

McCall In Marina

by
Council Member
Dave McCall



Protect, Preserve, Progress

Thirty years ago, when Robin and I first moved to Marina, we had no need to lock the house upon leaving. When driving through the City of Marina everyone obeyed the speed limit. And, as a result, Marina was a safe and secure city.

But times have changed. In 2009, just over 2,100 crimes were reported. That was for the entire year. Now, in 2010, over 2,200 crimes were reported in the first three months alone, and there have been two homicides so far this year.

Our public safety departments are understaffed. Marina has nine vacancies in the police department and one vacancy in the fire department, but the City only has revenues of \$12 million and expenses that are projected to be \$16 million. How can we deal with this shortfall while trying to keep our community safe and secure?

Recently, the City Council voted 4 to 1 to direct staff to come back with a recommendation to put a 1 cent sales tax increase and also increase taxes on hotel occupancy and gaming on the ballot in November. I joined Delgado, Gray and Ford in voting yes, and O'Connell voted no.

I do know that this not the time to continue cutting core services and pro-

grams. This is the time, however, to strike back at crime.

As a leader in the community I must help to Protect our neighborhoods. Eliminate reckless driving, drive-by shootings, robberies, and gang activities within our valued neighborhoods.

We must Preserve our way of life, our diversity, and secure adequate city services for both our citizens and our businesses while at the same time preserving our small-town atmosphere.

To be a vibrant and sustainable community, our city must Progress by solving local traffic issues, moving forward with redevelopment and revitalization of our downtown area, while solving regional water issues.

Are tax increases the answer? As your representative on the City Council, I want to hear from you, so that I can make the tough decisions to do what is best for our city.

I need your trust in my judgment, so that we may get through these difficult times together and keep our community safe and secure.

Dave McCall

Random From Page B1 minds me: I should probably try to look for them. I think they're in a giant manila envelope.... somewhere]. Most of you are probably thinking that all I need to do is put all my important documents in one place. Well, I've done that before... and now I don't know where any of those important documents are. In fact, I've lost more things that way than not. As I said before, being an adult blows: you're supposed to do everything. I don't know how

people have kids as well... it just seems oh so complicated. Oh well, maybe one of these days I'll figure it out. Either that or I can just throw everything away and start over... although that would probably make things even MORE difficult. Hmm... maybe I'll just buy a scanner and a terabyte external hard drive to keep my life and everything related to it in one place. Although... I would probably lose that, too.

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Health

from page B1

bikes, used our imagination, skate boarded, climbed trees and walls, roller skated, and the boys set up sports games in the street. We were on the move.

There were snacks and ample sugary treats, but food was not a focus like it seems to be today. We went to school in the morning after breakfast and many of us had cooked dinners in the evening. The microwave was not yet a fixture in every kitchen. Wafting through the neighborhood after about 5:00pm was the scent of home cooking. For a short time, kids would disappear from the streets and then, weather and light permitting, they would be back outside again to play a bit more before nightfall.

We had television, but no electronic games for it yet. There were no computers or computer games so there was less reason to stay inside and be sedentary. If nothing was on one of the seven television channels, three of which were black and white, we entertained ourselves. If you were in a house like mine, any complaints about boredom were quickly remedied with the assignment of a household chore.

Even with all the lifestyle changes, why is obesity a

national crisis today? We know many modern snack foods have chemicals that make us want to have "just one more." It is widely known that our penchant for "fat-free" items have only served to make us fatter. After all, the human body needs fat. Genuine, full-of-fat butter is what many of our ancestors, mothers, and grandmothers ate, without an obesity crisis.

This focus on food is valid, but I believe the crux of the problem is this: the American soul has been deflated. It sank and ran out of air while we ran our busy lives. Authentic human interaction is now limited by way of a one-on-one relationship with the computer, the value of free, unscheduled time has been lost, and soul-nourishing home cooked meals have been replaced by fast-food. The imagination died while sitting hour after hour in front of the television. Add the spirit-numbing diet of tragic news and images from around the world delivered through about 500 television channels and the computer. Whose soul wouldn't be desperate for substance?

For nourishment, we turn to the first basic human need: food. We eat to fill the emptiness, loneliness, and nagging lack of meaning weaving through our lives. But, we don't get filled up. So we eat some more. We

eat some more. Still empty. Most are unaware of what needs filling. It's not the tummy in this land of plenty. Food cannot nourish all that has been lost.

If you have an obese child or if you work with children struggling with this issue, the soul of the child must be tended to with those things that have always filled the souls of children. The freedom to play in unstructured time, human interaction and friendship, fostering the imagination, physical and mental activity, home cooked meals, love. With these, you might notice a diminishing need to satiate the void through eating. The best way to do this for any child is to also do it for yourself. After all, you are the role model of how to live for each child you influence.

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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