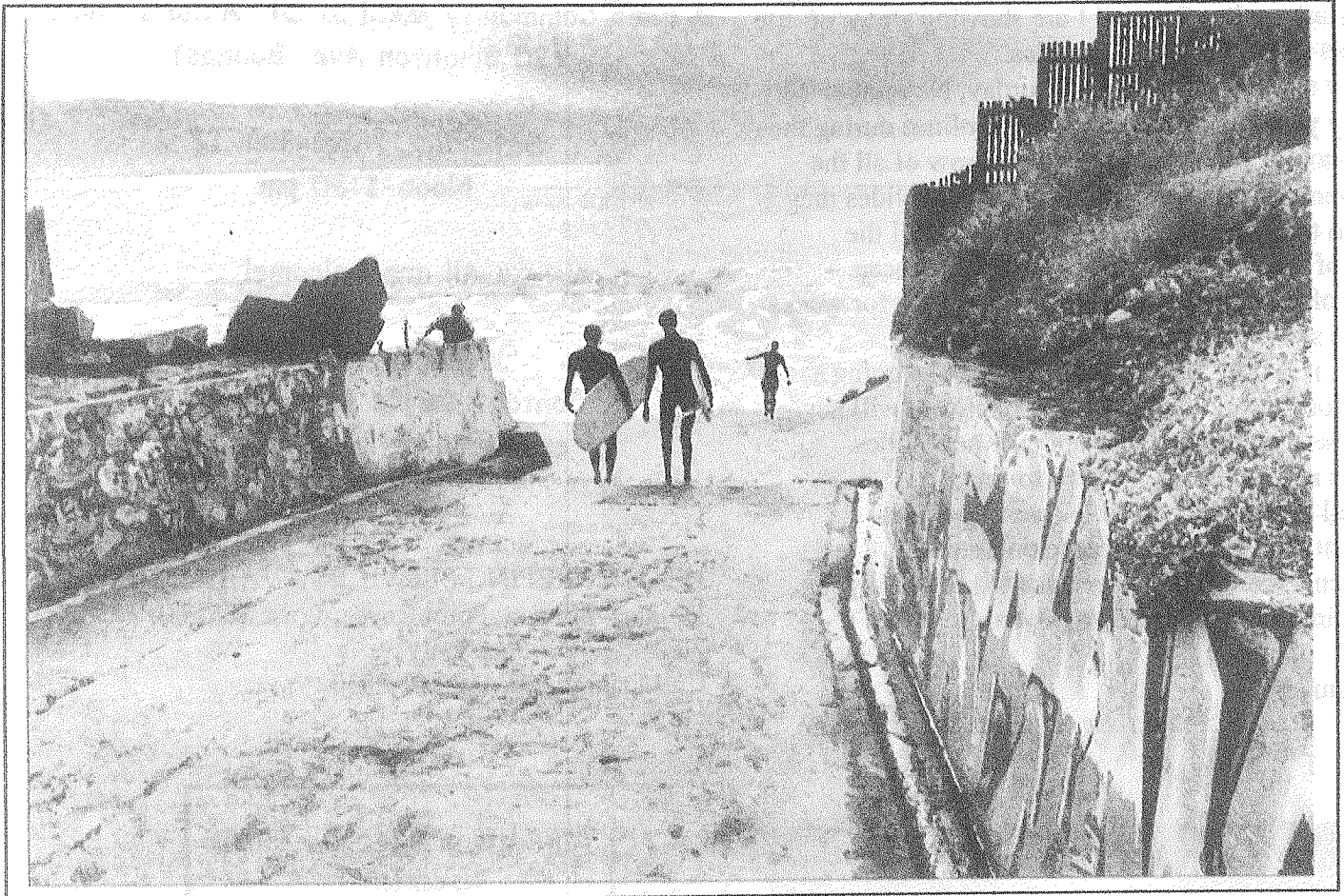


Bolinas Hearsay News

Monday, November 7, 2011

46 ¢ + tax



Saturday, 11/5/11
Phil Buchanan

WHAT'S HAPPENING?

Monday, November 7, 2011

TAURID METEOR SHOWER

All this week

Tuesday, November 8

ELECTION DAY

Vote on College of Marin Board & High School parcel tax renewal

Thursday, November 10

COAST CAFE CONCERT SERIES

Live music, food & drink specials @ Coast Café, 7pm

FOX & WOMAN

Live singer/songwriter music @ Smiley's, 8:30pm

FULL MOON

full 12:16pm, moonrise 4:55pm

Friday, November 11

JERRY HANNAN

Live Irish minstrelsy, Smiley's, 9pm

Saturday, November 12

CRITICAL MASS BIKE RIDE

From BCPUD to school. Join us! Bike tune-ups 10am, ride @ 11:30am

SOUP SATURDAY

Free community meal @ St Aidan's. All are welcome.

Info: cmontgomery299@gmail.com, noon-1:30pm

60th ANNIVERSARY COMMUNITY SLIDE SHOW

Presented by Ilka Hartmann & Barbara Kayfetz. Food, drink, music & memories @ Community Center, 5:30pm

BESO NEGRO

Live gypsy sounds @ Smiley's, 9pm

HAPPY HAPPY BIRTHDAY!!!

November 7: Morgan Sanders
Joe Bracco
Jeff Moerchen

November 8: George Marzocchi
Kelly Resta

November 9: Long Linda (remembered)
Helena Shea Kent

November 10: Jetsun Bradford-Ebey

November 11: Ken Gardiner
Cynara Doe

November 12: Jim Marcus
Jim Angel

November 13: Lulu Drux

Sunday, November 13

LAST SECOND SUNDAY SALE OF THE YEAR
Brighton Square, 10am-2pm

60th ANNIVERSARY OF COMMUNITY CENTER

Founding families reunion & tea @ Community Center, 2-5pm. Everyone welcome.

APRIL VERCH

Canadian fiddling & step-dancing @ Pt Reyes Dance Palace, 7pm, \$25/\$23

Thursday, November 24

COMMUNITY THANKSGIVING DINNER

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

THE BOLINAS SLIDE SHOW.

To celebrate the sixtieth anniversary of the Community Center, Barbara Kayfetz and I are showing slides of life in Bolinas since the early Seventies.

Our show starts at 6:30pm on Saturday, November 12.

For many years, it was a tradition in Bolinas during the rainy season to have one major slide show of all the major events of the year. People submitted slides they had taken that year and would not know until the evening of the show if their images were chosen.

A group of dedicated volunteers would work for weeks to put the show together.

This time it is only Barbara and me. We are going through forty years of work. Most likely we will never show these photos again and not take new slides.

The films and labs are very hard to find.

Please tell anyone who used to live in Bolinas who might be interested to come on Saturday.

It has been a wonderful experience to see all of your faces again, remember so many events.

Ilka Hartmann

Soup Saturday

A Free Community Meal at St. Aidan's Church
(30 Brighton Ave, Bolinas)

Saturday, November 12
Noon-1:30 pm

All are welcome!

Want to volunteer?

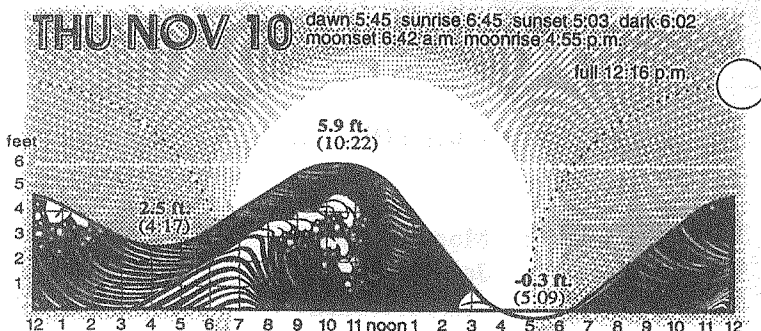
Contact Carrie Montgomery at
cmontgomery299@gmail.com

HOUSE KEEPING SERVICES AVAILABLE

Bolinas, Stinson, Point Reyes, West Marin

Non-toxic products only

Call Danielle @ 415 261 8530



The Taurid meteor shower lacks a clearly defined peak, but is generally active for about a week, November 5-12. Known for impressively bright, slow meteors, many with persistent trains and some fireballs, this year's Taurid shower will have competition from a waxing gibbous moon.

This Week @ The Dance Palace

415-663-1075

Tickets at: www.dancepalace.org

TONE BENT & TAKE JACK

Bill Horvitz and Robin Eschner double-up on guitars and vocals, trading off on the melodies and harmonies as they perform their original songs with a gutsy and raw edge. With their new CD, "Angels in the Kitchen," vivid imagery is brought to life through unique lyrics and exquisite melodies.

As experienced choral singers and musicians, the 10 members of Sonoma County-based Take Jack share a long history. Their repertoire includes original compositions and arrangements informed by folk, classical, rock, and jazz traditions, running the gamut from a cappella to various instrumental combinations. Take Jack includes Clare Broussard, Connie Coleman, JT Devine, Robin Eschner, Bill Horvitz, Dennis Hysom, Shari Kovner, Chris Smith, Mike VanDordrecht, and Gene Wright. www.takejack.com

Saturday, November 12, 8:00 p.m. / At the door
\$18 general, \$16 seniors

APRIL VERCH BAND—JOYFUL CANADIAN FIDDLE, STEP DANCING, AND MODERN AMERICANA

Verch was born to traditional music, in Canada's hard-working, hard-dancing Ottawa Valley. She was a local star at age four, stepdancing with her sister and winning awards at contests. The fact that they were for "Youngest Competitor" didn't dampen her child-eyed enthusiasm. Laughing about it now, she says, "I thought, gee, this is easy!" The harder it became, the more Verch loved it. She became the first woman in history to win both of Canada's most prestigious fiddle championships, the Grand Masters and Canadian Open. When Canada hosted the 2010 Winter Olympics, Verch was asked to represent her country's music at the opening ceremonies.

Sunday, November 13, 7:00 p.m. / Advance
tickets \$22 general, \$20 seniors; At the door \$25
general, \$23 seniors

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

Go to Health: Ways to decrease inflammation and cancer symptoms with nutritional methods

It's amazing - they are studying nutrition and cancer at the MD Anderson Cancer Center, University of Texas. Dr. BB Aggarwal, author of *Healing Spices*, has looked the role of chronic inflammation in causing the symptoms of cancer and cancer treatments, such as weight loss, lack of appetite, fatigue, depression, nerve pain, anxiety and sleep disorders.

Aggarwal states that faulty regulation of inflammation contributes to the expression of these symptoms. NF-kB is a protein complex that controls the transcription of DNA and is a major influence on inflammatory pathways. Therefore, anti-inflammatory agents that can change the activation of NF-kB may have the potential of preventing and improving cancer related symptoms. In a recent paper, Aggarwal discusses the helpful role of several 'nutraceuticals' (a food or part of a food that provides medical and health benefits). Most of the experimental work so far, as noted in this paper, was done on experimental animals (the unfortunate mouse). Here is a summary of what he wrote:

Curcumin (derived from turmeric) was found to reduce fatigue, pain, cognitive loss and weight loss in experimental animals with cancer.

Genistein (found in soybeans) inhibited NF-kB and inflammation. It decreased nerve pain and helped with appetite.

THANKSGIVING AT THE COMMUNITY CENTER

Our festive Thanksgiving celebration will take place again at the Community Center this year. Doors open at 5pm, dinner is at 6pm. Please bring a side dish for 12 people and your own drinks. We will provide the turkeys. If you would like to cook a turkey, please call me at - 0419. We also need people to help set up, clean up, bring flowers, wood and make the fire at 3pm. Please let me know what you can do to make this Thanksgiving as beautiful as possible. There are cans at the stores for donations. I am looking for an apprentice/partner to work with me so that this wonderful event will continue in the long future.

Thanks to everyone for all your help in the past.
Ilka Hartmann, -0419

Resveratrol (found in red wine, dark grape juice and peanuts) helped with pain, diabetic neuropathy, muscle wasting, and cancer induced weight loss.

Epigallocatechin gallate - more simply known as EGCG - is found in green tea. It helped with fatigue and cognitive deficits.

Lycopene (found in tomatoes watermelons, papayas and other red fruits and vegetables) improved neuropathic pain and cognitive deficits.

Inflammation is a word describing the body's response to injuries, or infections. It brings increased blood supply to the affected area and is associated with activation of the immune system. Pain, heat, redness, swelling and loss of normal function of the affected part are seen. This acute inflammatory response is necessary for healing to occur. However, other types of inflammation are chronic, and associated with the onset of heart disease, inflammatory bowel disease, various cancers, kidney diseases et al. There are many causes of chronic inflammation, including chronic gum disease, obesity, and untreated infections with bacteria, viruses or parasites. A useful lab test for inflammation is the high-sensitivity C reactive protein test, which your doctor can order if needed. Ways to combat chronic inflammation include weight loss if needed, a diet high in vegetables of all colors, fruits, fish and fish oil, green tea, turmeric and other spices. Avoid foods with sugar, processed meats, and added chemicals. Exercise moderately every day for at least a half hour, but not to complete exhaustion.

Last week there was an excellent lecture at Commonweal by Dr. Jeanne Wallace and the chef, Rebecca Katz, on nutritional approaches to inflammation, the prevention of cancer and cancer recurrence. When the slides are available from The New School at Commonweal, I will write more on their content.

Sadja Greenwood, MD more at sadjascolumns@blogspot.com

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

THE BOLINAS WINTER FAIR

Applications are at the Peoples' Store! First come first serve and they are going quick, only 50 spots total, see application for instructions.

If you are interested in making hot food for the three-day fair, please send a brief description about yourself, a planned menu with pricing, a contact number and email address where you can be reached. Include if you are Serv Safe certified and any references you might have whom have tasted your cooking. Please have food vending proposition brought to the Community Center office by November 16th. You may also email the info to lia@bocenter.org

Lia Kourula Sabbatini
General Manager / Bolinas Community Center
P.O. Box 122, Bolinas, CA, 94924
(415) 868-2128 / lia@bocenter.org

Elaine Frederick, M.D., a 20+ year resident of Bolinas, passed away on Saturday, Oct. 29 at the age of 87. She died peacefully at home, surrounded by loved ones. She is survived by 6 children, 15 grandchildren, and 3 great-grandchildren. We will miss her so very much.

-- Johanna Hourany

IMPORTANT WARNING!

As Chairman of the California Emergency Communications Committee, I believe it is very important to alert all SYC members of a **national emergency alert test on November 9 at 11:00 AM PDT**. This will not come over at first as a test, but rather a real alert. Some TV cable systems can only identify the event as a test with audio so there is the possibility of a 1939 "War of the Worlds" panic. If a person is hard of hearing or has the TV volume turned down all they will see is "This is a national emergency alert" on the screen. This idea originated at FEMA in Washington, D.C. Those of us in field have felt that this could cause some people to panic but FEMA feels that with advance warning it will be OK. This test will originate in Washington and will occur simultaneously across the entire country, Hawaii and Alaska. This test will be on radio, television, cable and other statewide alerting systems

I sincerely hope that you will pass this information on to your friends and co-workers.

Jim Gabbert
Commodore
Chair California Emergency Communications Committee

868 DIRECTORY UPDATE

I found Sandra Della Valle's questions (published in the Hearsay on Halloween) deserving of a response. I'm sure those in charge of the Hearsay News' *Local Zone* phone book project intend to talk to the editor of the 868-Directory and address Sandra's comments.

Also, I would like all 868-Directory customers to know that I'll continue to provide the phone book to the community for as long as it's needed. (Among other things, my plans for the next edition of the 868-Directory involve free distribution).

Since the 868-Directory is protected by copyright, I invite the Hearsay News *Local Zone* project managers to discuss these things with me and perhaps make me an offer (as I did for the Bolinas Yellow Pages, in 1989), for the right to print the numbers of those 868-Directory members who submitted their information for a local a phone book. I have always felt responsible to use the 868-Directory's information in keeping with people's original intention. Using the Hearsay News list of contacts in a new phone book is a change that I hope community members are OK with collectively. Since I have not heard from anyone involved with this project, I am curious who is actually in charge of it, and their current plans. In terms of continuity and community service, incorporating the 868 Directory could make sense, so I'm happy to participate. Of course, the more comprehensive the participation, the more useful the results.

Always happy to help our community in any way I can, I look forward to hearing from the Hearsay News. (Undoubtedly, you'll hear about what happens in the Hearsay News!)

-- Franis Engel, editor of the 868-Directory
868-420 -- franis@franis.org

CONTRARY WARRIOR: THE LIFE AND TIMES OF ADAM FORTUNATE EAGLE ON KQED THIS SUNDAY.

For Native American month, a film about a Bay Area Native American activist, Adam Nordwall Fortunate Eagle, directed by John Ferry, will be shown on KQED beginning this Sunday. Adam was the mind behind the Occupation of Alcatraz. He is a humorist whose activism has been acted out in pranks throughout his life. For many years, he was a presence at the Intertribal Friendship House in Oakland, elsewhere in the South Bay and Master of Ceremonies at many Pow Wows. I contributed many photographs of the urban Indian community to this movie and am happy to announce that it will be shown on more than 70 occasions throughout the US.

On KQED, this Sunday, November 13 at 2pm,
On KQED World, this Sunday, at 9pm,
and early Monday morning, November 14, at 3AM, and then, check for possible further listings.

Ilka Hartmann

Hearst Henderson

MONDAY MORNING WEEK IN REVIEW 11-7-11

JENNIEPFRIFFER-RILEY

THE WEEK LOOKED SOMETHING LIKE THIS:

MONDAY was Halloween with all the delightful ghosties, goblins, wild animals, princesses, unidentifiable creatures, celebrities, and the ubiquitous witches. They all paraded up and down Brighton and Wharf, and in and out of homes, businesses, and the Community Center, which was a nice bright place for showing off costumes and for families to have popcorn, corn chips, or a nice hot bowl of Tanya Kleider's soup and cornbread - so delicious, and so reasonably priced at \$5.00 a bowl. Next time, we must get the word out better, so more people know.

The 2nd Annual Halloween Ping Pong Tournament was on at Brighton Square, and the winner this year was Vanessa War'ing, who was last year's runner up. That spot is now filled by Jeff Manson, who's marvelous mask might have caused some visual interference, and since it was constructed by Vanessa, it might have been a planned in advance advantage. Another sports scandal?

TUESDAY I took my basket of decades worth of Hearsay's, honoring community members who left us for the "other side", and went looking for some Day of the Dead celebration to spread them out ceremonially, but finding those festivities had been canceled, I gave them all an around town outing, put them back in the basket and returned them to their resting place at home.

WEDNESDAY was the General Strike in Oakland with the amazing turnout of protesters, effectively shutting down of the Port of Oakland. I participated via the internet, having a bit of difficulty with crowds as I do, and I appreciate Jeff and Meg and Mark and all those who made the trek to the East Bay to participate. I heard about it next day in the neighborhood from Meg and was filled with gratitude and admiration.

THURSDAY there were many events I hoped to get to, but needed to spend the day preparing for rain, by moving things from one place to another and hauling the blue tarps of winter around to cover those things I should have disposed of earlier in the year. Once these items are uncovered in spring, they'll look so disheveled, they'll be easier to release to the landfill. It's like leftovers in the fridge. It's hard to justify throwing out perfectly good food, but once it's been shoved to the back for a week, and there's some visible green fuzz, it's easy to move it to the worm bin.

FRIDAY the photographs by Isabelle Winstead were up in the Post Office, and I was delighted to see these photos of Mexico through the lens of a 4th grader. They are excellent. I encourage everyone to give them a look.

SATURDAY was Bank Transfer Day, releasing money from the big bank barons and putting it into non-profit, citizen controlled credit unions and alt banks. It was also OCCUPY THE FREEBOX day, which I went downtown to join, finding it to be ending as I got there, not true to "Bolinas Time" tradition. I did wave my sign to show solidarity, and show gratitude for living in a town where we have such an institution as the Freebox. Saturday night I enjoyed seeing all of Maitreya's efforts in the Community Center, setting up a big party, organizing this food and music event to benefit a wheel chair accessible van for Garnett. I loved seeing Anny's beginning and intermediate school bands perform, so intently and delightfully. If you missed it, I'm sure you can still make contributions for Garnett to Maitreya.

SUNDAY, thankfully, saw the end of so-called Daylight Savings, because we all know you can't really save daylight. Winter is here, press on regardless. jp

VOTING COMMENT

- The high school district needs that parcel tax extension.

- Community College Board endorsements:

Marin IJ: Philip Kranenburg
Stephanie O'Brien
Eva Long
Joan Lisetor

Pacific Sun: Philip Kranenburg
Eva Long
Joan Lisetor
James Namnath

—Ned Riley

J



ROYAL SHOP AND SWAP

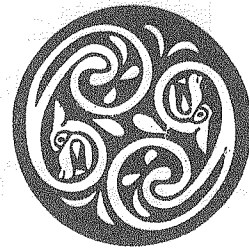
**Last 2nd SUNDAY SALE ON
BRIGHTON SQUARE of the year.
BIZARRE BAZAAR**

Sunday, October 13, 10:00 to 2:00
between the post office & bookstore.
Flea Market: Bring stuff, Sell Stuff, Buy Stuff.

cancelled if raining



J



THREE MORE GREAT THINGS ABOUT THIS PLACE...

- (1) Happy samhain (last Wednesday)—the Celtic festival marking the first day of winter; welcome to the first winter rains.
- (2) Playing Irish music, snug by the fire in an Inverness pub (Vladimir's), as the early rains pelt down outside.
- (3) Our local "Occupy" events, reminding us that we're part of an important nationwide revolt against plutocracy.

—Ned Riley



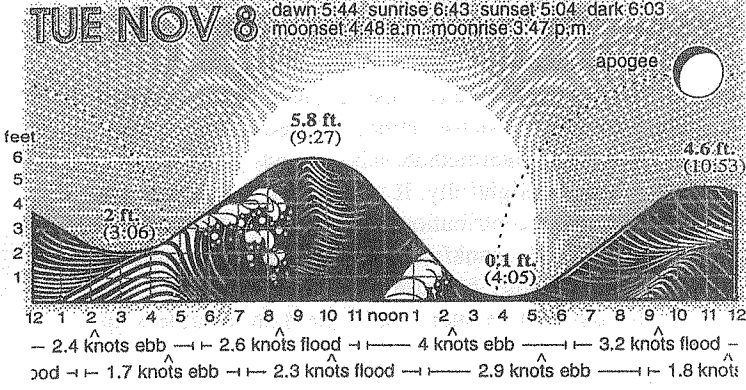
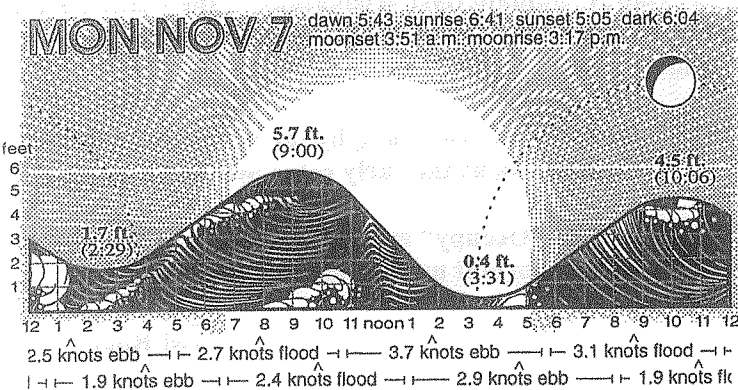
90.5 FM / 89.9 FM
WWW.KWMR.ORG



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	KWMR Night Music	Weekly Feed 12-1 am	KWMR Night Music	SSunspots to 1:30 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 Hump Day	8 am WM Report Morning Blunder	8 am Report Barrio Vibes	# Gregory DeMascio # Anneke van der Veen # Guest Hosts	# Gregory DeMascio # Anneke van der Veen # Guest Hosts
9	Peter Aamus Susan Deixler	Ann Gessert Raul Gallyot	Jimmy G Dave Cook	Howard D. Mary S. Charlie D.	Mike Litchfield Amanda Eichstaedt	Original Minds Ella Haworth	Sunday Celebration of Sacred Music Rick Clark
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	#1/3 Love is on the Air McGee & Taylor	Making Contact	An Organic Conversation	Nuestros Niños	Viewpoint Ellen Shehadeh	The Place We Live Marc Matheson
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions Michael & Justine Toms	Alternative Radio David Barsamian	Attune-ment Anthony Wright	Your Own Health and Fitness Layna Berman	Americana Saturday # Will Minor # Guest Hosts # Specials	Happy Days Marcia Judelson
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.	Jazz Rhythm Dave Radlauer	LAST SUNDAYS
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 Susanna Henderson #2/4 Mark Potts	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 Mini Calpestrí & 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: Feminine Mystic Wendy	Open House	Open House #1: Temas de inmigracion	NEW TIME	Jesus Martinez	#2/4 To Hell & Bach Beth Underwood
6	Trash to Treasure Hope & Schlander	# ViewPoint (repeat) Ellen Shehadeh	Epicenter: #1 Pt Reyes Dialogues, Needleman #4/5 Coastal Health Alliance, Anna O'Malley	Krista Tippet On Being	Happy Hour Liberacha	The Celtic Universe	Evening Buffet #1/3 Ears Akimbo's Elbow Room Paul Flowerman
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	# Loretta Farley # Lyons Filmer	#2/4 Between Rock and A Jazz Place Grey Shepard
8	The Hippie from Olema Jerry Lunsford	Musical Varleté Charlie Morgan	Ridin' the Rails: The Americana Express	Bakersfield & Beyond	Shorty's Bunkhouse	NEW TIME	Rick's Jazz Café
9	DJ Zero Silver Dollar Jukebox	Faultline Radio Jaime Crespo	The Roots Gang: Will, Pat, Mike V, Amanda	Amanda & Mike V	Shorty	NEW TIME	Rick Clark
10	Reggae Radio Peter Martineau		Coast Highway Blues Larry Rippee	Story Hour Hearing Voices	Offramp Comedy Improv	Magic Radio Chris Breyer	NEW The Ol' One, Two
11	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	Patrick Kleeman Aimée Reed (returns Nov 13)
	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

STREAMING 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

GOLF CLUBS - 2 sets of MacGregor Gold Clubs, each with rolling cart. Men's has 8 irons and 6 persimmon woods, women's has 9 irons, 2 putters plus a long telescoping ball snagger. Special this week, \$150 each. Can be seen at Uniquities. See Steve Heaslip. jp11/7

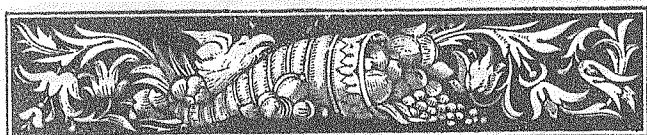


RIDE SHARE

WEST MARIN SENIOR SERVICES

has a new volunteer driver program.

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



LOST & FOUND

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

Surfboard Found

Monday, September 26th on the beach. Please call to describe- Sandy-0205

SD9/28.



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

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. Download past podcasts at www.commonweal.org/new-school/events.html

NSx



CLASS SCHEDULE 2011

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.
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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 - 7:30 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	6:00-7:30 p.m.

FRIDAY

Pilates Mat Class w/ Lisa	9:00 - 10:00 a.m.
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SATURDAY

Back Oct. 22 Yoga w/ James	9:00- 10:30 a.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 www.bocenter.org



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Hauling tool 27 years experience. Local refs.
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SHx

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Humane Animal Removal
Skunk, Raccoon, Opossum & Yellow Jacket
Carl Henry 868-1782 • Cell 259-7222

X

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

DMx

AIRPORT? Howard Dillon's fast, comfortable,
car for all BAY AREA pick-ups, early or late.
Many satisfied local refs. Phone 868-2144

MDx

Community Mediation Board
868-0493

Involved in a conflict?

We have trained mediators.
Free, Confidential, Effective

X

**The Illusion of
Space**

making small spaces feel

BIG

architectural renovation
design consultation ... ZAKAS ...868.8818

X

HOUSE KEEPING SERVICES AVAILABLE

Bolinas, Stinson, Point Reyes, West Marin. Non-toxic products
only Call Danielle @ 415 261 8530

DLx

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MSx

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