



## Wandering & Wondering

John Maybury

### NUTS AND BOLTS

Caltrans is so concerned about opening the new eastern span of the Bay Bridge on schedule that it has apparently overlooked the main reason for building the bridge in the first place: SAFETY. I want to put this as plainly as possible to the knuckleheads at Caltrans: Forget your Labor Day deadline and the parties, ribbon cuttings, and photo ops. Nobody cares when the bridge opens, only that it will be safe to drive on. Ordinary folks just want a safe, reliable bridge to drive on. Caltrans, please go find some nuts and bolts and rods that will last for a hundred years, and quit politicking over this thing. Okay? Message sent. Over and out.

### HEALTHY EATING

“Developing healthy eating habits isn’t as confusing or as restrictive as many people imagine. Simply put, foods derived from plants — vegetables, fruits, whole grains, and legumes (that is, beans, peas, lentils) — should make up the bulk of the calories you consume. Most of the rest should come from fish, poultry, lean meat, and nonfat dairy products. Also important is to choose healthful oils, such as olive and canola oil. Studies show that people who eat this way have a reduced risk of heart disease, diabetes, and, possibly, cancer. Keep in mind that a healthy diet doesn’t have to mean eating foods that are bland or unappealing. In

fact, you should view healthy eating as an opportunity to expand your range of choices by trying new foods (especially vegetables, whole grains, and fruits) that you don’t normally eat. Healthy eating doesn’t mean you have to give up your favorite foods, either. As long as your overall diet is balanced and rich in nutrients and fiber, there is nothing wrong with a cheeseburger or a dish of ice cream on occasion. Just be sure to limit how frequently you eat such foods, and eat them in small portions.” (UC Berkeley Wellness Letter)

### PACIFICA: FRONT LINE OF CLIMATE CHANGE

How will Pacifica’s beachfront and cliff-top properties fare in an uncertain future, including sea-level rise, drought, and heat waves such as we have experienced this spring 2013? (And why can’t we prevent or deflect these high-pressure systems that sit on top of the West Coast, diverting our much-needed precipitation northward and eastward?) Are we ready to deal with global warming’s impact on our coastal environment? These are questions we need to be asking our city government and community leaders.

### CEDRIC COLLETT, R.I.P.

I am mourning the death of my friend and fellow swimmer Cedric Collett, 66, a very active local environmentalist and retired Pacifica firefighter. Cedric died while abalone diving on the North Coast last week. Cedric’s friend Deirdre Finnegan wrote a fine tribute to him; it is posted on my blog, Pacifica Riptide.

### POPPY’S CRAB SHACK

“I spotted this food truck parked at Montara Beach last weekend and pulled over for the best crab sand-

wich ever! Poppy’s Crab Shack is run by Tom Borden, an adventurous Coastsider with a penchant for tasty crustaceans. He will be setting up shop at the Pacifica Farmer’s Market next month, but now I’m dreaming of crab delicacies at our own Linda Mar Beach.” (Ian Butler)

### BANDWIDTH

British rockers The Whom announced today that they will launch their penultimate world tour with a free concert at Rockaway Quarry this summer. Opening for The Whom will be a local band composed of unemployed writers and editors calling themselves The English Majors. Corporal Karma Dogma will provide security. Concessionaire Dolores De Cabeza’s vendors will supply locally grown herb and munchies.

### SHELL GAME

“The Shell gas station on Highway 1 at Fassler is being torn up once again. Big-time construction. AGAIN. This time is special, though, because a sign out front says the store is open during construction. (Just bring your bolt cutters to gain access?) It’s a relief to know that Shell Oil continues to maintain supplies of beef jerky for customers who are able to break through the steel fences.” (Scott McKellar)

### SWAMI SEZ

“Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they are sexy.” (Perry Prosdokian)

### WASTING AWAY IN MAYBURRITOVILLE

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