

Nature Notes



by Patricia Clark-Gray

Fitzgerald Marine Reserve in Moss Beach

Since I love tide pooling, I decided we should visit Fitzgerald Marine Reserve near Half Moon Bay. The first thing I discovered is that it is a bit of a drive to get there. Fortunately, you pass by some interesting scenery along the way.

we left the tide pooling area we found it open. They had a tabletop display of shells and other marine related items. They sold postcards and books. I picked up The Natural History of the Fitzgerald Marine Reserve that is published by the Friends of Fitzgerald Marine Life Refuge and it had some interesting information about the history of the area and nice black and white il-



lustrations of the seaweeds, intertidal life, and fishes.

As you walk to the tide pooling area there are some interpretive signs that explain the rules and what you will be seeing. As we approached the area, I was amazed at the high numbers of visitors wandering around the tide pool. I think this area is popular because it is the closest tide pooling area to San Francisco. There were also several people picnicking and I figured that they were locals.

Seaweeds were abundant and came in many shades of green. Sea lettuce reminds me of lettuce and is very

slippery so you had to watch out in areas with high concentrations of sea lettuce. You could also see rockweed in the upper intertidal. In the mid to low tide we saw surf grass, coralline alga and mastocarpus. I like the common name for this seaweed which is Turkish towel as it resembles a terry-cloth towel. Another beautiful seaweed is iridescent alga. When you see it washing back and forth in the surf it looks like oil in the water. And of course, the most interesting alga, is porphyra or nori. Anyone who has eaten sushi has eaten this seaweed.

We were fortunate to see

beautiful giant green anemone, hermit crabs, and mossy chitons. I wished I could have seen an octopus or my favorite hermissenda or nudibranchs. I guess I will have to be content to see these creatures at the Monterey Bay Aquarium.

The only marine mammals that we saw in the distance were about 2 dozen harbor seals hauled out on the beach. The reserve had the area closed off to the public. I assumed the area was closed because females give birth on land from May to July. The females have to leave her young to feed. They eat fish, crabs, and squid. The males reach five

to six feet in length and weight up to 250 pounds. The seals are silver-gray colored with dark brown to black spots. They are found year round at the reserve.

My favorite part of the visit was watching all the families with young children exploring the tide pools and watching the children's inquisitive faces and hearing their shouts of delight when they found a sea critter. We are fortunate to live in an area where we can have the opportunity to visit and explore a tide pool.



INTEGRITY PRINTING
 (831) 384-3444
 Fax (831) 384-3446
 Email: gsouza23@aol.com
 215-C Reservation Rd.
 Marina, California 93933
"Affordable Quality & Reliable Service"
 FREE QUOTES, PICKUP & DELIVERY

FARMERS INSURANCE GROUP
 Johnny B. Eugenio
 Agent
 Johnny Eugenio Insurance Agency
FARMERS
 Auto • Home • Life • Business • Workers Compensation
 325 Reservation Rd
 Marina, CA 93933-3218
 Bus: (831) 883-4444
 Fax: (831) 883-9290 Lic # 0729091
 Cell: (831) 521-5599
 www.johnnyeugenio.com

FORD Financials
 TAX, ACCOUNTING, AND INSURANCE
 License #014200
 Jim Ford, CIC, EA, MBA
"Fiduciary authorized tax practitioner"
 Enrolled Agent
 phone (831) 883-0961 • fax (831) 883-9007
 3370 Hamilton Place • Marina, California 93953
 www.FordFinancials.com

Back to school! Spa day!
Diva's BEAUTY STUDIO
 ~Fashion Fury~
 Cleansing Facial & Brow Wax
 Rejuvenate & Beautify your skin
 Haircut, Style & 4 Feathers
 Get a Sassy Style & Fashion Feathers With Wendy
 Glam Crackle Manicure
 Exfoliating Scrub, Warm Towels, Paraffin Dip followed by the latest shattered Polish by OPI
Special Price \$140.
\$60 Savings

~Glam it Up~
 Spray Tan
 Get Your Bronze On!
 Highlight or Punk color with 8 foils
 Brighten your look with some natural sun kissed tones or Rock a punk color! With Crystal
 Shellac Manicure
 No smudge, no dry time & lasts two weeks! Shellac Yourself!
Special Price \$115.
\$40 Savings

Valid through 8/31/11
 Ready for a mother daughter day? Or maybe mom needs a relaxing day to herself! Call us today to take advantage of this limited time promotion.
831-384-8583
 3170 Del Monte Blvd. Marina, CA 93933

Fast & Effective Pain Relief.
 We offer Same Day Appointments for when you really need it!

Dr. Rich specializes in quick relief from back pain and joint aches through the use of deep massage techniques and traditional chiropractic. This combination works faster for your pain relief and often costs less.
Call Dr. Rich today for your Free Consultation.

Vista Chiropractic
 Dr. Rich Ouimette / 831-384-4242

Located at the Marina Village Shopping Center
 3170 Vista Del Camino, Ste D in Marina

Your Full Color Ad Here
 Email
sales@marina-gazette.com

MONTEREY BAY URGENT CARE
 MEDICAL CENTER, INC.
 2930 2nd Avenue, Suite 120
 Marina, CA 93933
 831-372-2273
NOW OPEN, TDAPS available.
 Across from the
 Dunes Shopping Center
 that includes REI and Target