

# Bolinas Hearsay News

Monday, September 22, 2014

50 cents



LATE SUN WHARF RD.

## HAPPY HAPPY BIRTHDAY!!

- September 22: Karen Willig  
Terry Bell  
Sage Catalan
- September 23: Hanford Woods  
Sam Nasra
- September 24: Martine Algier  
Shelter Serra  
Ivory Serra  
Marisa Willow  
Ole Schell  
Pompellio (Scott Hannan)  
Suzanne Marie
- September 25: Suki Fourman  
Hector Mora-Lopez  
Omar Rifkin  
Nathaniel Wood
- September 26: Valerie Long  
Dee O'Neal
- September 27: Grace London  
Amy Trivelpiece
- September 28: Joshua Ford  
Jesse Butler

## WHAT'S HAPPENING?

Monday, September 22

**WHARF ROAD RETAINING WALL REPAIR PROJECT BEGINS.**

**AUTUMN EQUINOX**

Season changes from summer to Fall at 7:29pm

**FIRE DISTRICT**

Regular monthly meeting of the Board of directors at Firehouse, 7:30pm

Wednesday, September 24

**BCPUD**

Meeting of the District's Finance committee, 270 Elm Rd, 3pm

Thursday, September 25

**KARMEN KIMBLE & ALEX LASNER**

Live music at Smiley's, 8:30pm. no cover.

Friday, September 26

**FREE LUNCH**

'No Place Like Home' brunch @ Community Center, 11am. All welcome.

**TOM FINCH GROUP**

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

Saturday, September 27

**LIVE ART AUCTION CLOSING/PARTY**

Cuban guitar and vocals from Ariel Garcia Monterrey & Sharron Drake, and refreshments @ Claudia Chapline Gallery, Stinson Beach, 2:30-5pm

**APPLE PIE CONTEST**

Hosted by Friends of Sam's House @ Community Center, 2pm pie drop off, 3-4pm judging, 4pm raffle, \$10 per person.

**JENNY KERR BAND**

World music funk @ Smiley's 9pm. Cover.

Monday September 29

**"IT'S ALL ABOUT BOLINAS IN MOVIES AND PICTURES"**

by Georges Tamarelle and Curly Rigg; A film night everyone can delight in. All ages welcome. Bolinas Library, 6:00pm

Saturday, October 4

**OPENING RECEPTION**

'West X Southwest' show by Mesa Broek & Karen Sexton @ Bolinas Gallery, 3-5pm.



**Find your Birthday Treat Coupon in the Classified Section of Today's Hearsay**

pasteup  
ads/books  
press

Ned Riley  
June McAdams  
Jennie Pfeiffer



**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)

### MUSIC DOCUMENTARY NIGHT

Very rare music documentaries accumulated over a period of years will be screened for the enjoyment of community members and to support young musicians in the West Marin School music program. Never screened commercially, broadcast on TV, or released to the public, these films have won numerous awards from film festivals all over the globe. There will be a short, post-viewing discussion following the film. Donations accepted.  
**Thursdays, September 25 & October 23, 7:30 PM, Free**

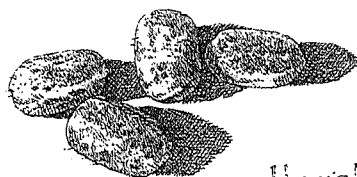
## OCTOBER

### "IF THE CHRIST OR BUDDHA RETURNED TODAY, WOULD YOU RECOGNIZE HIM?"

A compelling talk and video presentation by Monte Leach with this theme: The One expected by all religions has come. He is here for all people—religious and non-religious alike. He will inspire an end to hunger, injustice, and war. He returns with his group, the Masters of Wisdom. All will soon know his face and words. Speaker Monte Leach is the United States editor of Share International magazine. For the past 30 years, Monte has been deeply involved in preparing the way for the emergence of the World Teacher.  
**Saturday, October 4, 7:30 PM / Free**

### SARAH CAHILL: PIANO CONCERT SERIES

Sarah Cahill, recently called "fiercely gifted" by the New York Times and "as tenacious and committed an advocate as any composer could dream of" by the San Francisco Chronicle, has commissioned, premiered, and recorded numerous compositions for solo piano. Composers who have dedicated works to her include John Adams, Terry Riley, Frederic Rzewski, Pauline Oliveros, Annea Lockwood, and Evan Ziporyn, and she has also premiered pieces by Lou Harrison, Julia Wolfe, Ingram Marshall, Toshi Ichiyanagi, George Lewis, Leo Ornstein, and many others.  
**Sunday, October 5, 4 PM / \$22 general, \$20 seniors, \$11 teens & kids**



Horehound Candy

### Event Info: Film Night at Bolinas Library September 29, 2014

Marin County Free Library (MCFL) and the Bolinas Library will be offering the following event:

Event: "It's All About Bolinas in Movies and Pictures" by George Tamarelle and Curly Rigg  
A celebration of Bo-Bo Town; our artisans and festivities, our beautiful beaches, tide pools and trails - we'll feature a collection of short films and photos taken over the past 4 years, highlighting a love of "town life" and the spirit of community in this idyllic surrounding.  
A film night everyone can delight in! All ages welcome.

Date: MONDAY September 29, 2014

Time: 6:00pm

Location: Bolinas Library

For more information contact the Bolinas Library at (415) 868-1171. Everyone welcome

**BOLINAS:** At 8:38 p.m. someone reported an assault downtown.

**BOLINAS:** At 11:54 p.m. the victim in the above incident said the assailant was now at Smiley's. He or she wished to press charges.

### Announcement

From: "camilla ford" <[bajacamilla@yahoo.com](mailto:bajacamilla@yahoo.com)>

To: "hearsaynews@yahoo.com" <[hearsaynews@yahoo.com](mailto:hearsaynews@yahoo.com)>

Al-Anon (for friends and family who are or have been effected by someone else's drinking) meets Wednesdays from 9 to 10am at St. Aidan's Church. For more information: [bajacamilla@yahoo.com](mailto:bajacamilla@yahoo.com) or 1336.

### Is Your Apple Pie The Best?

Saturday September 27th

Friends of Sam's House hosting first annual pie contest!

2pm Pie Drop-off in BCC Kitchen  
3pm-4pm Judging at the BCC  
4pm-6pm Raffle, Auction & Refreshments  
\$10 donation / participants free  
See poster for details and call -2866 for questions!

Is Your Apple Pie The Best?  
Friends of Sam's House  
Host Annual Pie Contest  
September 27th, 2014



## 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

## The Obesity Dilemma & Good News About Tomatoes

We are the fattest country in the world, in terms of the proportion of our citizens who are overweight or obese – about 70% of adults and 32% of children. Data from 1988 to 2010 showed that obesity increased in this time period, but average daily calorie intake was more stable. The proportion of adults who did not engage in physical activity increased markedly - from 19% to 52% in women and from 11% to 44% in men.

The impacts of this trend on individual well-being, the incidence of diseases such as diabetes, heart disease and many cancers, and the cost of medical care and medical insurance are huge. Prevention is needed, and must be aimed at increasing the space and time for people to walk and play, and decreasing the desirability of sugar-laden drinks, salty snack food and junk food with empty calories. While it is easy to say this, public health officials and thinkers are struggling to come up with ways to reverse the trend.

University of Illinois researchers have written that easy access to junk food, even when vegetables are available and people exercise, is a major cause of the obesity epidemic. They think that reducing calorie intake from sweetened beverages and salty snacks would be more effective than convincing people to eat more vegetables. How can this be done? We live in a society that questions and dislikes regulations, and we are inundated with advertising for easily purchased fattening foods. Attempts

to remove sweetened soda drinks from schools have not been successful nationwide, both because of school resistance (sales are a source of income) and because children buy the drinks elsewhere. Our local schools are an exception!

In general, taxes on sweetened soda drinks have failed at the ballot box- Richmond, CA tried to pass a soda tax in 2012 but the nay vote was 67%.

Michelle Obama has been working with the U.S. Department of Agriculture to formulate nutrition standards for schools with predominately low income students. Starting this summer, these schools will receive financial aid to implement healthy breakfasts and lunches. These recommendations set limits on calories, salt, sugar and fat in foods and beverages, and also promote snack foods with more whole grains, low-fat dairy and fruits and vegetables. This is a start, especially if children are given instructions on food, cooking and gardening, and can raise some food at school.

It is also important to provide school activities beyond competitive sports, such as dancing, theater, martial arts, gym workouts and hiking. This will allow shy or 'non-athletic' students to find a way to be active that they can enjoy and pursue for a lifetime.

Cities must have sidewalks and parks, including pocket parks, and encourage the placement of markets and farmers' markets where there are food deserts.

California is doing better than 45 other states with regard to the epidemic, but it's hard to be satisfied with our rate of adult obesity of 24%. We have abundant produce and a beautiful out-of-doors. Something is drastically wrong. Food is a survival issue, a huge source of pleasure and of course an emotional issue – but it can kill us as well as nourish us. We are swayed by powerful financial interests to buy and eat or drink the wrong things for our bodies. Solving this problem will take many approaches, including a return to ancient wisdom and age old methods of cooking and eating found in each culture.

continued on next page



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48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

continued from previous page

**And now for some good news – about tomatoes and watermelon.**

Lycopene is one of more than 600 carotenoids found in vegetables and fruits – it is the red pigment in tomatoes and watermelons. It is an antioxidant that substantially lowers the risk of many diseases. A study from Harvard showed that women with the highest blood levels of lycopene had a 50% lower risk of heart disease when followed for 5 years. Lycopene also lowers the risk of developing many cancers, including prostate, cervix, skin, bladder, breast, lung and digestive tract. It's tomato season, so go for the deep red kind; include a little fat in your meal to help you absorb the lycopene – such as olive oil on your salad. Watermelon for dessert or in salad is another good choice for lycopene. In the winter, tomato paste or tomato sauce will give you abundant lycopene. Put a little, or a lot, in all your dishes. Tomatoes will give your dish 3 of the 5 tongue tastes – sweet, sour and umami flavor. (Salty and bitter are the other tastes in the mouth.) Umami taste is considered to be 'meaty' or 'brothy'. It's also found in mushrooms and meat, fish and poultry. We are so lucky to have great tomatoes this year.

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

**THREE GREAT THINGS ABOUT THIS PLACE...**

- (1) **Happy Autumnal Equinox! Technically the season turns at 7:29 this evening. From now until March each night is longer than the days. My gloomy Celtic soul rejoices.**
- (2) **Berkeley Old Time Music Convention, continuing into this week. Lots of dancing, playing, jamming going on.**
- (3) **A lost afternoon of consumerism while waiting for the car tune-up to be finished: browsing at Crossdress-for-Less, Target, Sports Authority and Costco.**

--Ned Riley

**BCC Food Festival Pie and Ice Cream Table**

**Looking for people to bake pies or other sweet things if pies are impossible and/or help fill one of the 2 hour shifts starting @ 11am and ending @ 5pm, Saturday October 11<sup>th</sup>. Help with set-up/breakdown is also needed! Call June at 868-9052 if you can help.**

**Thanks, June McAdams**

**BOLINAS:** At 10:51 a.m. a woman reported that her 16-year-old son was misbehaving: After he had stolen money from her, she had taken away his game console. Now he had entered her room and taken back the console.

**Regular meetings in West Marin**

Lagunitas School Board	3rd Tuesday	6:00 p.m.	Campus
SGV Healthy Comm. Collab.	2nd Wednesday	3:30 p.m.	Comm Center
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Center
Laf. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Center
Dance Palace Board	1st Tuesday	7-9:00 p.m.	Dance Palace
Point Reyes-Olema 4-H	3rd Monday	6:30 p.m.	Dance Palace
Bolinas Community Center	3rd Saturday	10-noon	Bolinas Library
Point Reyes Village Assoc.	2nd Thursday	7-8:00 p.m.	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	SB Comm. Ctr.
W.M. Lions Club	1st Tuesday	7-9:00 p.m.	Sta. House Café
Briones Lions Club	4th Thursday	7 p.m.	Rod & Boat Club
W.M. Rotary Club	Each Wednesday	8:30 a.m.	Coast Guard Sta.
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House Café
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	4th Thursday	3:15 p.m.	W.M.S. staff room
W.M./INV SNAC Comm.	4th Monday	3:15 p.m.	W.M. School
KWMR Board	3rd Wednesday	6-7:30 p.m.	Fire Station
Inverness Public Utility District	4th Wednesday	9:00 a.m.	Fire Station
Inverness Association	4th Wednesday	7:00 p.m.	Library
Inverness Park Association	Date, time and location posted at Perry's Deli		
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	BCPUD office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	Bolinas campus
Stinson Beach Water District	3rd Saturday	9:30 a.m.	SBCWD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	BBPUD office
Tomales Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomales Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomales Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomales 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office

## WHAT HAPPENED

MONDAY MORNING WEEK IN REVIEW  
9/22/14 WRAP AND RECAP from Jennie Pfeiffer

Here we are, at the Fall Equinox, with a beautiful day and a promise of a little more moisture coming this week, hopefully more than the drizzle fizzle we had last week - but anything is good.

It was a week of meetings, music, and celebrations, one I noticed at Gillyflower, such a lovely place for a wedding.

Yesterday was International Peace Day, with a dinner gathering at the Community Center. Big thanks to Schehera (salad, veg and meat lasagna) and Maitreya (beautiful desserts) for putting together this delicious dinner along with Victory Garden music, StuArt printing ART WITHOUT BORDERS shirts and the screening of an inspirational movie by Jeremy Gilley called **Peace One Day**. This film is the chronicle of Gilley's diligent three-year effort to motivate the leaders of the world to adopt a U.N. resolution calling for an annual day of ceasefire and non-violence. This day of peace is to be celebrated every year on the 21<sup>st</sup> day of September, and even though the ceasefire and non-violence hasn't happened yet, (how ironic that the morning of 9/11, 2001 was the day set to ring the peace bell and announce the passage of this resolution - we know how that day ended) it is hopeful to be able to come together to support the concept of global peace. I was so happy to have this lovely opportunity to be peaceful with my community and I'm sorry there weren't more people able to be there to enjoy this occasion.

Yesterday was also Climate Day, and the report is that 310,000 people took to the streets of New York City to call for climate action - the largest climate march in history. This march was joined by hundreds of thousands of others around the world with a reported 156 countries staging more than 2646 events around the globe. Tomorrow 125 heads of state will gather in New York to talk about climate action knowing that the number of people demanding action to protect the future of this planet is growing.

My own small efforts to look at the global climate emergency, is to work with the Marin County Planning Department's committee on Sea-level rise, C-SMART. I will be attending meetings and bringing back to the community what I learn. BCPUD Board Director, Jack Siedman, is the representative on the County's Technical committee for sea-level rise.

Other meetings of the week included Wednesday's water board meeting, with a reminder that Wharf Road seawall and road repair will start happening this week, going on for several weeks; the water pumping project from the Resource Recovery site to the Mesa Park fields is moving forward with a proposed memorandum of understanding between the BCPUD and Mesa Park; and there is a community meeting coming up with the Marin/Sonoma Mosquito Vector Control District to review and renew the non-toxic protocol for West Marin.



Mary and Magi  
Water the flowers  
on Wharf Rd.

Sunday

### Common Voice Choir Series with Tim Weed & Debbie Daly

September 28 to November 16,  
Sundays 7:00-8:30pm



Common Voice is the community choir of West Marin, singing uplifting songs and chants from around the world. The choir blends harmony singing with instruction for improving vocal technique and awareness. Tim and Debbie create a welcoming space for everyone's voices, and absolutely no music or singing experience is needed. Learn more and hear music samples at [www.SingWestMarin.org](http://www.SingWestMarin.org).

Make-up sessions are available on Tuesdays in Point Reyes. \$180 if paid by September 25, \$200 after. Sign up online at [www.SingWestMarin.org](http://www.SingWestMarin.org) or mail a check payable to Debbie Daly, PO Box 722, Point Reyes Station, CA 94956. Call 415-663-4018 with questions. Scholarships are available for those who can't afford the full dues. Info at [www.SingWestMarin.org](http://www.SingWestMarin.org)

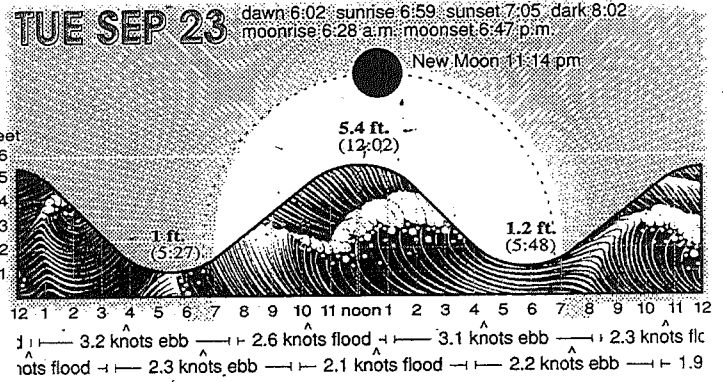
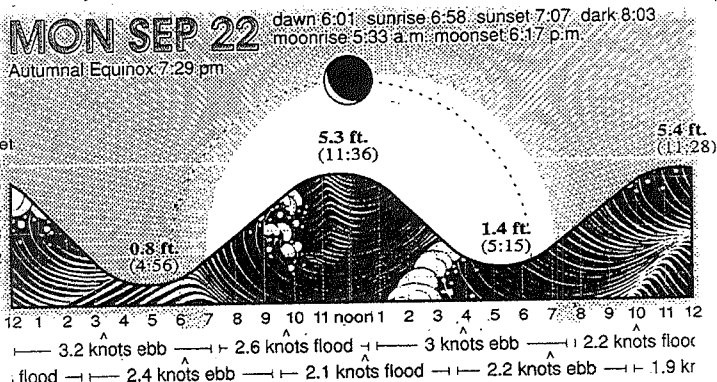
Thursday was a White Caps luncheon meeting with a presentation by Leslie Klor, who works with Whistlestop's housing programs. Klor gave important information about some affordable housing options available in the County. Shared housing was one of the possibilities and Klor covered some of the advantages and disadvantages of this increasingly popular housing arrangement.

Friday there was a meeting of a group of individuals interested in putting together a CORE group to try to keep Warren Weber's Star Route Farms available to the community. I will give more information on this as plans unfold. If you are interested in working with this group, you can call me at 0144. jp

# KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	Art of the Song	KWMR Music	KWMR Music	KWMR Music	As It Happens	5 am Sunday Baroque
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Daybreak
8:00	With Eyes Open	A Cuppa Joe Bioneers (repeat)	Rise and Shine	Swimming Upstream			
9:00	Park Wave-lengths / KT's Kitchen	YDP: Retro Rock Hour	Airwaves	Top of the Morning / Pieces of Peace	New The Friday Guide	Vicarious Traveler / Original Minds	
10:00	TURNING PAGES						
	At Nature's Pace	Reading to John / Vinyl Café (repeat)	Waves of Joy / ViewPoint (repeat)	For Children of All Ages / Readers Delight	New Libro Abierto	Day 6 (CBC)	Sunday Celebration of: Sacred Music... Gospel... World Music...
11:00	TALK & CURRENT AFFAIRS						
	The Bioneers	Spirit & Mind / Questing	Alternative Radio	Philosophy Talk	An Organic Conversation	Viewpoint / The Place We Live	
12 pm	Trash to Treasure						
1:00	Farm & Foodshed Report	New Dimensions	new day Moyers & Company / new day Making Contact	Attunement / Commonweal Conversations	Specials / Sabrina Artel's Trailer Talk		
2:00	AFTERNOON MUSIC & TALK					AFTERNOON MUSIC	
						Forms and Feelings	Happy Days
3:00	Cruisin'.....	Aztec Pride / Dawn Chorus	Classical Wednesday	Classical Thursday	Classical Friday		Jazz Rhythm
4:00	new Youth DJ Project	Youth DJ Project	Youth DJ Project	TeaTime Books (Coastal Airwaves)			
5:00	NEWS & CURRENT AFFAIRS				Happy Hour		
	new Epicenter	new Epicenter	new Epicenter	new Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)			
7:00	EVENING MUSIC					EVENING MUSIC & DRAMA	
	Release Me	Musical Varieté	Foggy Ridge Music / West County Prowl	Bakersfield & Beyond / Shorty's Junkhouse	Friday Funk Fest	Celtic Universe	Elbow Room / Between Rock & A Jazz Place
8:00							
9:00	Barbarian Beach Party / Silver Dollar Jukebox	Off the Cuff	Coast Highway Blues	Choose Your Own Adventure / Running With Scissors	Dr. Jazz Radio Programme / Magic Radio	NEW title & hosts The Jazz Groove	L.A. Theatre Works
10:00							
11:00	Specials OR - Professor Kosmo	Forms and Feelings (repeat)	Sonic Sunspots	The Latin Alternative / Best of British	Grateful Dead Hour	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
12 am	LATE NIGHT					LATE NIGHT	
	Weekly Feed 12-1 KWMR Music	KWMR Music	Sunspots to 1:30 KWMR Music	KWMR Music	Radio Goethe 12-1 KWMR Music	KWMR Music	DeepWaking 12-1 KWMR Music

5/28/14



## FOR SALE

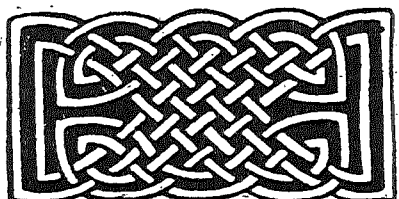
### DRY DRY DRY SEASONED FIREWOOD

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

DLX

**FOR SALE: NEARLY NEW STATIONARY BIKE (USED  
 10X) NORDICTRAK GX4.5 \$100. WILL DELIVER...  
 MOLLY 415-29-1762**

MB 10/10



## UNIQUITIES

Now that Labor Day is behind us, the Uniquities partners, Barbara MacDonald, June McAdams, Howard Dillon, Leonora De Narie, and Jennie Pfeiffer, would like to say a big "thank you" to the Community for all the excellent support through this busy summer. It has been a pleasure to have so much customer loyalty. We will be starting our fall hours this month: closed on Tuesday's, open all other days from noon to 5:00pm. We have many new items for sale at very reasonable prices, and Barbara will be offering a selection of her fine yarns at deep discounts. We will be starting our 6th year in business this fall, and realize we could not have been here the past 5 years without such enthusiastic community support. 868-8886.

Jenny Pfeiffer

## LOST & FOUND

**LOST: IPHONE 5 ON THURSDAY SEPT 18,  
 REWARD, PLEASE CALL 868-2727**

EP9/19

**LOST: A BLACK WET-SUIT TYPE SWIM CAP.**  
 Fell out of my bike backpack. I use it when swimming.  
 bajacamilla@yahoo.com or 1336.

CF9/19

**LOST: ONLY TRANSPORTATION - BIKE**  
 Custom painted blue & burgundy, disc brakes, collapsed forks,  
 have had here 12 or so years, Jerry - 415-763 9947

GK 9/17

**FOUND: SMALL LADIES BRACELET**  
 Mexican silver with inlaid stones-found on Bolinas Ridge.  
 Call and describe to claim. 868-1618

AS 9/15/

**LOST: MY LEFT TEVA SANDAL (BLUE BLACK-  
 size 10) snatched from my door Sunday nite. Did your dog bring  
 it home as a trophy? Larch/Fern -Jutta 686-2549**

JR 9/3

**FOUND ON ROAD TO AGATE BEACH - A NICE SILVER**  
 bike light with attachment that mounts on a bracket  
 that is probably still on the bike!  
 Please contact Bolinas Hardware at 868-2900 to claim.

BBH9/5

**FOUND ON ELM: PADDLE (FOR STAND-UP PADDLE  
 board) Please contact annyoo@bolinas-stinson.org and describe.**

AO9/5

**LOST: RING, WHITE GOLD WITH DIAMONDS,**  
 sometime in the last couple of days.  
 Please call 707-223-5800 if found.

CA 8/20

## CLASSES



### Weekly Schedule

#### Monday

Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon  
 Chiropractic Adjustments w/ Colleen 1:00 - 3:00 p.m.  
 Modern Dance for Youth w/ Lisa T. (9/8-9/29) 3:30-4:30 pm  
 Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.  
 Men's Percussion Ensemble w/ M. Pinkham 7:00 - 8:30 p.m.

#### Tuesday

Senior Stretch W/Anna Gottreich 11:00 - 12:00 p.m.  
 Pirate Pizza (Pre-order at 328-1066) 4:30 - 7:30 p.m.

#### Wednesday

Pilates w/Lisa Townsend 8:30 -10:00 a.m.  
 After School Theater w/Lisa T. (Starts 9/10/14) 3:30 - 5:00 p.m.  
 Biblia en Español 8:00 - 9:30 p.m.

#### Thursday

USDA food bank 12 noon  
 Congolese Dance w/ Sandor 6:00 - 7:30 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

Diaspora Dance w/Amber Hines (Adults/starts 9/20) 9:00 - 10:15a.m.  
 Ballet w/ Erika Townsend 10:30 - Noon

#### Sunday

Brazilian JiuJitsu with Danny 9:30-10:45 a.m.  
 Brazilian Dance with Anna 11:00 - 12:15 p.m.  
 Common Voice Choir (9/28 - 11/16/2014) 7:00 - 8:30 p.m.

Check the Library marquee, Calendar in BCC Foyer or visit  
[www.bocenter.org](http://www.bocenter.org) for special events. For More Info call 868-2128.

## FREE

**DENIM INSULATION.**  
 CALL 831 531-7127

KS 9/8

**GRAVENSEIN APPLES-GOOD FOR APPLESAUCE.**  
 Call Judy @ 0782

JM 9/10

**CRABAPPLES LAST YEAR SOMEONE**  
 needed some. If you need some now, call 1470

JM 9/10

**MECHANICAL HOYER LIFT AND SLING**  
 Call Diana 868-9249 or 207-841-8139

DL8/29

**COMPACT FAX/COPIER IN VERY GOOD**  
 condition. 868-2902

JF9/29

**FIREWOOD-**  
 Call for appointment: 707-753-0820

DP 8/27

Free Birthday Treat at Bobolicious  
 Bring this coupon to receive a treat  
 for your Birthday!  
 Compliments of Bobolicious  
 and The Hearsay News

# HEARSAY NEWS CLASSIFIEDS

Office Hours M. W. F. 9ish to 11ish. Call 868-0138  
270 Elm at Maple, Left side of BPUD Building  
Ad forms in smaller mail box, slot in door

## 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

## 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

### BASIC COMPUTER TRAINING & SETUP

Computer building, Internal cleaning. \$35/hr  
415 902-8298

ZM x



## ANNOUNCEMENTS

### The Bolinas Book Exchange

will be

### closed for vacation

for two weeks from

**Monday, September 15**  
through

**Friday September 26.**

## Please

do not leave books

during that time;  
they will only get

## trashed.

Thank you.

-- Michael Rafferty, Prop.

## HEALTH AND HEALING

### CAREGIVER AVAILABLE

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

CH x

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

## WANTED

**WEST MARIN INTERIOR ARCHITECT REQUESTS**  
Home In Bolinas. Koré D'AbraVanel 415-663-8255 Thanks

KD10/6

**WILLIAM HENRY NEEDS A GOOD VEHICLE**  
operational with a reasonable price. 868-1782 or 233-1015

CHx

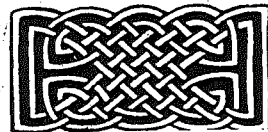
**AIRPORT? HOWARD DILLON IS STILL DRIVING**  
with a little help from his friends or could use your car to get  
there. Still looking for the perfect station wagon-low miles,  
good condition & cheap. 868-2144

HD X

## HOUSING WANTED

Looking for room to rent, willing to share a home-Call 415-  
419-1057

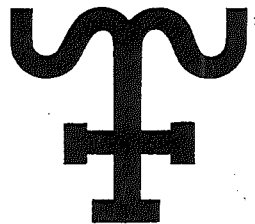
EB10/3



### 23 September

© Autumnal Equinox: Mabon, Alban Elfed, Winter Finding, Second  
Station of the Year/Carpo/Carman/Egyptian Day.

**F** A time when darkness overtakes  
light, and nights grow longer than  
days. It marks the second station of  
the year. It is the time of calling, ripening  
of the harvest, a prelude to awakening at  
Samhain. If it is warm at the autumnal equi-  
nox, the season should be fine. The god-  
desses Carpo and Carman are deities of  
autumn and poetry, respectively.



From Pagan Book of Days by Nigel Pennick  
Submitted by June McAdams

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.