

Money from page B1 different from the SEP plans because in addition to the employer making contributions, the employee can also contribute 100% of their pay (up to \$6,500 per year).

Last but not least is the Roth IRA. With a Roth plan, your contributions are NOT deductible at the time of contribution, but the earned interest is tax-free, as are the distributions. There are some eligibility limits on the Roth plans; your AGI must be under \$95,000 if you file singly and \$150,000 if you file jointly. There are also penalties if you withdraw the money within the first 5 years.

Please consult your financial advisor about which type is right for you before you go to the bank to open the account, because your banker cannot advise you.

Now on to another topic entirely; opportunities for you to support your local service clubs (some contributions are tax deductible-consult your financial advisor). The Kiwanis Club of Marina is selling Orchids for Mother's

Think from page B1 Rockies batted a .379 in 1999, earning him the 94th spot. If you look at any of these sorts of lists, you'll see the batting averages steadily trending downwards over time.

What is interesting, from a physics standpoint, is that those 400 scores were achieved during what was known as the dead-ball era. This is era in baseball where the balls themselves were rarely replaced during the game, and thus they literally wore out and died over the course of the game. The dead-ball behaved unpredictably - it was not firm or smooth anymore, and therefore its trajectory was atypical. And, of course, this was hastened along during the game by the pitcher's liberal application of spit, grease, sandpaper, and emery boards, all of which are now illegal. It seems odd that the batting averages should be higher during a time when hitting the ball was arguably harder.

It has been suggested that the live-ball baseball (where the balls are replaced at the first sign of wear) favors the hitter. Therefore, many a baseball analyst has tried to explain why batting averages have not increased over time. Enter the science of statistics and

Day. Pre-sales are happening NOW. Please contact me (or any other Kiwanis Club member) or check the website at www.marinakiwanis.org for more information. We will deliver orders of 10 or more, or you can pick them up at the bank or at the Wind Festival. 3" pots are only \$10 and 4" pots are \$15. All the proceeds go to support the Kiwanis projects here in Marina. Get your Mother's Day shopping done with one phone call! Marina Rotary is hosting the Kula Kasino Night on Saturday, June 5th. Tickets are available NOW from any Rotary Club member. Join us for an evening of great food, great people, awesome prizes and great fun. There will be Celebrity Dealers at some of the tables! Tickets are \$75 each and the price includes a fabulous meal AND \$5,000 worth of Kula Kash to gamble or play Texas Hold 'Em with.

As always, I welcome your comments or suggestions. You can reach me at 831-384-6900 or by email at renee.bailey@rabobank.com. The opinions expressed are my own and not necessarily those of my employer.

the laws of probability, another love of the Think Science types. Explanations range from new pitching styles that don't favor putting runners on the bases, to hitters that favor hitting home runs and new parks that don't favor homeruns by design. More night games make it harder to see and hit the ball, and more relief players give batters less familiarity with individual pitching styles and reduce the chance of a hit. There has also, arguably, been an overall increase in the skill of all baseball players over time. This means that a great batter is far more likely to encounter a great pitcher, and therefore success at bat is likely to be lower than for great batter in the past. In the past great batters were rare, but great pitchers were even rarer. These all seem to contribute to a trend of increasing strike-outs or walks, and less hits relative to at-bats. And so, they keep on swinging.

Lara Ferry-Graham is Research Faculty at California State University's Moss Landing Marine Labs, a parent of two baseball players, and writes mostly opinion. You can read more of her opinions at her Science Blog: swimswithfishes.blogspot.com.

Health from page B1 and help you heal from the inside out, but it is important for people connect to their whole essence, which is not the focus of most scientific research.

Holistic healing means taking responsibility for your own wellbeing. It means you are aware that you are a wholly integrated being, not just a physical body with unrelated parts. One part of you cannot be separated from another. You are also a matrix of subtle energies that are not simple to prove through the scientific method, but are empirically validated through thousands of years of practice, testimonials, and first-hand reports.

Fortunately the mind-body connection is widely researched so we are aware that our physical symptoms cannot be separated from our thoughts and emotions. We already know that over 30% of us, on average, will feel better when we are told we are being given something that will make us feel better. Enter the power of the mind to affect change in the body.

In my own empirical studies, pain in the body, growths, discomforts of all kinds are associated with a combination of lifestyle issues, emotions, belief systems, and unconscious elements. I have also seen soul pain linked to disease. In other words, the truth,

passion, and purpose of the soul has been neglected, avoided, or buried. This condition often emerges as a physical malady that begins subtly and grows until we can no longer avoid it. We often hear of people who change their lives entirely after a troubling illness. The illness itself becomes the wake up call to get back onto one's unique, fulfilling life path.

So if we are holistic beings, meaning no part of us exists in isolation, then why do we treat our bodies, our painful knee for instance, as if it exists on its own, in isolation? Partly because doctors study the body in this fashion and treat us in the same model. Insurance companies pay for treatments that agree with this model. But also, on a personal level, as years pass by many of us begin to feel disconnected in some way. This comes from ignoring emotional signals, not maintaining the integrity of our minds, and shutting off the whispers of the soul. In many ways, I think our societal structures encourage these separation behaviors. But your physical self cannot be separated from your thoughts, beliefs, and emotions. This is why adopting a holistic perspective toward your own well-being is important. It helps us to view ourselves as whole, helps us get to the root cause of our ailments, and makes us aware of when we are being treated just as a

"knee" or a "heart." We are integrated human beings keeping the balance within what we might consider to be our own unique orchestra. When all the instruments are in harmony, there is a symphony. When one element is off, the entire orchestra knows it and the experience is one of dissonance. Similarly, your body also knows when one element is off and it will send you clues to warn you. As soon as you hear the first clue, bring yourself back into balance. Ask what aspect of yourself is needing attention. The pain might be in your knee, but the cause might be in your shoulder, your mind, your emotional reactions, a lack of flow of subtle energies, or all of the above. This knowledge is where true healing is found.

Dr. Christina Grant is a holistic healer and spiritual counselor who works in person and by phone. She has helped hundreds of people attain physical, mental, emotional, and spiritual well-being through personal transformation. Her writing is published nationwide. She is co-author of The 8 Minute Muse and is completing a book with a fresh perspective on women's health. To learn more about her, contact her, read her blog, and sign up for her monthly e-newsletter, see www.christinagrants.com

First 5 from page B1 bajos en azúcar tales como frutas, vegetales, y granos enteros. Cuidese de los alimentos sin azúcar, ya que contienen ingredientes artificiales. No se recomiendan para niños menores de 5 años.

• Sodio: El sodio es otro nombre para la sal y su contenido es a menudo mayor en los alimentos procesados. Por lo general, un alimento con menos del 5 por ciento de sodio se considera más sano.

• Grasas: Limite el consumo de alimentos altos en grasas saturadas y grasas "trans" de su hijo, como comidas fritas, productos lácteos enteros (para niños mayores de 2 años), carnes grasosas, aceite vegetal, y mantequilla.

• Azúcar: Busque alimentos naturalmente

Los siguientes incluyen la mejor nutrición para niños menores de 1 año.

• La Academia Americana de Pediatría recomienda que los bebés sean alimentados con leche materna o formula fortificada con hierro durante los primeros 12 meses de vida.

• Se pueden añadir ciertos alimentos sólidos entre los 4 y 6 meses de edad.

• La Academia Ameri-

cana de Pediatría no recomienda la leche de vaca para niños menores de 1 año de edad. Los bebés alimentados con leche entera de vaca no reciben suficiente vitamina E, hierro, y ácidos grasos esenciales. También reciben proteína, sodio y potasio en exceso.

Primeros 5 del Condado de Monterey motiva a todos los padres y cuidadores a leer las etiquetas de nutrición para ayudar a servir alimentos sanos a sus familias. Para más información sobre programas para niños pequeños y sus familias, visite www.First5Monterey.org o llame al 2-1-1.

Fresh, simple and flavorful!

Serving Bistro dishes nightly:

- A Variety of **Fresh** Seasonal Seafood - Salmon, Ahi Tuna, Swordfish, Seabass, Halibut, etc... Grilled, Pan Roasted or Blackened.
- **Grass-fed Steaks** - Pepper Crusted or Grilled: Filet Mignon & Rib Eye.
- Braised Free Range Lamb Shank.
- Pork Tenderloin Medallions and Chicken Breast Piccata.
- Vegetarian Dishes and Pasta.
- Home-made Desserts - Crème Brûlée, Tiramisu, etc.



"...serving the best food in the city for the past 15 years."
Ray Napolitano, Food Chain - MC Weekly 10/31/2008



"A great place to eat!"
Mike 041
TripAdvisor.com



Reservations 883-1207
Dinner nightly from 5pm
Closed Sunday
330 Reservation Road
Marina

Dave from page B5

forcement, the crime element that has always surrounded Marina, is now beginning to penetrate our protective barriers.

Is this the level of service our citizens want or need?

Our City Councils first order of business should be to "Enhance Public Safety and the quality of life in Marina".

Mayor Bruce Delgado is a very nice man and has some good ideas. But our Mayor lacks that which is needed in our city, Vision, Leadership and the ability to build consensus.

There will always be time to consider annexation or mergers. But right now we need to focus our city staff on core values and specific tasks.

Our City Manager is always trying to give the Council advice such as "You know that while I share your interest... the city council has continued and continues to add work to our load

without providing the necessary funding, resources and staffing... Annexation, Budget, Revenue Study Sessions, preparation of the 2010/2011 budget, Ad-Hoc committees, Council meeting and Council packets, and everything else is overwhelming and unfair. This type of workload on top of everything else is a set up for failure...."

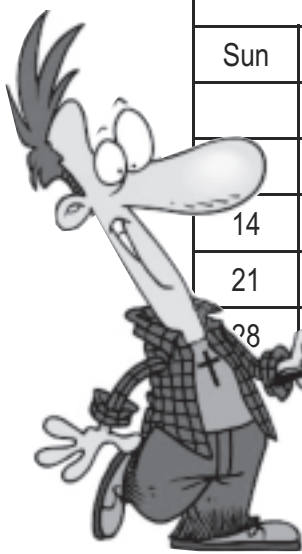
I fully agree with our City Manager that our City Staff is over worked, stressed, fatigued, and cannot maintain this current level of service. And that includes our core services, such as Police, Fire, and Recreation programs. As well as Public Works, our finance, planning and engineering services.

So now that you know the rest of the story, how are you going to use that information? I am going to do what others are afraid to do. I am going to ask that the council stand behind me and ask the voters for help. I am going to ask the voters to pass a 1%

sales tax in the City of Marina. Regional shoppers would all help Marina solve its revenue shortfall. A 1% sales tax would generate an estimated 1.9 million dollars for our general fund. I am going to ask to increase our Hotel Room tax from 10% to 12%, which will generate an estimated \$280,000.00 for the general fund. Visitors and tourists staying in our hotels only pay the hotel tax. These two tax increases would generate an estimated 2.3 million dollars. This is not a fix, it is only a band-aid. But we need this to shore up the public safety department and to protect our citizens. There are other things we can do as a City Council. Shorten the length of the meetings. Complete business swiftly and efficiently. Give the staff a prioritized list of goals and tasks and work with staff to manage that list. Together, as a team, we can accomplish great things.

Fish Fry Dinner To Go!

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



**Don't miss out!
Only 2 Fridays left!**

4:00 PM - 6:30 PM

\$10.00 per Plate. Includes Fish, Fries, Cole-slaw, and dessert. Phone 578-2546 to order ahead, or just come by and pick it up.

Epiphany Lutheran and Episcopal Church

425 Carmel Avenue
Corner of Carmel Avenue & California Avenue