

Section B

Think Science

By Dr. Lara Ferry-Graham



Got A Spring in Your Step?

The world of biomechanics, that is one of my little parts of the world of science, has long focused on trying to understand how organisms work. And, more specifically to today's subject, how they move. If you look at the world around you there is incredible diversity in how animals move around. Just picture an octopus versus a giraffe, and you get the idea.

Interestingly, Aristotle, with nothing but a little clever observation, was not so off the mark when it came to fishes.

Enter a conundrum. All of our so-called 'modern' models predict that running animals, like mammals, ought to have stiff legs. Stiff legs are more efficient. They don't lose energy like bent or floppy legs.

But, take a look around you. Do any of the animals you know run with stiff legs? They don't. Your cat, your dog, your pet hamster, your favorite track star...large or small, they run with bent legs. You run with bent legs; you bend at your knees. And, this is really very energetically inefficient, according to the models. You lose energy in the bending. It is lost, and wasted. But, imagine yourself trying to run with stiff legs; bending only at the hips. It is good for a laugh at

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Random Tangents

by Monica Wilmot



Nachos Anyone?

Every couple weeks I'm asked to write an article for the Marina Gazette. Sometimes I know exactly what it is I want to write and other times I honestly have no idea what to talk about. I spend a few minutes every day thinking about how maybe I should write about x and then the next few days I think maybe I'll write about z. Anyway, another week has approached and it's time for me to think of an article topic. And once again, I have no idea. What to write about. Earlier today I watched a portion of Ken Burns "The War", a documentary about World War 2 that had me thinking about war in general. It amazes me at the things that humans can do to each other. The documentary covers things from various few points in several different cities in the United States and it's amazing to hear stories from people that lived through it. And what's also crazy is to see

how young the people seem that speak of fighting in the war. Okay, they're not young like how I'm young (even though my younger brother swears I'm ancient) but I often think of the Second World War as being so very, very long ago. Sure, a majority of us know someone who lived through the war but I often think of them as being in their late 90s or early 100s. I often forget that my grandparents all remember the war. But in my head it's as far away as the Civil War. After all, I learned about both of them in Social studies during 5th grade. It's sort of like how the whole idea of racism in the United States and how bad it was before the 70s seems like old news, history, something that we should no longer have to deal with... but it's actually not that far in the past. And there are still those who believe in segregation, racism, or whatever just as strongly

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As I See It

By Renee Bailey



I must admit that this column is much more fun to write than the old "Financially Speaking" one. I never have to struggle to find a topic; I just have to edit myself to keep the length somewhat manageable. I have 3 topics this issue, but I will try and keep them brief. Topic One: I just got home from the Annual Public Safety Officer Appreciation Dinner at the American Legion. I wish that each of you would take a moment to thank the next Police Officer or Fire Fighter that you see. As the spouse of a Police Officer, I can tell you that what they do, every day, is absolutely incredible. Every time they leave for work, they are prepared to lay down their lives for their community. They train constantly in the hopes that their day won't come down to a life or death situation, but that if it does, their training and experience will prevent a tragedy. I know that every time my better half leaves for work, it might be the last

time I see him alive. He is a Police Sergeant for the City of Santa Cruz. We established a rule in our house that he is never allowed to fight with me before leaving for work. This rule came about after our oldest daughter's 15th birthday party. We had planned the party for months and it included an "Under the Sea" theme (because The Little Mermaid is her favorite movie), a live band, and LOTS of kids. I had promised all of the parents that there would be adult supervision at all times, but the better half forgot about the party and had to go in to work that night. I was incredibly angry, and the daughter was sad and disappointed. We were barely speaking to him as he left for work. I got a call a few hours later that he was unconscious and had been rushed by ambulance to the hospital and that I needed to come. NOW. By the time that I had located a grown-up even

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Primeris

5

by Francine Rodd, Directora Ejecutiva

Anime a los Niños a Desarrollar Hábitos Alimenticios Sanos



El verano está a la vuelta de la esquina. Las vacaciones escolares y las temperaturas más cálidas significan que hay más tiempo para disfrutar de la belleza de nuestras playas, excursiones y parques. Aunque parece que los niños tienen energía sin límite para estas actividades, las comidas y meriendas sanas proveen el "combustible" que necesitan a lo largo del día. Servir comidas sanas y a menudo puede ser frustrante si sus niños no la comen. Aunque esto es normal, Primeros 5 del Condado de Monterey ofrece los siguientes consejos para ayudar a los padres y a los niños a hacer elecciones alimenticias sanas.

o menos de una a dos cucharadas soperas. Cuando introduzca un alimento nuevo, recuerde que su hijo podrá tener que ver el alimento en su plato por lo menos 10 ó 15 veces antes de probarlo por primera vez.

Ofrezca meriendas sanas. La mayoría de los niños necesitan tres comidas y dos meriendas pequeñas al día. Las meriendas ayudan a suministrar energía y nutrientes a su hijo. Algunos ejemplos de meriendas sanas incluyen galletas de soda integral, vegetales con salsas para untar, frutas, queso, yogurt y mantequilla de cacahuete.

Dé el ejemplo con hábitos alimenticios sanos. Su hijo aprende sobre la alimentación sana mirándolo a usted. Cuando usted compra, prepara y come alimen-

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Health and Harmony

by Christina Grant, Ph.D.

What To Do About Death



We don't get much training in dying, being with the dying, or what to say to those who have just lost someone very close to them. The subject is generally feared and met with much resistance. We often hear the standard line, "I'm so sorry," while people languish in their discomfort.

I am interested in how we can approach the subject of death with more reverence and respect. How can we treat it with the sacredness it deserves, rather than something terrible to quickly move beyond?

I'll not forget the time I spent in the hospital with my dying friend whose body was being ravaged by a rare blood cancer. I sat on her bed, listened to her concerns and life stories, and did myriad tasks at her request. Just

before she passed her cousin came to say hello. The cousin stood about 6' away, purse over shoulder, arms crossed in front of her chest. She had brought her husband and they both had the same look on their faces - a look that said, "Good God, get me outta here." They scrambled after about seven minutes. This as well as other encounters I witnessed during that time revealed much about how uncomfortable we are with death and dying.

Twice in my life I faced my own mortality - experiences that forever changed the way I look at both life and death. I've felt the cutting harshness when friends' lives ended abruptly, and have helped people heal from painful losses they weren't ready to accept.

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Rock Star Marketing

by Jennifer Filzen, Hitting the Wall



It happens to everyone. You're on top of your game, learning new skills, doing all the things you need to do... Then, when you least expect it, you hit the wall.

You know what I'm talking about. The "wall" can be anything that stops you. The "wall" is what makes you procrastinate because the "wall" stops you.

The wall can be anything in life, but the wall can hit you in marketing as well. Here are some examples of marketing "walls":

Your software crashes and you don't have a deep enough technical background to understand how to fix it, so you don't use your computer as much as you should...

You're feeling outpaced by the younger, tech savvy folks who are competing against you in the job market, so you don't allow yourself to go for

your dream job...

Your lack of understanding why Facebook is such a big deal can stop you from participating in an amazing online network...

Your confusion about how to get your blog out into the world can stop you from doing your on a daily basis...

Not understanding the process of podcasting can stop you from promoting it in the iTunes store and podcast directories...

If you're fortunate to live with a techie (of any age), you may be lucky enough to ram that wall down and proceed with your business. If you're not so lucky, you may have to hire someone to fix it for you or teach you how to do it.

If you can relate to this,

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