simone, now 9 months old and developing a wonderful sense of humor. It's great socializing with someone who never makes me feel bad about myself, is always glad to see me, and keeps me laughing. What would we do without babies and dogs (or cats or other friends.) I will be attending the Sewer Pond Open Space Use Committee meeting this morning, so will keep you posted on what I know. There is a Water Board meeting coming up this Wednesday, so there will be some accurate reporting by staff then. If you are interested, it would be good to attend at 7:30 in the BCPUD office on Elm Rd. Stay tuned jp

## Support Bo-Stin voices

Dear Editor,

Sharing our Voices is a group of young female songwriters from the communities of Bolinas and Stinson Beach. My Roots Go Down is a collection of original music, the product and gift born from nine months of nature immersion, collaboration and recording, along with an additional nine-month learning journey on what it takes to release a CD. It takes a lot!

The project grew naturally out of the Bolinas Stinson Youth Group. Spear-headed by myself, a youth group board member, and led by facilitators Sophia Rose and Sofi Setrakian, this project was inspired by the abundance of talent and raw creativity presented by the youth of our communities. This album is a gift to our community.

The future is the youth's future; they need to speak, and we need to listen. We are sharing our voices.

Next Sunday, Sept. 22, we are holding a free CD release party and potluck at the Bolinas Community Center. Doors open at 5 p.m. and we will start eating at 5:30. The show begins at 6 and ends at 8. We will supply dishes, utensils and non-alcoholic beverages; please bring a dish or dessert. For information contact me at (415) 868.0245 or mabu249@gmail.com.

Mark Butler

21 Reges Light 9/12/13 Bolinas

## LABOR DAY DESSERT FOLKS

**It's been two weeks since this very successful event and I just wanted to thank everyone who helped make it happen. Thank you to the many bakers who made delicious desserts and to all who helped tend the table for the whole day. Thanks also to those who helped set up and clean up at the end. It was a fine day in every way, lots of fun and earned a bit of money for the Community Center as well. A million thanks from June McAdams!**

## THREE GREAT THINGS ABOUT THIS PLACE...

**(1) The autumn equinox, soothing my melancholy Celtic soul with the prospect of ever-lengthening nights. Days will be shorter than nights, starting this Sunday.**

**(2) Big yellow Harvest Moon, rising full on Wednesday night at 6:40pm.**

**(3) New car. (Prius 'C' if it matters) Five years before we'll have it paid for, but it's a zippy little thing.**

--Ned Riley

**True Stories**, an evening of personal/true stories written and read aloud by "folks like you and me," will take place Tues. Sept. 24th at the Stinson Beach Library. Readers include: Neshama Franklin, Claudia Chapline, Marc Carlson, Barbara Martin, Camilla Ford and others. Refreshments will be served at 7pm, reading begins at 7:30. FREE! For more info: 1336 or [bajacamilla@vahoo.com](mailto:bajacamilla@vahoo.com).



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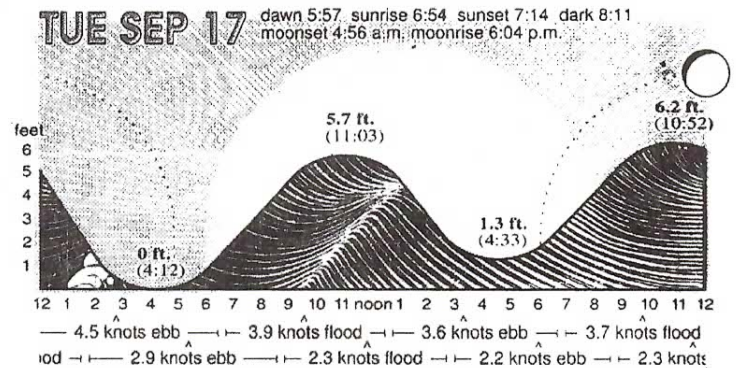
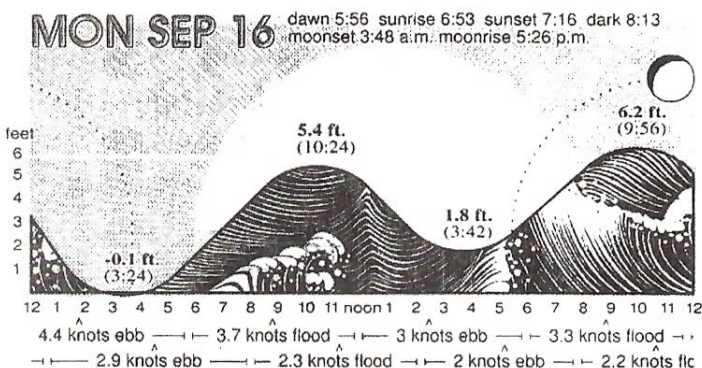


	Mon	Tue	Wed	Thu	FRI	Sat	Sun
<b>6</b>	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music	S Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am KWMR Night Music	Radio Goethe 12-1 am KWMR Night Music
<b>7</b>	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	6:00 am As It Happens Morning Glory	Daybreak
<b>8</b>	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
<b>9</b>	KT's Kitchen	Krista Tippet On Being (repeat)	Airwaves Raul Gallyot	Fish Tales David Cook	Howard Dillon Charlie Docherty	Art of the Song (repeat)	Solange Echeverria
<b>10</b>	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Vinyl Café (repeat)	Turning Pages # Joy Maulitz # ViewPoint (repeat)	Turning Pages — Kerry Livingston — Specials	Turning Pages (Bilingual Storytime on hiatus)	NEW SERIES Climate One	Vicarious Traveler Vicki Leeds
<b>11</b>	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
<b>12</b>	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
<b>1</b>	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- Brac
<b>2</b>	Cruisin'..... Rick Clark	What's New? NEW DAY/TIME Aztec Pride	Classical Wednesday	Classical Thursday	Classical Friday	#1 S. Henderson	# Hawai'i Calling Susanna Henderson
<b>3</b>		Jimo & Friends	Jorge Ramirez	#1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	# Susan Santiago # Jeffry Wilkinson	#2/4 N. Masonson	# World Playground Guest Hosts
<b>4</b>	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	#3/5 Specials	Circulo musical	Learnin' Kirven To Hell & Bach
<b>5</b>	Trash to Treasure NEW TIME	Sabrina Artel's Trailer Talk	Open House	Open House: Témas de inmigración; Story Shed	Happy Hour	Jesus Martinez	Brian Kirven Beth Underwood
<b>6</b>	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
<b>7</b>	Release Me...New music Amanda	Musical Varieté Charlie Morgan	Foggy Ridge Music Will Minor	West County Prowl Jeff Manson	Bakersfield & Beyond Shorty's Bunkhouse	Friday Funk Fest	Paul Flowerman Grey Shepard
<b>8</b>					Mike Varley & Amanda Eichstaedt	Fairfax Funkateer	Rick's Jazz Café Greg's Groove
<b>9</b>	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	Choose Your Own Adventure The Kitchen Sink
<b>10</b>	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	Fred Smith Patrick Kleeman
<b>11</b>	Jacoba Charles	Professor Kosmo plays.....				Saturday Night Function # Marc Matheson # Jeff Wilkinson	Stuck in the Psychedelic Era with the Hermit

Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317



## FOR SALE

**UPPA BABY CABANA CAR SEAT IN GREY: \$29.95,**  
Chicco Keyfit 30 Car seat in Midori Green: \$ \$189.99,  
Chicco Keyfit 30 Caddy Frame: \$99.99, Bob Infant Car seat  
Adapter for Chicco: \$36.75. Total Retail Value: \$356.68  
approx.! All items in Excellent Condition! Asking \$150.00 or  
OBO. Car seat was only used in second car, (rarely) and is  
spotless! Still have child restraint registration card you can fill  
out and send. Thanks; call 868-2125, local in Bolinas

LH 9/16  
9/20

## DRY DRY DRY SEASONED FIREWOOD

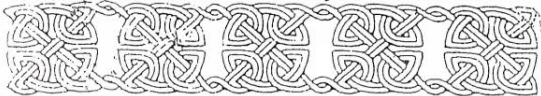
Oak, Bay, Eucalyptus – Cut locally  
Gospel Flat Farm 868-0921

DMx

## FOR SALE

**FIREPLACE WOOD BURNING HEATER INSERT-\$350  
OR BEST OFFER, COST OVER \$2,800 NEW. USED  
ONLY 2 WEEKS, NEEDS RECONDITIONING-  
REGENCY 2400 W/BLOWER. LINDA-(415) 302-1747**

L 9/27



## FREE

**OAK TABLE: 4 FOOT WIDE & 29 INCHES TALL**  
with extra leaf 1 foot 7 inches. RCA T.V. with 20-inch screen.  
Pro-Form Crosswalk treadmill, folds up to take up less room. All  
free, you must pick up. Call Kate at 415-868-0316

KR 9/13

## FREE

**TO GOOD HOME – SEVERAL BABY KOMBUCHA**  
- contact Curly-2102

CR 9/4

## FREE – COMPOST – FREE

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

BRR7/28

## 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

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

Submit articles, ads and drawings by midnight  
Sunday, Tuesday or Thursday for publication  
the next day.

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

## 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.  
Theater with Patrice Daley 7:00 - 8:30 p.m.

#### Tuesday

Yoga w/Lisa Brendel 8:30 - 10:00 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.

#### 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

Yoga w/Lisa Brendel (Class Starts 9/5/13) 8:30 - 9:30 a.m.  
USDA food bank 12 noon  
After School Ballet w/Erika Townsend (Starts 9/5) 3:30-5:45 p.m.  
Congolese Dance w/ Sandor 6:00 - 8:30 p.m.

#### Friday

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 a.m.  
No Place Like Home (Free Brunch 4<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 (2-4 yrs) w/ Lisa Townsend 10:45 - 11:15 a.m.  
Kids Movement Class (4-6 yrs) w/ Lisa Townsend 11:15 - 12:00 p.m.  
Ballet w/ Erika Townsend 12:15 - 1:45 p.m.

#### Sunday

Yoga w/ Trishna (Classes start 9/8/13) 9:00 - 11:00 a.m.  
Brazilian Dance with Anna (Classes start 9/8/13) 11:15 - 12:15 p.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)*

## LOST AND FOUND

### LOST: LABOR DAY-AMPLIFIER STAND-

a pair of cowboy boots with wooden top. StuArt-2769

SC 9/9

### LOST: A PAIR OF VERY COOL RAYBAN SUNGLASSES

at farm stand art show opening last weekend, 9/7.

(559) 288-3401

VW 9/13

### 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: TOYOTA KEY

under my sofa cushions. Call Tina - 2523

TA 8/28/13

### STOLEN BICYCLE: BLACK SCHWIN 3 SPEED

with basket, white wall tires, lg. seat. Last seen on Gospel Flats  
may be downtown. Allan @ PO Box 254

AL 8/28

### FOUND: AT BCC 8/24 – CAMERA, CANON DIGITAL

and on 8/25-a pair of prescription turquoise sunglasses from  
Kaiser Permanente. Call 868-2128 to claim.

BCC 8/26

### FOUND: WATERPROOF DIGITAL CAMERA

found this morning (7/24) on the beach. Call 2004 to claim

SH 7/24

### 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



# 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

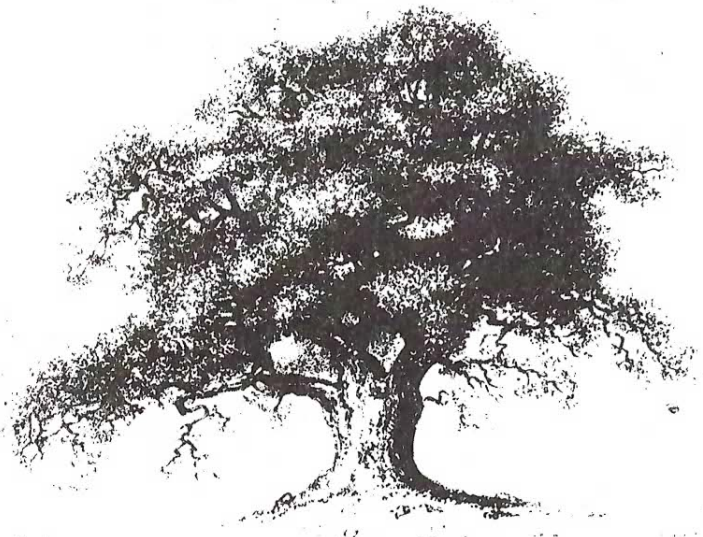
## SMILEY'S

SCHOONER SALOON & HOTEL

- INTERNET ACCESS • CHECK CASHING
- WESTERN UNION • ATM & CREDIT CARDS

COLOR COPIER (B&W too)

41 Wharf Rd., Bolinas 415-868-1311



## 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

## HELP WANTED

**ANY ANGELS AROUND? SOMETIMES MICHAEL** can't read. He loves being read to. Anyone willing to come once a week for an hour? Vivienne- 2241

VVR 10/7

**STAR ROUTE FARMS IS LOOKING FOR A DRIVER/** market person 2 day/week, Thursday and 1 weekend day. Early start. Clean drivers license required. Please call 868-1658 and speak with Annabelle or Warren.

A/10/2

**RELIABLE, EXPERIENCED HOUSE CLEANER** needed for tiny cottage in Bolinas. Must bring own supplies. Flexible hours to accommodate renters moving out and prepare for next visitors. Please call Linda, 415-847-1346. Thank you

LM 9/20

### HOUSE CLEANER

for an ongoing job. Call Albert 868-2409

MS 9/20



## WANTED

**LOCAL LOOKING FOR A SMALL LITTLE STUDIO** space for the winter months for art/musical recording.

Any creative thoughts on this? Please contact Vanessa @ (559)-288-3401 Thanks!

VW 9/27

**HOME FOR OUR SEVEN-YEAR-OLD LOVING KITTY** for one year. We will cover food and vet expenses.

lauri@trka.net

LP 9/28

