

Section B

Think Science

By Dr. Lara Ferry-Graham

The Science of Baseball



Ah, it is nearly Spring, and springtime means baseball! The pros are at their spring training camps in the warmer parts of the United States like Florida and Arizona. And, 300+ Marina youths are at Los Arboles and Preston parks swinging away with at least as much enthusiasm if not more.

Scientists love baseball. I cannot explain exactly why this is. But, this is a sport that unites geeks and jocks from coast to coast. And, in fact, the President of Marina Pony Baseball Softball is a geek-jock himself, scientist by day, baseball impresario by night, weekend, and most school holidays from December to July (that'd be Mr. Dr. Think Science again).

Perhaps this is because baseball, unlike life, conforms so well to the laws of physics, where things are predictable, orderly, and behave utterly sensibly. Now, this does not

mean baseball players and umpires behave so sensibly. But, ball, interacting with bat, behaves quite predictably. You can calculate, quite reliably, exactly how to hit a ball so that you will get a home run every time at bat. You can draw it on paper; determine forces, angles, and trajectories; form and solve the equations.

The sport comes in figuring out how to get a pitcher to pitch that ball to you, and how to get your body to hit that ball, just like on paper. It is the interaction between the players, and trying to figure out how to achieve a known outcome, that drives our passion for the sport. This interaction is like a dance. Even as spectators, we watch the dance with the same anxiety and emotion, fear and adrenaline as we felt back in the age of innocence at our first school dance and the boy/girl

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Random Tangents

by Monica Wilmot



Oh, tax season, how I loathe thee. You come around once a year to pick clean the bones of the dead, decomposing bodies that are my paychecks. Every two weeks I lose more than a quarter of my paycheck to federal, state, unemployment, disability, et cetera, et cetera. While I don't mind having money come out of my paycheck for all the above mentioned things (there may come a day when I lose my job or am unable to attend work for some health reason) I hate the fact that once I year I have to lay it all there and see just how much I'm making, how much they're taking, and then wait and see if they want to take some more. I have to take extra time out of my already busy schedule to do taxes; after all, the TV's not going to watch itself. *sigh* Well... here we go.... [Time elapse: 30 mins.] And... done. It wasn't as painful an experience as I remember. Last year's taxes I remember taking a gazillionyears to figure

out. Okay, maybe not that long but definitely more than the half hour it took this year. Last year I had to do 1099s and fill in information for two employers, plus deal with the whole transfer of retirement accounts and student loans stuff. Blech. I think I might have also paid for that whole super-duper-awesome-refund-getter service last year which could be why it took so much longer in the past. Anyway, they're done now and while I'm still getting a refund, although smaller than 2008's, it's better than having to shell out that amount (or any amount for that matter) in taxes. I claim zero withholding on my W-4, I don't have any kids, I'm not married, and I don't make enough to have investments... it makes doing taxes as simple as possible (although I still don't like doing them). I honestly don't know why it is that I complain about it so much... maybe it's my right as a

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Financially Speaking

By Renee Bailey



I've learned quite a bit about fundraisers in the last two weeks. The Marina Rotary Club has decided not to sell fireworks this year. We made this decision because as a fundraiser, it is extremely labor-intensive. The booth has to be staffed by at least two people from 10:00-8:00 for a week. The fireworks have to be hauled out of the storage bin every morning and arranged on the shelves. They have to be hauled back into the bin every night and locked up. Prior to the actual start of sales, the fireworks have to be ordered, as does the storage bin and the porta-potty. Permits have to be obtained and planning meetings have to be attended. In the best year, we made almost \$20,000.00, which is definitely worth it. But last year, after doing the same amount of work, we only made \$300.00. Fireworks have always been our chief method of raising the money that we put back into the

community in the form of sponsorships, scholarships and events. So, because we are not willing to stop supporting the community, we had to devise another way to raise money. Our fundraising committee held several meetings and decided to hold a casino night fundraiser. We found a place to hold it (Kula's), researched companies who provide the tables and dealers and picked the best one. We worked with a company who will provide tents to cover the outside decks at Kula's and found businesses to sponsor the cost. We chose decorations and are still looking for a sponsor to cover their cost. We designed flyers, tickets, signs and ads. And then someone suggested that we do a 50-50 raffle as part of the event. We could sell the tickets in advance and pull the winning ticket at the event. It seemed like a no-brainer way to raise an additional few thousand dollars. **Money on page B4**

First 5

by Francine Rodd

First 5 Monterey County



Reading Food Labels to Make Healthy Choices for Young Children

First 5 Monterey County

Francine Rodd
First 5 Monterey County

One in three children in California are overweight or at-risk of being overweight. Yet, a simple step to helping prevent childhood obesity is reading food labels. Since these can often be confusing, First 5 Monterey County provides the following tips to better understand food labels.

Certain ingredients are important for young children's healthy development.

- Protein: Children need protein to develop muscles. The foods highest in protein are lean meats, poultry, fish, and dairy foods.
- Vitamins: Vita-

mins build strong bones, give your child energy, and can prevent illness. Five servings of fruits and vegetables every day help get children the vitamins they need.

- Fiber (or Dietary Fiber): Foods high in fiber help children stay full longer so they can concentrate better. Some of the best sources of fiber are whole-grain breads and cereals, fruits and vegetables, beans, and nuts.

Limit the following ingredients for young children.

- Calories: For young children, foods should have between 40 and 100 calories per serving.

- Sodium: Sodium

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Health and Harmony

by Christina Grant, Ph.D.



Honoring Menstruation? Maybe It's Time

A few years ago I was meandering through a bookstore when I came across a book called Honoring Menstruation by Lara Owen. Thinking it an interesting topic, I bought it and put it on my bookshelf at home. It sat there unopened and unread for several years, but did get passed over many times for trips to used bookstores, where other less meaningful books went.

A couple of weeks ago I decided to pull the book off the shelf and look through it. After all, if I waited much longer the topic could be irrelevant. I would need to switch to books with titles like Honoring Menopause. Or maybe it was that I needed a bit more insight to better help women arrive at a place where they more deeply respect themselves and their natural cycles, rather than

viewing them as nuisances or medical conditions.

What I found in the book was an in-depth look at the deeper meaning of the "period," why the subject is avoided and almost surrounded with a cloud of shame, and how it can be accepted as a great teacher and bringer of wisdom, to both men and women. I wish I had read the book a long time ago.

I was already aware that we live in a culture that denies the sanctity of menstruation. It is widely known that girls in our society lose self-esteem as they journey through adolescence. They find themselves embarrassed and awkward around natural occurrences such as having their period, developing breasts, and growing taller than the **Health on page B4**

Rock Star Marketing

by Jennifer Filzen

Are You Performing Well?



At the beginning of 2010, I named my year. 2010 is the year of Great Performances. As a singer/dancer/marketer/salesperson, this covers a broad spectrum. My intent is to give great performances both on stage, and in the sales/marketing work I do for my clients. It's a tall order, but a challenge I'm excited about.

As I speak with friends and business owners in the Monterey Peninsula, the feeling is that so far, 2010 is not a year of "Great Performances". Admittedly, we're only 2 months into the year, but here are some ideas that may help you make 2010 a year that performs well for you.

First, it starts with you. Check in with your heart and mind and ask yourself the following questions:

1. Am I feeling healthy?
2. Am I excited

about going to work every day?
3. Am I performing well at work?
4. What is my overall attitude about my financial situation?
5. What is my overall attitude about my life right now?
6. Am I excited about the future?

Now that you've checked in with yourself, here are some questions that can help you improve your performance:

1. Could I eat better and get more sleep?
2. Can I make sure to exercise at least 20 minutes every day?
3. Am I able to express myself fully without fear? If not, what's preventing me from doing so?
4. Am I able to enjoy my work? If not, what can I modify to make work more fun?
5. What am I passionate about?

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