

Business Matters

by Nancy Amadeo



formance and community outreach.

Through SpectorDance Company, Fran speaks to us on issues relevant to our world today. Through her collaborative efforts she is bringing us projects such as The Heritage Project, a compilation of several SpectorDance multimedia productions inspired by our region. These nationally recognized award winning works are available to be presented at schools, community centers, and at SpectorDance studio. Some of these works are based on novels by John Steinbeck. Others deal with local agriculture, our coastline as captured by the poetry of Robinson Jeffers, violence as experienced by local teens, myths, and a work currently in progress telling the story of corn from its ancient history in Latin America to

its role in America today. The performance company has done numerous productions including but not limited to King Arthur's Tale, The Little Match Girl, and Rock Ballet.

Fran received her M.F.A. from Mills College in Dance and Choreography and Certification in Laban Movement Analysis, a system used to analyze human movement. Her 40 year career has taken her all over the world as a guest teacher earning her numerous awards including "Dewars Young Artists Recognition Award for Choreography" for the State of California and recognition from the National Endowment for the Arts.

Whether you come to SpectorDance for classes or a performance you are bound to be forever influenced by Fran's unique and beautiful interpretation of contemporary dance. Her understanding of the universal language of dance, and a unique artistic collaboration with William Roden of New Dawn Studios, blends visual images, music and the spoken word to create an experience that both inspires and enriches the audience.

On Saturday July 31st and Sunday August 1 Spector Dance once again brings

us The Emerging Choreographers Showcase. This is the 10th anniversary of this event bringing guest artists from around the world to give master classes and performances. Saturday evening at 7:30 guest artists include Andrea Cagnetti (Rome, Italy), Robert Dekker (San Francisco) and Erica Jeffrey (San Francisco). On Sunday at 7:00 enjoy Monterey Peninsula's own version of "So You Think You Can Dance" when choreographers showcase their talent. First enjoy choreographers under 21. A \$100 prize will be awarded to the audience favorite. Then it's the choreographers 21 and up. These young artists will have a prize of \$500 awarded to the audience favorite. Ticket prices are \$15 for adults, \$10 for seniors over 65 and children under 10. There is also a special group discount for 5 or more tickets at \$10 each. These must be purchased together. Seating is limited.

For more information on classes or performances call (831)384-1050 or visit their website at www.spectordance.org.

From the world stage to Marina, Business Matters. For comments or suggestions I can be reached at nancyamadeo310@gmail.com.

First 5 from page B1

and listening with other children.

Start the school routine early. Prior to the start of school, begin the new routine. Ease into new bed times and end the night by having your child pick out his clothes for the next day.

Have Fun! Help your child learn how to use scissors, pencils, and glue so that she gets used to some school activities. Talk with your child about her interests

or what she did during the day.

Schedule medical appointments. Children entering public school for the first time in California need to be up-to-date on all immunizations. Schedule an appointment with your doctor or clinic if additional vaccinations are needed before classes begin.

A good start to school helps children build confidence and lays the foundation for their success. To learn more about First 5 Monterey County programs for young children and their families, visit www.First5Monterey.org or call 2-1-1.

Star

from page B1 for you to ponder today...

Instead of thinking about money being the true currency, think about your relationships as wealth. How rich are

you?

I'll bet you're wealthier than you originally thought.

Aging

from page B1

Often the flavoring used in the brand-name drug will be different, so the generic will not taste the same. Remember, however, that the effectiveness of a medicine is not determined its size, shape, color, or taste. Are generic drugs being used that often? The Centers for Medicare and Medicaid Services (CMS) recently reported that almost 60% of the drugs purchased through Medicare drug plans last year were generics. The percentage of drugs obtained through private insurers rose is also over 50%. How much can I expect to save? Generic drugs can cost up to 80% less

be a different color, shape, or size in order to be distinct from the original, brand-name drug.

than the corresponding brand-name medicine. That's why many medical experts have advocated using generic drugs for a long time. In addition, keeping the cost of drugs to a minimum should have a similar effect on other health costs including insurance premiums.

What should I do? Talk with your physician. Many prescribe brand-name drugs assuming the pharmacist will substitute the generic that will be equally effective. If you need help with anything related to Medicare including your prescriptions or determining which drug plan is best for you, contact the Health Insurance Counseling and Advocacy Program (HICAP) at the Alliance on Aging. From anywhere in Monterey County call toll-free 1-800-434-0222. On the web at www.allianceonaging.org.

Safety, Community & Service

By MPFFA

Who we are



Marina Professional Fire Fighters Assoc. (MPFFA) was formed in 2006 when the City of Marina decided to split the old Public Safety model into more efficient separate Police and Fire Departments. The MPFFA is comprised of full time paid firefighters from the Marina Fire Department.

There are many ways we enjoy giving back to the community. We are proud to support local Marina Youth Athletic programs, Marina Relay for Life, Fire Prevention

Week and the upcoming National Night Out. We also regularly participate in Holiday canned food drives, smoke detector awareness programs, and the city's Safety Fair just to name a few.

One of the biggest was MPFFA is able to give back to our community is by educating the public about ways to prevent an emergency and how to react when one does happen. Through this column we hope to impart some of our knowledge and experiences in emergency services to better help protect you, your

loved ones and your community. We intend to share with you helpful ideas concerning fire safety, medical emergencies and safety related to holidays throughout the year. This information could help you save your home, a loved one or even a neighbor.

Thank you for taking the time to let us introduce ourselves. We take great pride in serving the City of Marina and we look forward to extending our service in the future through this column.

Next time you see us out in town or at a local event please take a minute to say hello and introduce yourself, we love getting to know the citizens of the wonderful City of Marina.

As I See It

from page B1

had pierced ears. That was a tough one to overcome because I wasn't sure exactly what a tramp was. I thought it meant a hobo. I remember my Mom cracking up as she tried to explain to my twelve-year-old self what my Dad meant. She said she just kept picturing hobos wearing earrings.

My next ploy was my most brilliant. I told him that he didn't have to decide right away; that I wanted him to take his time to think it over. I knew that getting him to reverse a "no" answer was next to impossible, so I didn't want him to say it.

I spent the next few weeks bidding my time and using (not so) subtle ploys like pointing out cute earrings on nice girls. (I was only 12 after all.) I didn't know it at the time, but my Mom was watching all of this with great interest, and so was my Grandmother because they both wanted to get their ears pierced too!

I went to spend a few weeks at my cousin's house, and on my birthday I got a call from my Mom. She told me that my Dad had given permission for me to get "holes" if I wanted to. When I returned home, we all went and got pierced ears together; me, my Mom, my Grandmother and my little sister-which I thought was TOTALLY unfair.

I thought she should have to wait until she turned 13.

Why am I sharing this story? Because I still prepare for an argument, confrontation or sales pitch the same way. Sometimes the process of writing down my objective helps to clarify it. It is hard to go in asking for something if you don't even know what you really want. Sometimes my objective isn't what I thought it was.

Anticipating objections helps me to further clarify what I want and why I want it. This process also helps me to consider other points of view.

Practicing what I am going to say and how I am going to say it helps me to remove emotion from the situation. When emotions are high, I have found that logic and reason seem to fly out the window. I also like to run my position past someone with a brain that I can trust to give me an honest opinion. I get lots of good ideas this way, but you need to be careful not to ask someone with a vested interest in the outcome. Their opinions can be pretty biased and require analysis before you can use them.

So thanks, Dad, for teaching me how to ask for what I want.

As always, I welcome your feedback, suggestions and ideas. You can reach me at renee93933@msn.com.

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Limited Time Offer
Email sale@marina-gazette.com**

East Garrison Wins Award

National Indie Excellence Awards announce winners of the 2010 contest. The National Indie Excellence Awards (NIEA) review thousands of new books from small, independent publishers across the world every year. Awards are granted in more than 100 fiction and nonfiction categories. This highly respected awards program, designed to bring recognition to independent publishers, celebrates excellence in publishing.

G.M. Weger, author of East Garrison, is this year's NIEA winner in the Regional Fiction category. In her novel, Weger asks, "What happens when the soldiers depart and leave the predators behind?" This question has multiple meanings to residents of Monterey County who have lived through former Army base Fort Ord's closure and clean-up of unexploded ordnance, and have witnessed the battles over divvying out the valuable land. Not only does Weger's East Garrison unfold on Fort Ord, California State University Monterey Bay, and a large expanse of land overseen by the Bureau of Land Management, but most of the novel's

characters are employed on the military installation as well.

Interested in history and the outdoors, Weger, an editor with the Department of Defense, took the opportunity over the past 14 years working on Fort Ord to learn as much as she could about its history, the real-life dangers of clearing the land of unexploded ordnance, local mountain lions, and a still unsolved kidnapping and murder of 13-year-old Christina Marie Williams. Then, she wove her knowledge into a fictional story which centers around the fate of wildlife and humans when their two ecosystems intersect. Weger said, "I'm truly stunned and honored to receive this award, particularly in the regional fiction category." "NIEA Founder Ellen Reid believes it's essential for small publishers and authors to have a prestigious platform to receive well-deserved acknowledgement. "This year's contest had the judges more than challenged to make final selections," said Reid. "Our judges agreed that never before have so many independent and self-published books demonstrated such a high level of excellence."