

McCall In Marina

by
Council Member
Dave McCall



A "Day Out" In Marina

Are your children safe? Do you know what their doing or where they are? Are they in a safe and enriching environment? They would be if they were at the Marina Teen Center. I want to share how wonderful our teen center is and how it can help our families in Marina. Upon hearing some negative comments about the teen center I decided to make surprise visits and see for myself how the teen center operates. My wife and I dropped in after school one day last week and were amazed at the level of kindness and the family atmosphere that was present. Students opened the door for my wife and were very polite. All took turns at the game tables and were actually willing to play with an "old guy".

On Saturday, during the Earth Day events, I again returned to the Teen Center and decided to invite my family. What a great day we had! The Skate Jam was in full swing, "Socks Off to Car Exhaust" was very enlighten-

ing, thanks to all the great Kohl's employees who donated their time. We were very comfortable leaving our grandsons inside while we enjoyed all the outside activities and visited with our friends. The staff were great, the kids were well behaved, there were plenty of things to do both indoors and out. Everything was well organized and it appeared like everyone was having a great time! The staff at the Teen Center really do care about "all the kids".

Over all I would give the teen center an A+. So come check out the New Teen Center. I'm glad I did...

See ya there soon!

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Random From Page B1 outside is beyond a red light... that thing has always been the landmark that had me slowing down for the stop-light). But I never really notice anything small or that doesn't affect my everyday life. I usually don't notice just how beautiful an area I live in. For instance, the ocean is the ocean and why people feel the need to go to the beach when it's cold

me (but as my boyfriend said, "If you're visiting from Nebraska you're going to the beach regardless of whether or not it's cold." My response was that is that it's warmer down south and on the East Coast so they're better off visiting the beaches there.) I guess that the next time you're out and about look around. See if anything has

changed, or see if there's anything interesting. I normally complain that there's nothing of interest to do or see in the area but I find that as I keep my eyes open I am surprised by just how much there actually is. Basically, next time you're out wandering or cruising online try to see what there is around in your own area to do, see, and explore.

Health from page B1 dren have been taught about the necessity to preserve our environment, yet pollution and disregard for the planet has increased. What does this say about us? About our priorities? Or, about our intelligence?

It says we allow companies to market harmful goods to us and we buy them. It says the influence of advertisement is more powerful than common sense. It says we value convenience and high profit, no matter the means to get it. It tells us that most human beings have little respect for the earth, a disregard for the sanctity of nature, and a lack of concern for the health and wellness of other living creatures.

Yet, the most conscientious among us would find it nearly impossible to have no negative impact on the environment. There is the ubiquitous use of plastics we can't seem to avoid, to say nothing about the trash we generate. Still, the health of the planet and ourselves depends on each of us. There are a few primary things we can easily do.

The first step is basic: get control of your trash. At the end of the week there should be very little in your trash bin. Your recycle bin should hold the majority: paper, boxes, plastics, cans, and bottles. Secure your bins so debris doesn't end up in the streets.

When you travel, visit a park, get on a boat or an airplane, manage your trash. Take it with you or don't create any. If you live in an area that doesn't

recycle, begin complaining loudly to your town officials.

Rethink grocery shopping. Purchase food that isn't prepackaged. You can get meat, fish, and chicken wrapped in paper. This way you avoid the polystyrene (Styrofoam) plates most meats come on. Polystyrene leaches toxic chemicals into your food and beverages, affecting your health.

To manufacture polystyrene creates hazardous waste and affects the health of those exposed. It is made with non-sustainable petroleum, harms the ozone layer, and is dumped or blown into our streets and waterways as litter where living creatures ingest it and die. Polystyrene is not accepted by most recycling agencies. It is not necessary. Avoid everything that touches it.

If you buy six-packs of cans held together by plastic, cut or tear apart the plastic. Never take one of these onto a boat or leave one lying around. They end up in the streets and the earth's waters where they suffocate birds and sea animals.

All plastic containers are polluters. Yogurt, for example, can be bought in a large container and put into smaller reusable containers. You can replace myriad products for cleaning windows, countertops, and floors with vinegar and water. With a little research you'll discover many ways to use vinegar (and baking soda) for most of your household cleaning, including clogged

drains. Recycle plastic bottles and tubes that hold your personal care products. Bring your own cup for the daily coffee or tea. Take water from home in a sustainable, non-plastic water bottle. Bring lunch or eat where take-out packaging is compostable or recyclable. Use only compostable doggy clean-up bags. Be mindful of plastic toy purchases for both people and animals.

There is irony from my soapbox today. In the midst of writing this, UPS delivered a gift from my sister who lives in Chicago. I opened the box to find a sea of polystyrene pieces. This is the dilemma we find ourselves in. How to live in this modern world we created and also protect, preserve, and heal it.

I'll take that box and its nasty polystyrene to a shipping store where they will reuse it. Meanwhile, it's almost Earth Day 2010. I'll cut back on plastic in every way possible and reduce my trash, now and throughout the year. What will you do?

Dr. Christina Grant is a holistic healer and spiritual counselor who works in person and by phone. She has helped hundreds of people attain well-being, greater insight, and peace in their lives. Her writing is published nationwide. She is co-author of Eight Minute Muse and is completing a book with a fresh perspective on women's health. To learn more, see www.christinagrants.com.

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