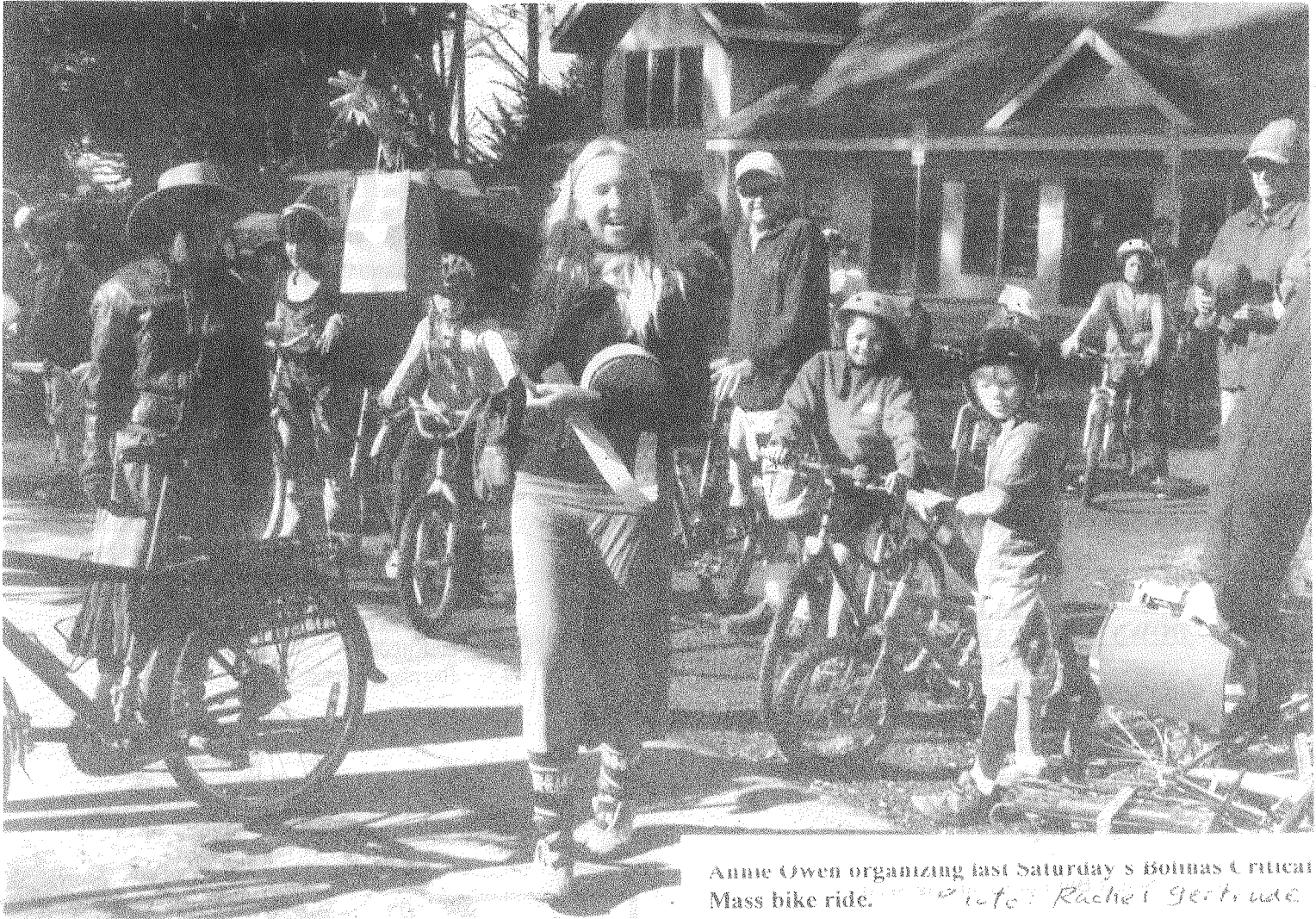


# Bolinas Hearsay News

Monday, November 21, 2011

46 ¢ + tax



Annie Owen organizing last Saturday's Bolinas Critical Mass bike ride. Photo: Rachel Gertrude

## WHAT'S HAPPENING?

Tuesday, November 22

### **DOWNTOWN PARK SITE DESIGN COMMITTEE**

Meeting @ BCPUD office, 7pm

Thursday, November 24

### **COMMUNITY THANKSGIVING DINNER**

Bolinas Community Center, Thanksgiving Day @ 5pm;  
to help or to cook a turkey, please call Ilka -0419

### **NO FOOD BANK ON THANKSGIVING**

### **HOLIDAY SPECIAL**

Live entertainment @ Smiley's

Friday, November 25

### **BOLINAS AND STINSON BEACH OPEN STUDIOS**

Friday, Saturday, and Sunday; 11am -5pm

Saturday, November 26

### **CHARLIE DOCHERTY**

CD Release Party, Smiley's, 9pm

Wednesday, November 30

### **SAVE THE STAGE!**

Marin Transit Meeting @ the Firehouse; Steve Kinsey will be present. 6-7:30pm

### **MIDNIGHT ON THE WATER**

Acoustic contradance music for Smiley's celebration of all November birthdays, 7:30pm. Free. Free cake, too.

Friday, December 2

### **OPENING CELEBRATION AND BASKET DEMO**

Art Show at the Stinson Beach Library; 4-6pm

Friday, December 9

### **WINTER FAIRE**

Opening night, 5-10pm (continues Sat. & Sun.)

## HAPPY HAPPY BIRTHDAY!!!

November 21: Albert Hollander  
Doris Ober

November 22: Betsyann Gallagher  
Calvin Pfeiffer-Bryne

November 24; Georgia Mowry-Riley  
Zetana Audrey Demmerle  
Lone Fly

November 25: Jasmina Henley

November 26: Elaine Brown  
Art Moritz  
Kerry Livingston  
Rose London  
Damion Brown  
Aileane Hurley

November 27: David Lowry  
Shanna Fleming  
Lisa Wilkins  
Mitchell Barnes  
Weston Borg

Pasteup: Ned Riley  
Books/ads: June McAdams  
Press: Jeff Manson

**Smiley's**

**POOL TOURNAMENT**

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

2nd Prize \$25

3rd Prize Smiley's Cash \$5 buyin

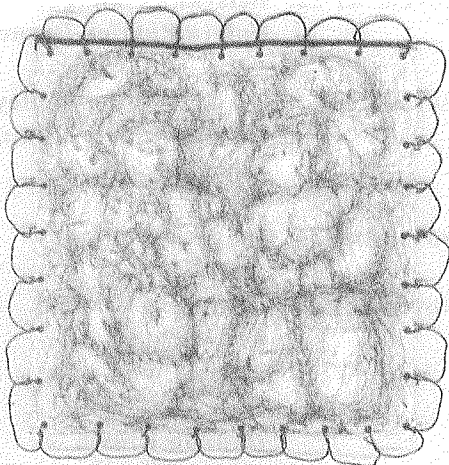
41 Wharf Rd. 868-1311

**MESA PARK  
DOWNTOWN PARK SITE DESIGN  
COMMITTEE**  
Tuesday, November 22, 2011 - 7:00 p.m.  
**BCPUD OFFICE  
AGENDA**

**CALL TO ORDER**

1. Progress Report
2. Select Bid For Retaining Walls
3. Community Expression

Schedule Next Meeting  
**ADJOURN**



Drawing and Watercolor at Bolinas Museum MiniShow

*This Week @ The Dance Palace*

415-663-1075  
Tickets at: [www.dancepalace.org](http://www.dancepalace.org)

**COMMUNITY THANKSGIVING CELEBRATION**  
Thursday, November 24, 1:00 p.m. / Free

## DECEMBER

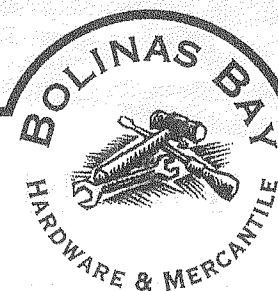
**40TH ANNUAL DANCE PALACE HOLIDAY CRAFTS FAIR**

More than 40 craftspeople from all over the Bay Area will display their wares, including jewelry, pottery, clothing, toys, weaving, Christmas ornaments, and more. Visitors to the fair can buy all their holiday gifts, and enjoy an exciting assortment of delicious homemade foods by Indian Peach Food Company, including fresh soups, sandwiches, salads, and desserts.

Friday, December 2, 4:00–9:00 p.m.; Saturday December 3 10:00 a.m.–6:00 p.m., and Sunday, December 4, 10:00 a.m.–5:00 p.m. / Free

**POINT REYES SENIOR CLUB ANNUAL CHRISTMAS LUNCHEON**

Thursday, December 8, noon



## TREE HUGGERS

Find Your Special Tree at  
**Bolinas Bay Hardware & Mercantile!**  
Come Early for Holiday Treats and  
a Great Selection of Toys & Gifts

Featuring valspar paint

OPEN WEEKDAYS 8-5:30 | WEEKENDS 9-5  
OLEMA-BOLINAS ROAD | BOLINAS | 415.868.2900  
[WWW.BOLINASBAYHARDWARE.COM](http://WWW.BOLINASBAYHARDWARE.COM)

## Thanksgiving Weekend

Friday, Saturday, Sunday  
NOVEMBER 25, 26 & 27  
11 AM - 5 PM

At the **Bolinas Museum**, the 23rd Annual Mini Show featuring small works by Sha Sha and photographs by Alan George, and kelp baskets by Lina Prairie.

We thank you for your patronage and we look forward to seeing you again this year in Beautiful West Marin.

SHA SHA HIGBY  
Fiber and Metal  
25 Horseshoe Hill Rd  
Bolinas 415-860-6648  
[www.shashahigby.com](http://www.shashahigby.com)

## Go to Health –inflammation

We are all familiar with acute inflammation: you cut yourself with a knife and it hurts, the area around the cut gets red, warm and swollen, and the process takes a few days to heal. Bacteria entered the wound, and your body's immune system went into gear to send more blood with white blood cells to prevent infection, which caused the swelling, redness and tenderness. (Sometimes you need antibiotics and/or a tetanus booster as well.)

Chronic inflammation is another story – and many of us have it without awareness. It has been called 'a slow burn' that is detected by a rise in inflammatory markers – proteins produced by the immune system. High –sensitivity C reactive protein is such a protein, and your doctor or nurse-practitioner can order this test if needed. Obesity is a major cause of inflammation, along with gum disease, untreated infections with bacteria, parasites or viruses, smoking., and other factors. Chronic inflammation is associated with coronary heart disease, by helping to build the plaque that narrows arteries and can lead to a heart attack. When the person is overweight and has high blood pressure, high blood sugar, and high triglycerides, the risk is greater. Chronic inflammation has also been associated with a number of cancers, including stomach, colon, lung, esophagus, cervix and liver. The evidence that regular aspirin use reduces the risk of colon cancer is believed to be related to aspirin's anti-inflammatory effects. Inflammation has also been linked to Alzheimer's disease – a Harvard study of people in their 70's and 80's showed that people with high levels of inflammatory markers were twice as likely to be diagnosed with Alzheimer's than those with lower levels. Inflammation has also been linked to declining muscle strength with aging.

What helps prevent inflammation? Weight loss is the big factor here – along with regular, moderate exercise that will assist in weight loss. In a recent seminar at Commonweal (The New School at Commonweal, Bolinas, California) Dr. Jeanne Wallace and the chef, Rebecca Katz, discussed the foods that can reduce inflammation. I have my additions in italics.

\*Increase your intake of fruits and vegetables to 8 servings a day. Have leafy green vegetables and cruciferous vegetables regularly (cabbage, broccoli, cauliflower, kale and many more). Eat pumpkin, butternut squash, yams and carrots.

\*Eat cold-water fish, grass-fed animal foods, omega-3 eggs, walnuts, hemp, chia and flaxseed meal. I advise adding fish-oil capsules as a supplement. Read the label to make sure it is molecularly distilled to avoid mercury.

\*Avoid foods with sugar and refined flours. This is a hard one for many people. Learn to treat yourself with dried or fresh fruit, and satisfy your



between meal hunger with nuts, raw vegetables or an apple..

\*Use spices liberally, especially curry, ginger, garlic, parsley and hot peppers.

\*Use olive oil for cooking and salads.

\*Eat dark chocolate -in moderation because of the sugar. I advise using fair-trade unsweetened cocoa powder, in hot chocolate sweetened with xylitol or stevia. Mash a banana and add some nut butter and cocoa powder for a sugar-free treat.

\*Eat berries – blueberries, cherries, raspberries. These can be found frozen when their season is over.

\*Eat legumes – lentils, peas, beans, dried beans. A Spanish study showed that obese men and women told to cut calories and eat four servings a week of legumes lost weight and lowered their C Reactive Protein levels, even after adjustment for the weight loss.

Since many of us have chronic inflammation without knowing it, and since it is related to such devastating problems as heart disease, cancer, Alzheimer's and muscle loss, it is time to start paying attention to this condition. You can find all the slides of the talk by Wallace and Katz on line at The New School Commonweal, November 3rd, 2011, The Cancer-Fighting Kitchen. I plan to write more about their seminar in future columns.

Happy holidays to all. I suggest snacking on raw vegetables and nuts and avoiding that extremely hungry then overstuffed feeling. Remember what the Japanese say Hara hachi bu – eat until 80% full.

— Sadjia Greenwood MD – back issues  
sadjiascolumns.blogspot.com



## Any dyslexic kids?

*Get some colored glasses for them*

In 1988, the TV show 60 minutes aired a segment about colored glasses for dyslexics. I was severally dyslexic my whole life and could not read. After seeing this show, I went out and got a pair at this special clinic. It cost me \$500. They try every color of the rainbow in three intensity's finding the one that I liked the best. Double purple turned out to be my color. With those glasses, at the age of 28, I could read for the FIRST TIME EVER, INSTANTLY! I could see print the way it really looks! I then realized dyslexia is a physical handicap, let me repeat, a physical handicap. After finally being able to see the letters, I can best describe dyslexia as like trying to teach a blind person to drive a car. You can tell them how to shift and turn the wheel, but they can't see the road.

One day I saw a pair of \$4 sun glasses that were the same color as mine. To my surprise, they worked! \$4 and they worked! With this knowledge, people and especially kids who are still suffering needlessly can end their misery. The schools should be giving these glasses out to any dyslexic or at least this information to the parents. You can get them on ebay under "John Lennon glasses" for under \$10 shipped. I've heard blues or reds are the colors that work best. I suggest picking up a pair of each for a total of \$20.

I was told back in '88 that these glasses will help 75% of the dyslexics. The other 25% have a different type of dyslexia. They don't know why the colored glasses work, but I can testify they do. Being on the opposite ends of the light spectrum, I believe that dyslexics can't see the broad range of black print on white paper. The color glasses cool off the print and bring the colors in closer on the light spectrum where we can see the print correctly.

A side note, after having lassic eye surgery to correct my near sightedness, I don't need my colored glasses any more to read. My eye doctor said I was the fourth person to tell her that.

I implore you to please pass this on to anyone who is dyslexic or better yet, have some pairs on hand for all who need them .. You will make a difference in the life of someone who really needs it. Change a dyslexic's life forever

-- JoJo Saunders



The Rodenticide Free Bolinas Project wants to thank both the Bolinas Market & the Bolinas Bay Hardware Store for their willingness to voluntarily forgo the sale of rodenticides. Their stand is among the first in Marin County, the State and the country. It is a strong endorsement of the U.S. EPA guidelines and consistent with an ever growing public awareness and concern for the harmful effects these poisons have upon our environment. These store's actions are aligned with San Francisco City's 'Don't Take the Bait' project, the concerns of the California State Department of Fish & Game, WildCare and numerous other environmentally concerned organizations and communities throughout the United States.

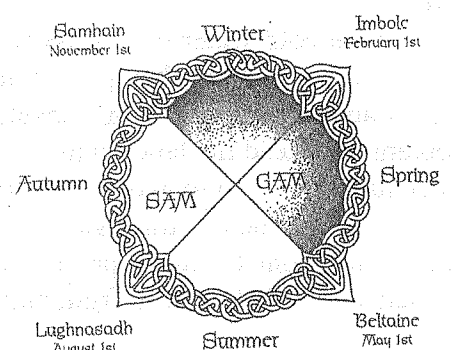
The Bolinas Market and Bolinas Bay Hardware Store have helped to make Bolinas one of, if not the first, 'Rodenticide Free' communities in the U.S. They deserve our sincere appreciation AND, our PATRONAGE. THANK YOU! Stockton Buck, POB 892, Bol.

Addendum: A meeting of volunteers was held 11/17/11 with the objective of soliciting support for a Rodenticide Free Bolinas & the gathering of signatures for a WildCare petition. We hope everyone will be contacted and participate. If missed, please check the bulletin boards down town. Thank You! Let there be Owls.

**Bikeavore**  
BIKE REPAIR Bolinas, CA

SCOTT DUNN  
(415) 233-2471  
bikeavore@att.net

www.bikeavore.com



The Fourfold Year



## MONDAY MORNING WEEK IN REVIEW 11-21-11

JENNIEPFIEFFER-RILEY

IT WAS A VERY FULL WEEK, ENDING WITH BACK -TO - BACK FAMILY EVENTS SPONSORED BY SCHOOL ORGANIZATIONS. Friday night was the big Barn Dance extravaganza, with yummy food prepared by the school's English Learners support group families, then some expert dance calling by Evie Lad'n, backed by the *Black Crown Stringband* from S.F. Some of *Midnight on the Water* played as folks gathered and ate dinner, and as we played our waltz tunes, I was delighted to see several middle-school boys wander over, count out the rhythm and start practicing their waltz steps. Seeing how comfortable these young guys are with recognizing dances, then skillfully participating at social dance events, indicates how successful Cenize and Don Jolley's ballroom dance program is. We were asked to play a last waltz so the middle school students could do a demonstration turn on the floor, and they were exquisite to watch; so poised and graceful and intent on what they were doing. It was heartwarming to see how seriously they take their dancing, how much they seem to enjoy it, and how the younger children watch with admiration and anticipation of what the future holds in store for them. Recently a kindergartner was telling me about something that happened that made his eyes fill with water. I totally understood because I frequently get those moments, and this was certainly one. The School Foundation members are to be congratulated on their preparations for such a successful night. It seems they were working to secure future support from the School Trustees by awarding best western costume certificates to two Board members: Cyrus Harmon for his beautiful Dude shirt and ensemble, and to me for my Jill Field swirly skirt, although I was a bit taken aback because I hadn't thought I was in a costume, just wearing something I found in the closet that seemed appropriate.

Saturday had enough lucky sun breaking through the rain to bring out over 75 bikers for the Critical Mass bike path appreciation ride from the BCPUD to the school. Anny Owen did an outstanding job coordinating the Green Team and other volunteers to put on this very family friendly event. The conga drummers rode fast, getting to the school in time to greet the rest of us with their lively drumming. Then a variety of school band members performed as we munched power bars, popcorn, and Meg and Mark's apples. Steve Kinsey was there and several of us bent his ear about the Stage and the need to replace the recently discontinued stage # 62 which will be ending in January. Kinsey understands our goal to connect all the communities of West Marin, from Muir Beach to Inverness, and is hoping to hear suggestions for how to make this possible. He'll be at a Stage meeting here in Bolinas, Wednesday, November 30, at the Firehouse meeting room, 6-7:30. Try to be there.

This was a meeting week: Mesa Park Monday, Utility District on Wednesday, and the Community Center Board on Saturday morning, but that one didn't have enough members for a quorum, so didn't really happen - probably too exhausted from celebrating the 60th the weekend before. Keep your eyes on the Hearsay to get the official reports on these busy boards. I can tell you that everywhere you look dirt is being moved around Bolinas. The giant mountain of dirt on the Mesa Park soccer field is going down and the bodacious Bo Hole is filling up. Downtown park is turning into a giant ramp and never has one small town had so many piles of dirt go up and down and all around. Amazing. jpfieffer

ZAKAS

in the library

## WildCare

### NEEDS YOUR HELP

WildCare of San Rafael has an on-line signature petition to Support the Calif. Department of Fish & Game in their request to the Calif. Department of Pesticide Regulation to change the way Rodenticides are classified in California.

Please visit WildCare @ [www.wildcarebayarea.org](http://www.wildcarebayarea.org), click on 'Take Action', learn about the concerns for these dangerous poisons AND, then SIGN THE PETITION.

THANK YOU!

Stockton Buck - 868-2350

Rodenticide Free Project - P.O. Box 892, Bolinas 94924

**1984 Dump Truck For Sale  
Needs Work - AS IS**

**\$500 OBO**

**Deadline for offers 11/30/11**

**Call or stop by BCPUD Office  
270 Elm Road  
868-1224**

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

- (1) A sandwich from the store and a walk on the beach with old friends, just catching up.
- (2) The new on-line Hearsay News, a big improvement for both readers and staff.
- (3) An article I found on line in Truthout, by Bill Moyers, titled "Welcome to the Plutocracy." He articulately and passionately sums up how we lost our democracy to what T. Roosevelt called "malefactors of great wealth."

—Ned Riley

P.S. Here is my response to Jody Angel's comment on occupying the Freebox. My personal feeling is that we should occupy every public place on the planet, until the point is made that the public is the 100% that needs to be heard. Saying that to "Occupy the Freebox serves to make light of the Occupy movement," disrespects the Freebox and the importance it has in this community. The Plaza is our most used gathering place, and the Freebox represents that concept of sharing that all the Occupy movements are working to get across. Occupying the Freebox is very meaningful and is saying we don't want, by doing nothing, to take the risk of having our public institutions taken away from us and put in the hands of profiteers We must not be silent. jp

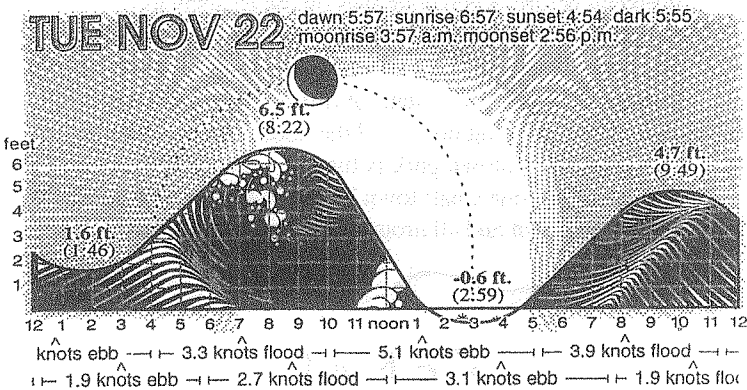
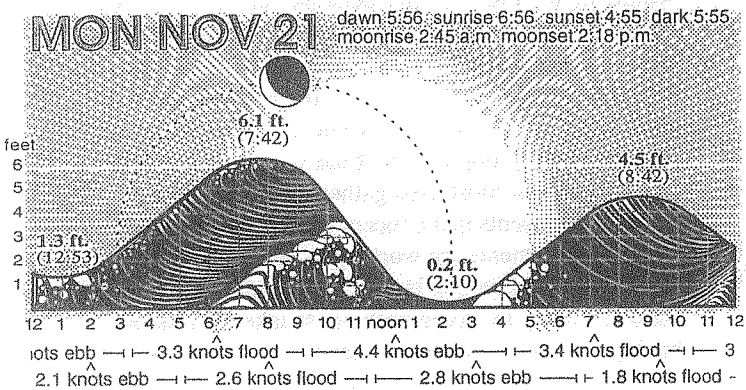


90.5 FM / 89.9 FM  
WWW.KWMR.ORG



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	KWMR Night Music 6:30am WM Report	Weekly Feed 12-1 am 6:30am WM Report	KWMR Night Music 6:30am WM Report	SSunspots to 1:30 am 6:30am WM Report	Grateful Dead 12-1 am 6:30am WM Report	KWMR Night Music 6:30am WM Report	KWMR Night Music 6:30am WM Report
7	Democracy Now! 8 am WM Report	Democracy Now! 8 am WM Report	Democracy Now! 8 am WM Report	Democracy Now! 8 am WM Report	Democracy Now! 8 am Report	Morning Glory # Gregory DeMascio # Anneke van der Veen # Guest Hosts	Daybreak # Gregory DeMascio # Anneke van der Veen # Guest Hosts
8	With Eyes Open! Good Morning West Marin	Wake Up West Marin Ann Gessert Raul Gallyot	Hump Day Jimmy G Dave Cook	Morning Blunder Howard D. Mary S. Charlie D.	Barrio Vibes Augusto Conde	Original Minds Ella Haworth	Sunday Celebration of Sacred Music Rick Clark
9	Peter Asmus Susan Deixler	Pleasures in Taste Raul Gallyot	Fish Tales Dave Cook	Mike Litchfield Amanda Eichstaedt		Vicarious Traveler Vicki Leeds	
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Joy Maulitz	Turning Pages Vinyl Café (repeat from Sunday)	Turning Pages # Kerry Livingston # Janet Robbins	Turning Pages # Bilingual Storytime	Krista Tippet On Being	10 am BirdNote
11	# Park Wavelengths L. Farley # Specials The Bioneers	#1/3 Love Is on the Air McGee & Taylor #2/4/5 Questing Calpestrí & Mickelson	Making Contact The Bioneers (repeat from Monday)	An Organic Conversation Helge Heilberg & Mark Mulcahey NEW	Nuestros Niños Marisol Muñoz-Klenne	Viewpoint Ellen Shehaden	The Place We Live Marc Matheson
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions Michael & Justine Toms	Alternative Radio David Barsamian	Attunement Anthony Wright	Your Own Health and Fitness Layna Berman	Americana Saturday # Will Minor # Guest Hosts # Specials	Happy Days Marcie Judelson Jazz with Kendrick Rand LAST SUNDAYS Jazz Rhythm Dave Radlauer
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	A World of Possibilities Mark Sommer	Philosophy Talk Ken Taylor John Perry	Parent Talk Susannah Baldwin Ph.D.		
2	Cruisin' Rick Clark	What's New? #1 Jimo & Tammy # Specials/Guest Host	Classical Wednesday #1/5 Specials #2/4 Norman Masonson #3 Susan Deixler	Classical Thursday # Susan Santiago # Leland Robins	Classical Friday Expanded Time #1 Susanna Henderson #2 Janet Robbins #3/4/5 Specials	World Playground #1/3 Susanna Henderson #2/4 Mark Potts	Riverwalk Jazz David Holt and Jim Callum Jr. The Vinyl Café Stuart McLean
4	# Aztec Pride Jorge Ramirez # The Latin Alternative	Art of the Song John Dillon and Vivian Nesbit	Julie Motz: #Art's Desire #Tech/Science #5 Vickisa Coastal Airwaves	TeaTime Books Mimi Calpestrí & Howard Dillon		Círculo musical Jesus Martinez	Rhythm & Muse #1/3 Learnin' Kirven Brian Kirven #2/4 To Hell & Bach Beth Underwood
5	# A Pair o' Docs Plus Amy, Ladd, Steve NEW # Raul Gallyot Archives	Sabrina Artel's Trailer Talk # NEW Feminine Mystic Wendy # ViewPoint (repeat) Ellen Shehaden	Open House Epicenter: #1 Pt Reyes Dialogues, Needleman #4/5 Coastal Health Alliance, Anna O'Malley	Open House #1: Temas de inmigración Krista Tippet On Being	NEW TIME Happy Hour Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Evening Buffet #1/3 Ears Akimbo's Elbow Room Paul Flowerman #2/4 Between Rock and A Jazz Place Grey Shepard
6	Trash to Treasure Hope & Schulander 6:30 pm WM Report			6:30 pm WM Report 6:30 pm WM Report			
7	The Hippie from Olema Jerry Lunsford	Musical Varieté Charlie Morgan	Ridin' the Rails: The Americana Express The Roots Gang: Will, Pat, Mike V, Amanda	Bakersfield & Beyond Amanda & Mike V Shorty	7 pm WM Report NEW TIME Friday Funk Fest Fairfax Funkateer		
8						Rick's Jazz Café Rick Clark	NEW The Ol' One, Two Patrick Kleeman
9	DI Zoro Silver Dollar Jukebox Reggae Radio Peter Martineali	Pauline Radio Jaime Crespo	Coast Highway Blues Larry Rippee	Story Hour Hearing Voices Offramp Comedy Improv	NEW TIME Magic Radio Chris Breyer		
10	Mixtape # Jacoba Charles # Christian Anthony	The Latin Alternative	Sonic Sunspots Tony Palmer	NEW Stuck in the Psychedelic Era with the Hermit		Professor Kosmo Plays The Blues	Professor Kosmo Plays.....
11	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report		9:29:11

Office (415)663-8068 **STREAMIN** on **KWMR.ORG** Studio (415)663-8492/-8317







# 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.

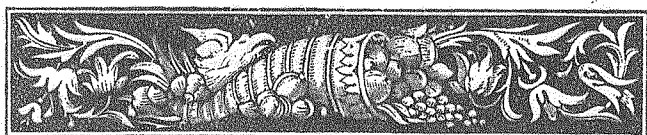
## FOR SALE

**1950s BROTHER INDUSTRIAL SEWING MACHINE**  
needs hook timing (directions in manual), I just never tried. \$60.  
-8818

UZx

**DARK RED ENAMELED WOOD BURNING STOVE-\$150-UNA 8818**

UZx



## Ride Board

Moving to Portland Dec. 8-looking for rider & help driving truck. Una -8818 11/21 UZ

Ride Needed to Fairfax any day. Una 8818

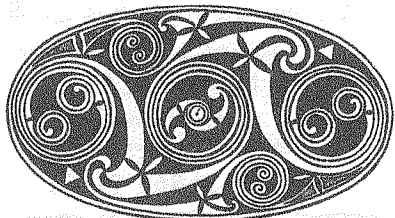
11/21 UZ

## WEST MARIN SENIOR SERVICES

has a new volunteer driver program.

Please call Chloe Cook, at 663-8148 ext. 114 to sign up.

x



## LOST & FOUND

**FOUND: DUSTY-PINK FLUFFY JACKET**

Call 868-2006 to claim

EH 11/16

**MISSING: Children's Outerwear**

navy/teal reversible down vest (size 6); red toddler jacket, red check inside (size 2). Please call or text-415-747-4088 if found.

CC 11/14

**LOST A SET OF KEYS DOWNTOWN**

this past Tuesday PM. If found please call -2405

J 10/28

**Leather-bound journal found**

It has some water damage"Operation Bloodhound"- this last week on beach below Palomarin Trailhead. Please call Steve @ 415-9022434 to identify/claim.

SH 10/17

**Hat Found**

"Skipper Hat"- Call Howard to describe  
8682144

HD 10/17

**Honda Keys(with remote lock)**

Where: Evergreen between MESA and Poplar

When: Saturday morning, October 8-

Now at: Post Office bulletin board

DR 10/10

## ANNOUNCEMENTS

**I AM PLANNING A VERY SMALL EDITION**  
of calendars printed with images of Bolinas. Please contact me by November 26 to order one. Calendars are \$25 (for Bolinas only) each and need to be prepaid. Ilka Hartmann -0419

IH11/25

**SATURDAY MORNING YOGA WITH LISA BRENDEL**

9:00 a.m. - 10:30 a.m. at the Bolinas Community Center

Come join in the flow (Vinyasa flow practice with emphasis alignment prana/yama, meditation)

LB 11/25

**hearsaynews@yahoo.com**

Submit articles and drawings by midnight for publication the next day. Request a link to the password-protected website. Thank you.

-- Michael Rafferty, Online Editor

**ARTICLES FOR HEARSAY NEWS**

Articles should be 3 1/2 inches wide and signed with FIRST & LAST NAME.

Thank you, The Editors

## CLASSES

**DON'T MISS WHAT'S GOING ON AT THE NEW SCHOOL AT COMMONWEAL!**

sign-up free at the [newschool@commonweal.org](mailto:newschool@commonweal.org). Download past podcasts at [www.commonweal.org/new-school/events.html](http://www.commonweal.org/new-school/events.html)

NSx



### Class Schedule

**Sunday**

Yoga w/Trishna 9:00 - 11:00 a.m.

Jujitsu w/Julian 7:00 - 8:30 p.m.

**Monday**

Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m.

**Tuesday**

Yoga w/Trishna 9:30 - 11:00 a.m.

Arial Arts for kids w/ Joanna 3:30 - 6:00 p.m.

(Info 868-8821)

Zumba - Latin Dance Fitness w/Diane 6:30 - 3:30 p.m.

**Wednesday**

Pilates w/Lisa 8:30 - 10:00 a.m.

QiGong for Aching Joints w/Tania 10:30 - 11:30 a.m.

Yoga Basics w/Trishna 5:00 - 6:15 p.m.

Biblia en Espaiiol 8:00 - 9:30 p.m.

**Thursday**

USDA food bank 12:00 noon

Congolese Arts w/Sandor 6:00 - 8:30 p.m.

**Friday**

Pilates Mat Class w/Lisa 6:00-7:30 p.m.

**Saturday**

Yoga w/ Lisa Brendel 9:00- 10:30a.m.

Children's Movement w/ Lisa 11:00 - 11:45 a.m.

(info 868-0473)

Check the marqué by the Library for special events at the Community Center. For Info. 868-2128 or [Bocenter.org](http://Bocenter.org)

## SERVICES

### 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

**HANDYMAN:** Carpentry, painting, home repair,  
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

CH 1/3/12

### BRUSH TO MEADOW TRANSFORMATION.

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

DMx

**AIRPORT?** Howard Dillon's fast, comfortable,  
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CA 12/16

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EH11/21



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Compassionate and Skilled  
Hospice Care Home Care  
Newborn to Elders  
Coastal Marin Only  
More than 39 years nursing experience  
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our current place, two bedrooms, wonderful garden, but divided  
into two buildings making it unsuitable. Possible swap...  
perhaps our place works better for you and vice versa...  
Any leads please call Jennifer & Martin 868-9236

MB 11/26

