

Section B

Think Science

By Dr. Lara Ferry-Graham



So Many Choices...How to Decide
In response to one of my pieces about the challenges of going greener, I received a post at my blog that more or less read "How do we decide which are the 'right' foods to feed our kids?" Thanks, Jentropy, for the idea for today's column.

vitamins? My pediatrician says yes on vitamins, so I am ok with this one. But, short of having my pediatrician on speed-dial when I am wandering down the grocery store aisles, how am I to make good choices?

It doesn't help that products are routinely packaged in an attempt to deceive us. My personal pet peeve is the labeling of foods as "natural" to convince parents that the foods are "healthy." My favorite example of this is children's juice drinks that are full of corn syrup instead of juice, and labeled as "all natural." Yes, it is true, corn syrup is pretty natural. So is opium, hemlock, deadly nightshade, cyanide, and cocaine; they're all plant derived with little to no modification, and last I checked those were all on the no-no list for kids. "All natural" does not equal "all right."

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Random Tangents

by Monica Wilmot



GOOOOOOOOOAL!

As you can tell by the first line of this column my plans were to write about the World Cup. (if you couldn't figure out that I was going to talk about the World Cup based on the first line then you're the typical, everyday American that knows nothing about the most popular sport in the world ☺). I'm still not quite sure what to write about in regards to the World Cup...

For those people who know me and my unbelievably weird sleep habits (I go to bed as the sunrises and prefer to wake up as it's setting...) every four years they catch a glimpse of the "early morning Moni", the girl who wakes up in order to be at her local pub by 4:30 am to watch the first game of the day. In 2006 I was still in college and without fail I made it to the Getaway in order to watch every game that didn't happen during class or work (and even at work we kept the

game on but with the sound off). The World Cup is GREAT... and I can't understand why more Americans don't watch it.

Some people believe it's not violent/rough enough... apparently they haven't heard of stadiums getting destroyed due to bad calls, player being shot for failing to block or make a goal, and that's just off the field (or pitch as it's also referred to... only not in the US because we have to be different in everything ^_^). My cousin almost had her cheekbone shattered while blocking a goal (I'm just glad that forwards knee didn't hit a quarter of an inch over), I've had my knees aimed at just because I was wearing a knee brace while playing and I've broken peoples toes (not on purpose, of course). Violence is obviously not missing in soccer. And shin guards are the only protective gear players

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As I See It

By Renee Bailey



Occasionally my mouth gets ahead of my brain and I say something I shouldn't have said. It might be true and just come out wrong or it might be something I really, really don't mean. I have learned that when I do this it is much easier to apologize quickly. The longer I wait, the more it festers and the more hard feelings it creates. I forget who said it, but I have found it to be true... "crow is a dish best eaten warm." Another expression I like is that you should always keep your words soft and sweet because you never know when you might have to eat them. I once lost a job over a misunderstood remark. I have hurt the feelings of people I cared about, sometimes without even knowing they have taken offense over something that came out of my mouth. I have a very dry, sarcastic sense of humor and it is easy for me to forget that not everyone else does. Sometimes I don't say

things that I should say. It's usually one of those highly charged, very emotional situations. You know the ones; it's when your entire drive home is a rant of all the things you should have said. It usually happens to me when I am angry. Anger makes me very emotional and I usually focus all my energies on not crying. It's hard to come up with something brilliant when you are just trying not to cry. But sometimes I just simply don't know what to say. My son does not have this problem. I have never seen anyone faster with the perfect comeback than him. You should hear him on the phone with a telemarketer. He is hysterical. I am sure that the poor people who end up with him on the line need years of therapy after they hang up. I just don't think that fast on my feet. I think that's why I am more comfortable writing my thoughts and not giving speeches. As I See It page B6

Primeris 5

by Francine Rodd, Directora Ejecutiva



La Importancia de la Paternidad

Una relación sólida con papá puede cambiar la vida de un niño

Los papás de hoy en día pasan más tiempo con sus hijos en comparación con los de hace tres décadas. Aun más importante, estudios de investigación demuestran que el papel que un padre juega en la vida de un niño pequeño es esencial para su desarrollo saludable. En reconocimiento del Día del Padre, he aquí algunos consejos útiles para mejorar el tiempo que los padres pasan con sus hijos.

• El establecer una buena relación desde el principio es importante. Tomar parte en el cuidado de un bebé recién nacido ayuda a los papás y a los bebés a crear una relación desde el principio. Arrullar al

bebé, hablarle y cantarle todos los días promueve lazos positivos. Tomar tiempo libre del trabajo puede ayudar a apoyar al miembro más joven de su familia (y a su mamá). Consulte con su empleador para ver si es elegible para recibir beneficios de Paga por Motivo Familiar de California y/o la Licencia federal por Motivos Médicos y Familiares.

• Las actividades cotidianas son importantes. Estar activamente involucrado en la vida diaria de su hijo fortalece la relación entre ambos. Ayude a su hijo a tomar un baño, a prepararse para ir a dormir, o incluso para hacer tareas domésticas juntos. Pregúntele sobre su día y demuestre interés en sus actividades. Use los viajes en automóvil o autobús para hablar sobre las

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Health and Harmony

by Christina Grant, Ph.D.



Better Pet Health: Eliminate Grain Filled Commercial Foods

Holistic care is as important for your animals as it is for you. Dogs and cats are unwitting victims of the fast-food industry, ingesting biologically imbalanced processed foods. These foods contain grains such as wheat, rice, and corn, by-products and other additives such as soy, preservatives, colorings, and flavorings.

When humans eat like this, they become obese and eventually diseased, with symptoms ranging from diabetes and arthritis to cancer and heart disease. It is the same with our animals. Obesity and joint conditions are common. Many animals have poor teeth and gums, and emit a foul odor. They suffer with internal and external parasites and inflammation resulting in skin rashes,

itching, and joint pain.

People are convinced that processed kibble from the grocery store is healthy for their pets because commercials and labels tell them so. Words such as "all natural" help persuade buyers toward brands filled with grains and other unnecessary additives. As a result, most dogs and cats are eating substandard food.

In the last 70 years or so convenience foods came into vogue. In this time, we have lost what it means to eat close to nature. The whole family, companion animals included, dine on processed food. We know it's time to turn that corner and come back to basics, not just for ourselves. No dog or cat should be eating foods with added grains. They

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Rock Star Marketing

by Jennifer Filzen, Hitting the Wall



Summer's here and many folks are getting excited about their Summer festivals, road trips, and holiday celebrations!

I'm thrilled to announce a few things happening for me this Summer. For one, I will be getting married this summer! Woo-hoo! For another, I'm thrilled to be one of the performers at the City of Marina's Family Fun Fourth of July Street Party! Double woo-hoo!

I've always had a huge amount of love and respect for the City of Marina and all its staff and citizens. The committee that's putting together the Street Party is a dedicated group of citizens who are committed to celebrating Marina's 35th Birthday as a city with a bang.

The festivities begin at the Marina Vista Shopping Center, (Grocery Outlet) located at 215 Reservation Rd. from

10:00 AM - 3:00 PM. From there, the celebration will continue to the Seacrest Plaza Shopping Center, (SaveMart) located at 266 Reservation Rd. from 4:00 PM - 10:00 PM culminating with a Safe & Sane (non-aerial) Fireworks Show at 9:00 PM.

A 4th of July Walk-In Passport will be available at the City of Marina's 35th Birthday Booth as a fundraiser for only \$3.50 per person. This Walk-In Passport will allow participants to walk in and receive a stamp from participating businesses. Those that complete their Passports will be offered a Raffle Ticket and have the chance to win tickets to the Marina Flavors Event, the Monterey Bay ReggaeFest, and other fabulous prizes.

MARINA VISTA SHOPPING CENTER

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