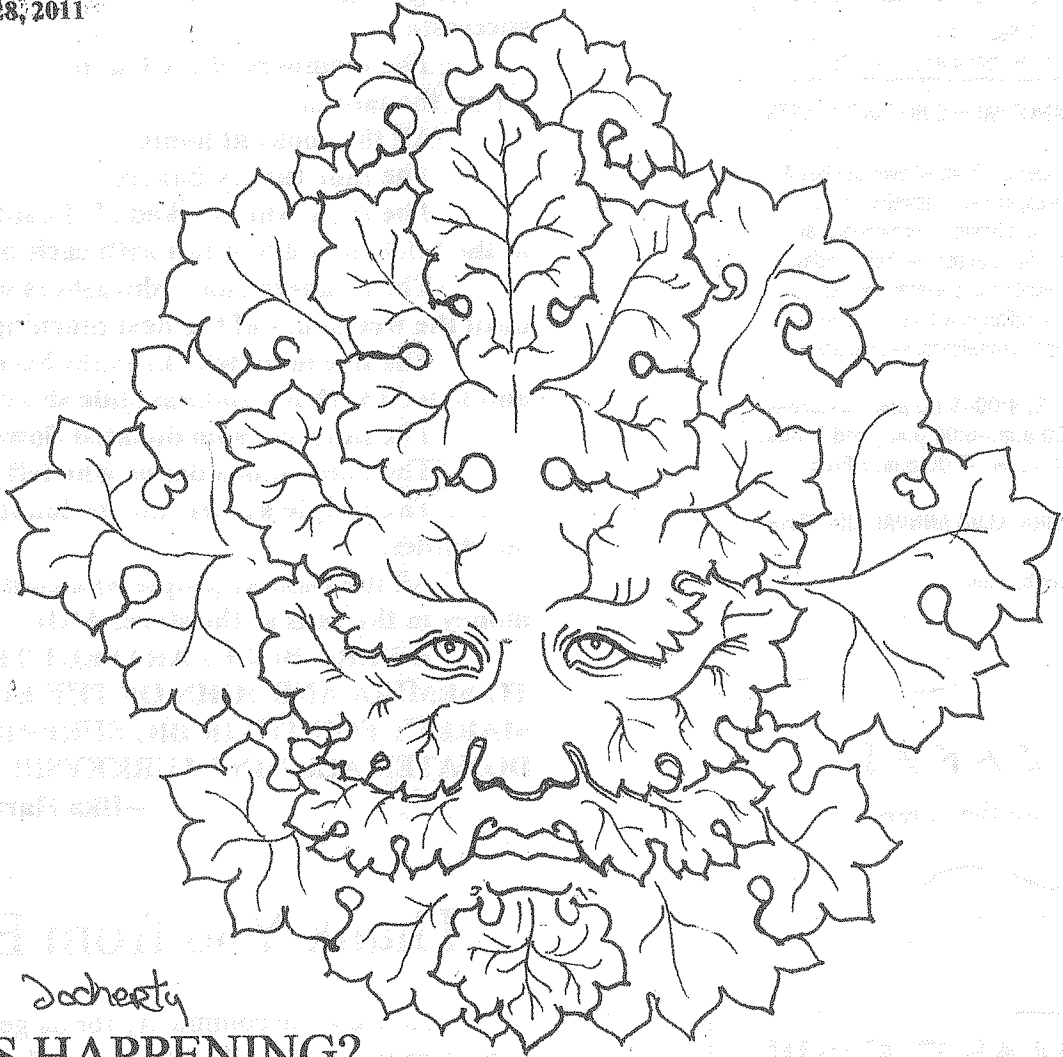


Bolinas Hearsay News

Monday, November 28, 2011

46 ¢ + tax



Docherty

WHAT'S HAPPENING?

Monday, November 28

BOLINAS FIRE PROTECTION DISTRICT

Board of Directors meeting, Firehouse, 7:30pm

Tuesday, November 29

COASTIES NIGHT

Hosted by Sofi Rox, Sleeping Lady Café, Fairfax, 8pm

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.

Thursday, December 1

COAST CAFÉ CONCERT SERIES

Bart Hopkin, solo guitar. Food & drink specials @ Coast Café, 7-9pm.

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

Friday, December 2

OPENING CELEBRATION AND BASKET DEMO

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

Monday, December 5

HOMEGROWN

Ginny Felch, photographer, in conversation with Joan Hammerman Robbins, Firehouse, 7:30pm

Friday, December 9

WINTER FAIRE

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

Saturday, December 10

SANTA CLAUS

Will be at the Winter Faire, 11am-4:30pm

HAPPY HAPPY BIRTHDAY!!!

November 28: Steve Reinertsen

November 29: Katie Ponder

Alana Smith

Claire Heart

Doug Scoville

November 30: Brandon Kearney

Freya McCamant

Claire Simeone

December 1: Charles Whitefield

Charles Fox

Leslie Acoca Goodchild

John Borg

Molly Maguire

Christine Swain

Randi Arnold

December 2: Susan Goldhaber

December 3: Loretta Hooper

Carey Leigh Smith-Marchi

Bobby Parrs

December 5: Amber Rose Funk

Pasteup:

Ned Riley

Books/ads:

June McAdams

Press:

Jeff Manson

This Week @ The Dance Palace

415-663-1075

Tickets at: www.dancepalace.org

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

ZAKAS

in the library

WANTED!!!

ARTISTS CRAFTSPEOPLE IMPORTERS

~ To participate in the 21st annual
BOLINAS WORLD CRAFTS FAIRE
December 17 & 18

Contact flower sierra

415-669-7041

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

THANK YOU to everyone who helped make Thanksgiving at the Community Center so successful:

The members of the Guatemalan church who set up the tables;

All the cooks at home;

The nine turkey bakers;

The crew who worked all Thanksgiving Day in the kitchen and had fun with each-other;

The cleaners and dishwashers who worked until the wee hours of the next morning;

The fire man, who brought his own wood, and helped with my Bolinas slide show;

The nursery, who donated flowers;

The anonymous donor who left a pie;

The people's store, for its donation of vegetables;

All the Bolinas people who contributed money in the cans at the store; AND

A VERY BIG HEARTFELT THANK YOU TO SEMIRA AND JOHN OF THE BOLINAS MARKET FOR THEIR BIG SURPRISE: THEY DONATED ALL NINE TURKEYS!!!

--Ilka Hartmann, -0419

Thank You from Bo Gas

To thank the community for its generous support, Bo Gas is offering a holiday promotion.

Come into Bo Gas during attendant hours, spend \$20 on gas. And while we fill your tank, we will buy you a cup of coffee at Bobolious.

Thank you, hope to see you down here.

- Al B Foreman

To the author of "The Flock that is Bolinas:" Please identify yourself so we can print your piece.

--Monday staff

THREE MORE GREAT THINGS ABOUT THIS PLACE...

(1) Deep-fried turkey, the best way ever to cook it. Now, can anybody help me dispose of 3 gallons of turkey-flavored canola oil?

(2) All those blended, mended, hyper-extended families getting together to give thanks.

(3) Getting a new computer—now I can see YouTube music clips.

--Ned Riley

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HASS ACCOUNT OF BERKELEY OCCUPY VS UCB CAMPUS POLICE

Noble, mild mannered, soulful, are words that represent Robert Hass to me...He led the Walk Whitman "Song of Myself" reading at Commonweal in October. Read carefully his disbelief at what occurred at the UC Berkeley campus Nov. 9. Believe the violent response of our officers of the "law." -- submitted by Kati Nagel

Poet-Bashing Police by Robert Hass, PhD
Published: November 19, 2011

Activists raised a tent in front of Sproul Hall on the Berkeley campus as police officers in riot gear retreated on Nov. 9.

LIFE, I found myself thinking as a line of Alameda County deputy sheriffs in Darth Vader riot gear formed a cordon in front of me on a recent night on the campus of the University of California, Berkeley, is full of strange contingencies. The deputy sheriffs, all white men, except for one young woman, perhaps Filipino, who was trying to look severe but looked terrified, had black truncheons in their gloved hands that reporters later called batons and that were known, in the movies of my childhood, as billy clubs.

The first contingency that came to mind was the quick spread of the Occupy movement. The idea of occupying public space was so appealing that people in almost every large city in the country had begun to stake them out, including students at Berkeley, who, on that November night, occupied the public space in front of Sproul Hall, a gray granite Beaux-Arts edifice that houses the registrar's offices and, in the basement, the campus police department.

It is also the place where students almost 50 years ago touched off the Free Speech Movement, which transformed the life of American universities by guaranteeing students freedom of speech and self-governance. The steps are named for Mario Savio, the eloquent undergraduate student who was the symbolic face of the movement. There is even a Free Speech Movement Cafe on campus where some of Mr. Savio's words are prominently displayed: "There is a time ... when the operation of the machine becomes so odious, makes you so sick at heart, that you can't take part. You can't even passively take part."

Earlier that day a colleague had written to say that the campus police had moved in to take down the Occupy tents and that students had been "beaten viciously." I didn't believe it. In broad daylight? And without provocation? So when we heard that the police had returned, my wife, Brenda Hillman, and I hurried to the campus. I wanted to see what was going to happen and how the police behaved, and how the students behaved. If there was trouble, we wanted to be there to do what we could to protect the students.

Once the cordon formed, the deputy sheriffs pointed their truncheons toward the crowd. It looked like the oldest of military maneuvers, a phalanx out of the Trojan War, but with billy clubs instead of spears. The students were wearing scarves for the first time that year, their cheeks rosy with the first bite of real cold after the long Californian Indian summer. The billy clubs were about the size of a boy's Little League baseball bat. My wife was speaking to the young deputies about the importance of nonviolence and explaining why they should be at home reading to their children, when one of the deputies reached out, shoved my wife in the chest and knocked her down.

Another of the contingencies that came to my mind was a moment 30 years ago when Ronald Reagan's administration made it a priority to see to it that people like themselves, the talented, hardworking people who ran the country, got to keep the money they earned. Roosevelt's New Deal had to be undealt once and for all. A few years earlier, California voters had passed an amendment freezing the property taxes that finance public education and installing a rule that required a two-thirds majority in both houses of the Legislature to raise tax revenues. My father-in-law said to me at the time, "It's going to take them 50 years to really see the damage they've done." But it took far fewer than 50 years.

My wife bounced nimbly to her feet. I tripped and almost fell over her trying to help her up, and at that moment the deputies in the cordon surged forward and, using their clubs as battering rams, began to hammer at the bodies of the line of students. It was stunning to see. They swung hard into their chests and bellies. Particularly shocking to me — it must be a generational reaction — was that they assaulted both the young men and the young women with the same indiscriminate force. If the students turned away, they pounded their ribs. If they turned further away to escape, they hit them on their spines.

NONE of the police officers invited us to disperse or gave any warning. We couldn't have dispersed if we'd wanted to because the crowd behind us was pushing forward to see what was going on. The descriptor for what I tried to do is "remonstrate." I screamed at the deputy who had knocked down my wife, "You just knocked down my wife, for Christ's sake!" A couple of students had pushed forward in the excitement and the deputies grabbed them, pulled them to the ground and cudged them, raising the clubs above their heads and swinging. The line surged. I got whacked hard in the ribs twice and once across the forearm. Some of the deputies used their truncheons as bars and seemed to be trying to use minimum force to get people to move. And then, suddenly, they stopped, on some signal, and reformed their line. Apparently a group of deputies had beaten their way to the Occupy tents and taken them down. They stood, again immobile, clubs held across their chests, eyes carefully meeting no one's eyes, faces impassive. I imagined that their adrenaline was surging as much as mine.

My ribs didn't hurt very badly until the next day and then it hurt to laugh, so I skipped the gym for a couple of mornings, and I was a little disappointed that the bruises weren't slightly more dramatic. It argued either for a kind of restraint or a kind of low cunning in the training of the police. They had hit me hard enough so that I was sore for days, but not hard enough to leave much of a mark. I wasn't so badly off. One of my colleagues, also a poet, Geoffrey O'Brien, had a broken rib. Another colleague, Celeste Langan, a Wordsworth scholar, got dragged across the grass by her hair when she presented herself for arrest.

I won't recite the statistics, but the entire university system in California is under great stress and the State Legislature is paralyzed by a minority of legislators whose only idea is that they don't want to pay one more cent in taxes. Meanwhile, students at Berkeley are graduating with an average indebtedness of something like \$16,000. It is no

(Cont. on page five)

Go to Health: good thoughts from food activists, including locals

"Eat food, mostly plants, not too much"

is the opening advice from Michael Pollan in his book *Food Rules – an Eaters Manual*. Pollan is the author of *The Omnivore's Dilemma* and *In Defense of Food*, two popular books that are both entertaining and packed with information about our food system and its needed reforms. He is currently a professor at UC Berkeley's Graduate School of Journalism, and the director of the Knight Program in Science and Environmental Journalism. Here are some of my favorite quotes from *Food Rules*:

*Avoid food products containing ingredients that no ordinary human would keep in the pantry – ethoxylated diglycerides?, cellulose?, xanthan gum?

*Avoid food products containing ingredients that a third grader cannot pronounce.

*Buy your snacks at the farmer's market (fresh or dried fruits and nuts)

*Eat only foods that have been cooked by humans – not corporations

*If it came from a plant, eat it; if it was made in a plant, don't.

*Treat meat as a flavoring or special occasion food.

*Drink the spinach water.

*Sweeten and salt your food yourself – foods and beverages that have been prepared by corporations contain far higher levels of salt and sugar than any ordinary human would ever add.

*Don't eat breakfast cereals that change the color of the milk.

*It's not food if it's called by the same name in every language. (Think Big Mac, Cheetos, or Pringles.)

*The whiter the bread, the sooner you'll be dead – passed down from both Jewish and Italian grandmothers

*Eat all the junk food you want as long as you cook it yourself – if you made all the French fries you ate, you would eat them much less often, if only because they're so much work.

*Stop eating before you're full – Ask yourself not, Am I full? But, is my hunger gone? That moment will arrive several bites sooner.

*Eat when you are hungry, not when you are bored

*Consult your gut – it can take twenty minutes before your brain gets the word that your belly is full; that means

that if you take less than 20 minutes to finish a meal, the sensation of satiety will arrive too late to be of any use.

*Spend as much time enjoying a meal as it took to prepare it.

*Buy smaller plates and glasses – one researcher found that simply switching to a 10 inch dinner plate caused people to reduce their consumption by 22 %.

*Eat meals – we are snacking more and eating fewer meals together.

Unless you can confine your grazing to real food, stick to meals.

*Don't get your fuel from the same place your car does – American gas stations now make more money inside selling food (and cigarettes) than they do outside selling gasoline. It's all highly processed, imperishable snack foods and extravagantly sweetened soft drinks in hefty 20 ounce bottles.

*Cook. Cooking for yourself is the only sure way to take back control of your diet from the food scientists and food processors, and to guarantee that you're eating real food and not edible foodlike substances.

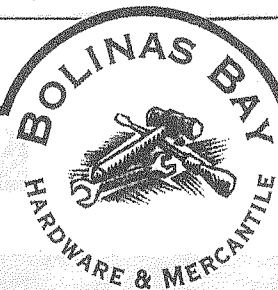
These are only a few of the 64 rules in Pollan's book – *Food Rules*, which has been re-released with whimsical illustrations by Maira Kalman.

There are numerous food activists here in Bolinas. The San Francisco Food Bank merged with the Marin Food Bank a year ago; together they distribute to more locations in Marin. On Thursdays they come to the Bolinas Community Center to distribute staple foods – this program is organized and run by Randi Arnold and June McAdams, among others. Contributions to the Bolinas Community Center for this and other programs are always needed and appreciated.

*Food For Families is a non-profit organization that cooks and distributes food to new mothers and to people with injuries or illness, in Bolinas, Point Reyes and Inverness. Call Serita Lewis at 299-0293 if you can contribute food from your garden, money, or time as a volunteer cook or driver. The Coast Café has generously provided their kitchen to Food For Families every Monday, as well as space for refrigeration.

*Curt Kinkead and Ruth Schwartz have a non-profit called Respecting

(Cont. on page five)



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SPIRIT HOUSE TENDERS

It is the time of year to think about who will tend THE SPIRIT HOUSE in the year 2012. A few people have agreed to stay on or join the team, but at least 3 more are needed! This is a Spiritual Place for contemplation and honoring of life, recognition of the passing of those we have cared about. Your need to attend to the Spirit House only happens every two months. Town folk and visitors alike seem to be drawn to the space and draw solace from it. For that reason, we like to keep it as nice as it can be to welcome those who benefit from it. If you would like to join this dedicated team of caregivers-call June @ 9052.

Thank you-junemcadams@gmail.com

cont. from p. 3

wonder that the real estate industry started inventing loans for people who couldn't pay them back.

"Whose university?" the students had chanted. Well, it is theirs, and it ought to be everyone else's in California. It also belongs to the future, and to the dead who paid taxes to build one of the greatest systems of public education in the world.

The next night the students put the tents back up. Students filled the plaza again with a festive atmosphere. And lots of signs. (The one from the English Department contingent read "Beat Poets, not beat poets.") A week later, at 3:30 a.m., the police officers returned in force, a hundred of them, and told the campers to leave or they would be arrested. All but two moved. The two who stayed were arrested, and the tents were removed. On Thursday afternoon when I returned toward sundown to the steps to see how the students had responded, the air was full of balloons, helium balloons to which tents had been attached, and attached to the tents was kite string. And they hovered over the plaza, large and awkward, almost lyrical, occupying the air.

Robert Hass is a professor of poetry and poetics at the University of California, Berkeley, and former poet laureate of the United States.

http://www.nytimes.com/2011/11/20/opinion/sunday/at-occupy-berkeley-beat-poets-has-new-meaning.html?_r=1&pagewanted=all

MONDAY MORNING WEEK IN REVIEW 11-28-11

JENNIEPFIEFFER-RILEY

IT WAS A WEEK TO BE THANKFUL, and we, in our small town, have so very much to be thankful for, particularly for the many years that Ilka Hartman has kept the Community Thanksgiving dinner happening by organizing the bird cookers, decorators, side dish makers, and clean up crew. She has said she is looking for others to step up and take on this task that has now become an established annual event. Thanks, Ilka, for a willingness to keep this happening, and to all those who help.

We have our many boards and members to thank, who spend endless hours of personal time working with organizations dedicated to improving our lives here in Bolinas. Thanks to those who keep it all happening.

We have this beautiful place with mountains, ocean, parks, gathering places, open space, and organic gardens that provide food for us by way of our markets and farm stands. We can be so grateful to those who step up to keep it all clean and maintained.

We have this ongoing Hearsay News paper with editors who have stepped up to keep it afloat for over 35 years, providing a place for all comments (not libelous, salacious, or malicious) from any member of the community. Every man, woman, and child in this town is an official Hearsay News reporter, and then you're in, in perpetuity. There is no fire or retire policy at this institution. In light of recent comments regarding longevity of staffers, I say it's true that to make room for others to step up, some need to step aside, so I will be stepping aside the end of December, after the year's recap, to make room for someone else. Maybe I'll step aside from Monday to Wednesday, or something like that.

Big thanks to all family and friends who are there when needed, because we all do need each other now and again. In all gratitude, Jenniepfieffer

cont from p 4

our Elders (respectingourelders.org), which gathers food from supermarkets and brings the food to Mesa Park on Sundays. Donations are welcome for their travel expenses - their work is all volunteer. Call 935-6132 or go their website to contribute. Brian Spencer ran a similar program at Mesa Park for many years.

*Star Route Farm has contributed vegetables to the Mesa Park program and Marin schools for some time.

*Thanks to everyone who helps these important programs, with work and contributions. I'm sure I have left out other people and programs; contact me and I'll write about what you are doing.

This holiday season is a great time to support the generosity of our town. "The opposite of consumption isn't thrift, it's generosity" Raj Patel Look him up too!

Sadja Greenwood - back issues at sadjascolumns.blogspot.com

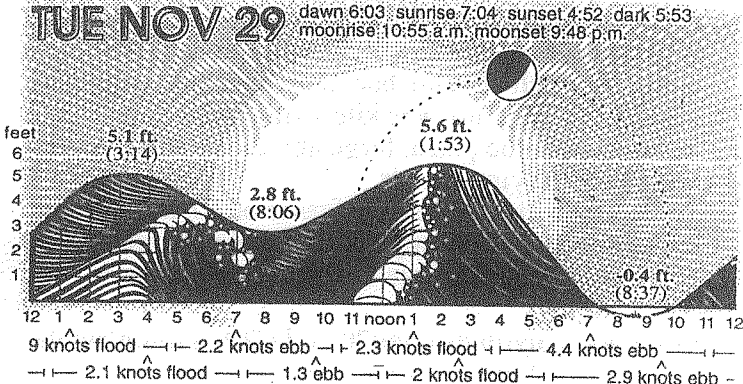
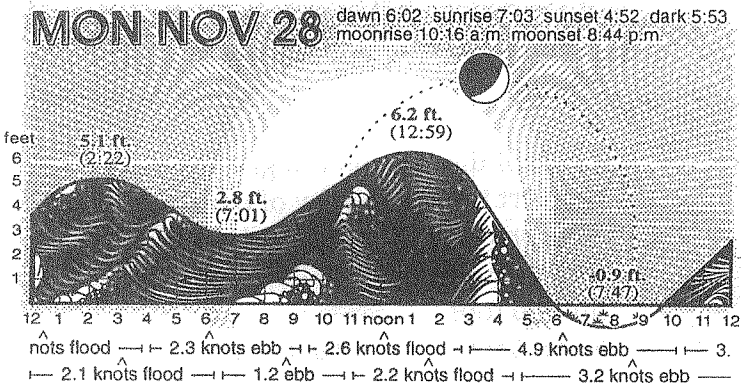


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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	KWMR Night Music	Weekend Report 12-1 am	KWMR Night Music	Saturday 12-1 am	Grateful Dead 12-1 am	KWMR Night Music	KWMR Night Music
7	6:30am WM Report Democracy Now!	6:30am WM Report Democracy Now!	6:30am WM Report Democracy Now!	6:30am WM Report Democracy Now!	6:30am WM Report Democracy Now!	6:30am WM Report Morning Glory	6:30am WM Report Daybreak
8	8 am WM Report With Eyes Open!	8 am WM Report Wake Up West Marin	8 am WM Report Hemp Day	8 am WM Report Morning Blender	8 am Report Radio Wico	# Gregory DeMascio # Anneke van der Veen # Guest Hosts	# Gregory DeMascio # Anneke van der Veen # Guest Hosts
9	Peter Asmus Susan Dahler	Ann Gessen Raul Gallyot Pleasantville Taste Raul Gallyot	Jimmy O Dave Cook Fish Tales Dave Cook	Howard D. Mary S. Charlie O.	Mike Ditchfield Amanda Elchstaedt	Augusto Conde	Original Minds Ella Haworth 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 Wavelength L. Farley & Specials The Bioneers	# 1/3 Specials on the Air McGee & Taylor # 2/3/4/5 Queering Calpestris & Nickelson	Making Contact The Bioneers (repeat from Monday)	An Organic Conversation Helge Heilberg & Mark Mulcahey	Nuggetrope Nine Marisol Munda-Klenne	Viewpoint Ellen Sheinaden Matt Matheson	The Place We Live
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions Michael & Justine Toms	Alternative Radio David Barsamian	Attune-ment Anthony Wright	Common-weal Conversations Layna Berman	Americana Saturday # Will Minor # Guest Hosts # Specials	Happy Days Marcie Judeison Jazz with Kendrick Rand LAST SUNDAYS Jazz Rhythm Dave Radlauer
1	West Marin Matters #1 Stock #2/4 Gang & Stephen #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'	What's New?	Classical Wednesday	Classical Thursday	Classical Friday Expanded Time	World Playground	Riverwalk Jazz David Holt and Jim Callum Jr.
3	Rick Clark	#1 Jimo & Tammy # Specials/Guest Host	#1/5 Specials #2/4 Norman Masonson #3 Susan Deixler	# Susan Santiago # Leland Robins	#1 Susanna Henderson #2 Janet Robbins	#1/3 Specials Henderson #2/4 Mary Potts	The Vinyl Café Stuart Nelson
4	# Aztec Pride Jorge Ramirez # The Latin Alternative	Art of the Song John Dillon and Vivian Nashit	Julie Motz: #Art's Desire #Tech/Science #5 Vickisa Coastal Airwaves	TeaTime Books Mimi Calpestris & Howard Dillon	#3/4/5 Specials	Circulo musical	Rhythm & Muse #1/3 Learnin' Kirven Brian Kirven
5	# A Pair o' Docs Plus Amy, Ladd, Steve NEW # Raul Gallyot Archives	Sabrina Artel's Trailer Talk # New Learning Pete Warner	Open House	Open House #1: Temas de inmigración	NEW TIME	Jesus Martinez	#2/4 To Hell & Bach Beth Underwood
6	Treasure to Treasure Hope & Schulerder	Viewpoint (repeat) Ellen Sheinaden	Epiphany: A 1st Reyes Dialogue: Headman #4/5 Coastal Health Alliance: Anna O'Malley	Krista Tippet On Being	Happy Hour Liberacha	The Celtic Universe	Evening Buffet
7	6:30 pm WM Report	6:30 pm WM Report	6:30 pm WM Report	6:30 pm WM Report	6:30 pm WM Report	# Lorella Bailey # Lyons Filmer	#1/3 Ears & Kimbo's Elbow Room Paul Flewman
8	The Hippie from Olema Jerry Lunsford	Musical Varieté Charlie Morgan	Ridin' the Rails: The Americana Express	Bakersfield & Beyond	Shorty's Bunkhouse	NEW TIME	#2/4 Between Rock and A Jazz Place Gray Shepard
9	DJ Zero Silver Dolls Jokebox	Radio Radio James Crespo	Coast Highway Blues Larry Rigore	Story Hour Hearing Voices	Offramp Comedy Improv	Rick's Jazz Café	NEW The Ol' One, Two
10	Mixtape # Jacoba Charles # Christian Anthony	The Latin Alternative	Sonic Sunspots Tony Palmer	NEW Stuck in the Psychedelic Era with the Hermit	NEW TIME	Rick Clark	Aimée Reed (returns Nov 13)
11	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report	12 am WM Report	Professor Kosmo Plays The Blues	Professor Kosmo Plays...

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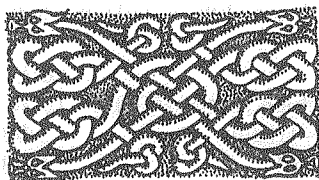
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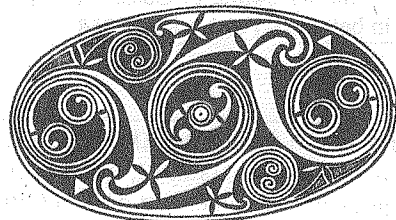
MB 11/20



ARTICLES FOR HEARSAY NEWS

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

Thank you, The Editors



RIDE SHARE

MOVING TO PORTLAND DEC. 8

Looking for rider & help driving truck. Una -8818

UZx

WEST MARIN SENIOR SERVICES

has a new volunteer driver program.

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

X



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

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

11/30

NEEDED

CHEF/CATERER FOR BOLINAS WORLD CRAFTS FAIR. Dec. 17 & 18. Contract Flower Sierra - 415-669-7041

FS 12/2

MOVING BOXES from 1 sq ft to around 24", square and rectangular. -8818

UZ 12/2



LOST & FOUND

FOUND: FLOPPY CLOTH SUNHAT, LAST WEEK
On Bolinas Olema roadside.. Call Martine -9036

11/23

FOUND: DUSTY-PINK FLUFFY JACKET
Call 868-2006 to claim

EH 11/16

LOST: MY SILVER FAKE FUR HAT
at the Bolinas Community Center or Coast Café or somewhere in between. Patrice 868-2758

LB 11/25

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

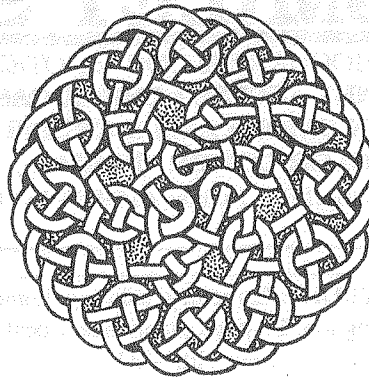
Leather-bound journal found
It has some water damage "Operation Bloodhound" - this last week on beach below Palomarin Trailhead. Please call Steve @ 415-9022434 to identify/claim.

SH 10/17

Hat Found
"Skipper Hat" - Call Howard to describe
8682144

HD 10/17

ANNOUNCEMENTS



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

CLASSES

DON'T MISS WHAT'S GOING ON AT THE NEW SCHOOL AT COMMONWEAL!
sign-up free at the newschool@commonweal.org. Download past podcasts at 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 - 8:30 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 Español	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