

**Money from page B1** sand dollars. But not so fast! The Rotary Foundation Treasurer asked if we had done the research to find out about any legal requirements or limitations that might apply to a casino night fundraiser. Well the answer is that yes, we did some research, but not enough to be able to answer all of his questions. So we went back to our contact at the Department of Justice because they regulate the Texas Hold 'em part of the event. It seems that the same limitations that apply to the poker tournament also apply to the casino gaming part. No problem there, because that's what we had already figured. But the 50-50 raffle really opened up a can of worms. We found this to be quite a surprise because everyone does 50-50 raffles!

What we found out is that they are illegal. They are regulated under the criminal statutes and not the DOJ, and it would be up to the local District Attorney to prosecute. The statute very clearly states that any raffle that splits the proceeds must give 90% back to the charity to be legal. We immediately as-

**Think from page B1** of our dreams was watching us from across the room (and all we hoped for then was that we might get to 'first base' with Dream Boy/Girl).

The science of a baseball home run is all in the angles. Line drives, that travel with no arc, no change in height off the ground as they leave the bat, are darn fast, but they don't travel far. This is because of our old constant friend, gravity. The ball leaves the bat with some inertia, or some force, imparted by the swing of the bat. The magnitude of that inertial force depends on how hard the bat hits the ball. Harder hits impart greater velocities and therefore greater inertia. But, the ball is experiencing friction as it travels through the air. As it slows, eventually the force of gravity, pulling the ball down, will be larger than the inertial force and the ball will begin to fall.

Now imagine the ball is hit with the same speed but with a slight upward arc. At the time when inertial forces begin to weaken, and gravitational forces start to take over, the ball will be

summed that there must be exceptions, because we knew of several other groups and organizations that hold well-publicized 50-50 raffles, but the statute again states very clearly that there are no exceptions. So how do these other groups do it? The answer seems to be that local law enforcement does not seek out violators and will only get involved if there is a complaint. So now we had to decide if we wanted to do something that we knew was illegal and we decided that it just was not worth the risk. None of us wanted to take the chance of doing something that might bring dishonor to Rotary.

So please support your Marina Rotary club in our Kula Kasino Night fundraiser. It will be on Saturday, June 5th and tickets will be available next week from any club member. There will be great food, great prizes and lots of great people. Hope to see you there. As always, the opinions expressed are my own and not necessarily those of my employer. I welcome your comments, suggestions and ideas. You can reach me at 384-6900 or via email at renee.bailey@rabobank.com.

higher in the sky. The increased distance to the ground, and the trajectory of the arc, ensure that the ball travels farther before actually contacting the ground. Intuitively, we know this. Line drives rarely hit the home run fence. Home runs are big arcing hits that soar into the grandstands.

It is actually more difficult to hit a ball fast with an upward trajectory than with a straight one. Line drives are fast and pitchers hit with these balls get hurt, badly. However, even if the force imparted onto the ball is lower, a sufficient arc will take the ball farther. A little arc goes a long way, and you can get too much of a good thing. Obviously, a ball hit straight up goes nowhere at all except up. The science is in finding the just right arc. In baseball, as in life.

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](http://swimswithfishes.blogspot.com).

**Health from page B1** boys. There is no rite of passage, ceremony, or celebration to initiate girls into a time in their lives when they become fertile; when they become the next generation to create new life; when they begin their journey toward becoming the bearers of wisdom.

Instead, a large number of young women are briefly told how to handle the mess. From there, they are on their own. Culturally, the menstrual cycle is seen as an uncomfortable, often painful and emotional burden that has to be dealt with. It interferes with activities and sports, work, travel, sex, emotional stability and mental clarity for about 35 years. During this time, it needs to be hidden. Better yet, a woman can continue her normal activities and pretend it isn't happening at all by taking medication to block symptoms and by using products that allow her to ignore it.

But at what price have we cast aside the sanctity of a woman's "moon time?" Could the suffering itself be due in part to the way we routinely ignore our bodies and their natural cycles? Could illness and disease tie in as well? These cycles and their messages carry a great deal of information that, on the whole, we have ignored. Painful periods, hormone imbalances, PMS, all of these are seen as medical conditions but are messages from a body full of wisdom ask-

ing us to pay attention. An example that women have lost touch with their bodies is when they can go two to three months not knowing they are pregnant. Or when a woman who has had excessive bleeding tries to go on about her normal life not acknowledging the grapefruit-sized tumor in her uterus. Or when cancer in the breasts or other reproductive organs continues to take lives but our society refuses to address the deeper meaning. There is something sacred to be heard from the body. Can we get back to listening to it?

What would marking the onset of menstruation do for the value a woman places on her body and its cycles? This is a significant life transition that we let pass by. It is an important initiation, a birth of sorts, without any fanfare or gifts or recognition. Could a celebration or ceremony, fathers included, be a way to help build the feelings of self worth and love in a girl? Many cultures believe so, and they have traditions to mark the passage.

Furthermore, what if the period was a time when a woman allowed herself to rest, reflect, sleep more, nourish herself, and relieve herself for a time from the constant caretaking of others. This is an ancient custom. Once upon a time a woman left the home for a place of quiet for a couple of days, where noth-

ing was expected of her other than she look within to restore herself and gather new wisdom for her family and community.

In our country, women are beginning to give their own girls the celebration that they missed so their daughters can approach menstruation in a healthier way. A nice lunch with mother (and/or father) grandma, aunts, and trusted friends, gifts, a ritual to welcome a girl into the realm of women can go a long way toward repairing the female experience.

As for leaving the home for a quiet place, many of us might not be able to do this. But being conscious of taking a pause, sleeping a bit longer, limiting commitments and activities, making sure there is food already made and a clean house beforehand, these would help heal the rift between a woman and her body, bringing back a little bit of meaning and purpose to a sacred time.

Dr. Christina Grant is a holistic healer and spiritual counselor who has counseled hundreds of clients in person and by phone on how to attain physical, mental, emotional and spiritual well-being. 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. Her website is [www.christinagrants.com](http://www.christinagrants.com).

## 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** the citizens of our city, and develop our long-term goals. Once completed, we can then easily develop short-term goals. Using this vision we can map the future of Marina together. Doctordave54@aol.com marinamccall.webs.com

**Busines from page B5** the Watsonville Police Department by sponsoring fund raisers for local youth programs such as D.A.R.E. and sports activities. Paul plans to do the same in Marina already having a strong relationship with our current Chief of Police Eddie Rodriguez from his days in the Watsonville PD. Only open since February 18, 2010, his business neighbors and patrons have reacted enthusiastically to the newest store in the Marina Village Shopping Center. And you will too! Paul's open and friendly nature is contagious and is sure to help him build a successful business in Marina while being a partner with our community. Take time to stop by 215 "P" Reservation Road to welcome Paul to Marina. Roger Food and Liquors is open from 8 a.m. to 11 p.m. seven days a week. Contact Paul at 384-0700 for questions and special requests. Yes when it comes to family, business matters.

**Dance from Page B1** 6. Can I focus more time and effort on my passions so I can become more fulfilled?  
7. Are my relationships as healthy and communicative as they can be?  
8. Can I examine my income vs. expenses and find a simpler way to live within my means?  
9. Am I willing to write down my progress in a journal so I can track how I'm progressing?

equipped to perform greatly. If you measure your progress, you're highly likely to manage with greater success.

I challenge you to clip out this article, place it in your wallet, and ask yourself these questions throughout the year. If you have a story you want to share or if you need a cheerleader to help keep you motivated, I'd love to hear from you. I can be reached at [jennifer@rockstar-mktg.com](mailto:jennifer@rockstar-mktg.com).

If we all check in with ourselves on a regular basis, listening closely to the heart, gut, and mind, we will be better Here's to a year of Great Performances!

**First 5 from page B1** is another term for salt and is often higher in processed foods. Generally, a food with less than 5 percent sodium is considered healthier.


- Fat:** Limit your child's intake of foods high in saturated and trans fat like fried foods, whole-milk dairy products (for children older than 2), fatty meats, vegetable oil, and butter.
- Sugar:** Look for foods that are naturally low in sugar such as fruits, vegetables, and whole grains. Be careful of sugar-free foods since these contain artificial sweeteners. Artificial sweeteners are not recommended for children under age 5.

The following includes the best nutrition for children under 1 year old.

- The American Academy of Pediatrics recommends that infants be fed breast milk or iron-fortified formula during the first 12 months of life.
- Between ages 4 and 6 months, certain solid foods may be added.

Cow's milk is not recommended by the American Academy of Pediatrics for children under 1 year old. Infants fed whole cow's milk don't get enough vitamin E, iron, and essential fatty acids. They also get too much protein, sodium, and potassium. First 5 Monterey County encourages all parents and caregivers to read nutrition labels to help serve healthy foods to their families. For more information on programs for young children and their families, visit [www.First5Monterey.org](http://www.First5Monterey.org) or call 2-1-1.

# Fish Fry Dinner To Go!



March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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
	29	30	31			

**4:00 PM - 6:00 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