

# Nature Notes

by Patricia Clark-Gray

## Andrew Molera State Park



and afternoon rides. Their phone number to make reservations is (831) 625-5486. Their website is <http://molerahorseback-tours.com/index.html>

Andrew Molera is also a great place to view wildlife. On our hike, we watched small fingerling steelhead jump out of the river near the beach. On our hike back to the parking lot we came across a two foot gopher snake sunning himself on the trail.

Because of the excellent birding at the park, the Ventana Wildlife Society (VWS) has their Discovery Center and Bird Banding Lab there. The center is open from 9 till 4 p.m. from Friday thru Sunday. The VWS mission is conserving native wildlife

If you are interested in history, the Big Sur Historical Society in partnership with California State Parks opens the Ranch House museum to the public on Saturday and Sunday from 11 till 3 p.m. when there is a volunteer available. Inside the museum is a display about Andrew Molera who the park is named after. There are also historical artifacts and photos related to the Big Sur history. The website for information about the Big Sur Historical Society is: <http://www.bigsurhistory.org/>

One of my favorite local state parks is Andrew Molera State Park. My husband Ken and I spent our 34th wedding anniversary hiking at Andrew Molera on Sept. 11th. It is a very popular park and the parking lot was almost full. We hiked to the ocean on the trail that starts near the Discovery Center. We were surprised to see the large number people at the beach. There was a family group that had carried their chairs and were sitting around enjoying the view and their friends. We sat down on a beach near the surf and watched two surfers walked by with their surfboards looking for a good surf spot.



While we were there, the Molera Trail rides came by. I plan to go on a horse ride to the beach next time I visit the park. The cost for the one hour beach ride is \$40. They also have morning

and habitat. They recently developed a new exhibit "Bringing the Condors Home". There is also a gift shop where you can pick up stuffed condors, VWS t-shirts and hats. They give programs to groups about

I bet many of you have never visited this unique park. I encourage you to go for a hike, horseback ride, picnic or museum visit!

# Aging

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pueden cuidar a si mismos.

Las personas mayores frecuentemente caen victima de productos que prometen minimalizar la deterioración cognitiva o retrasar el proceso de envejecimiento.

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\*Ofertas de descuentos en productos y servicios que son casi demasiado buenos para ser verdad.

\*Inversiones de negocios prometiendo ganancias enormes.

\*Individuos que dicen ser de agencias gubernamentales pidiendo su información personal.

\*Gente vendiendo aseguranza que tiene que pagar inmediatamente pero no esta seguro querer o necesitar. Llame a la oficina de HICAP (1-800-434-0222) si necesita

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\*Incluso, correos electrónicos de amigos pueden ser falsos. Yo recibí uno que decía que mi amigo estaba de vacaciones y había sido asaltado y robado. Supuestamente me estaba pidiendo que le mandara dinero a su hotel para pagar la factura del hotel y regresar a su casa. Pero un estafador había atacado su cuenta de correo electrónico, robando sus contactos, y esperaba recoger el dinero que mandaría yo a mi amigo sin que mi amigo supiera.

NUNCA de su numero de tarjeta de crédito, (tarjeta telefónica), seguro social, o cuenta bancaria por teléfono. Es ilegal que los representantes de ventas pidan estos números para verificar un regalo o premio

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