



## Wandering & Wondering

John Maybury

### SPINDRIFT BURGLARS GET JAIL TIME

“Three people accused of burglarizing a Pacifica theater company in December, including two who fell asleep on the job, accepted plea deals in return for two weeks jail. The negotiated settlements drop the curtain on the case for Sarah Elizabeth Courtney, 19, and Jasmine Elizabeth Recto Vardigans, 20, both of Pacifica, and transient Joshua Stephen Shargel, 22. Each pleaded no contest to one misdemeanor count of commercial burglary in return for 15 days jail. Courtney has credit of 10 days, leaving her only five left to serve. The other two have two days credit and all three must spend two years on probation. They must also pay restitution to be determined at a future hearing. The three were arrested after an employee of the Pacifica Spindrift Players in Oddstad Park on Crespi Drive called police the morning of Dec. 5 to report a break-in and theft of both electronics and cash. Authorities found Vardigans sleeping in a car alongside stolen property in the theater parking lot, according to the Pacifica police. Vardigans reportedly admitted her role and identified three other accomplices, including Shargel, who was napping himself inside the theater. Two of those three also confessed, leading to their arrest and the finding of stolen property in their homes, prosecutors said.” (San Mateo Daily Journal)

### YEE ASSASSINATION THREAT SUSPECT ARRESTED

State Senator Leland Yee (D-San Francisco/San Mateo) has issued a statement about a recent threat made against him in response to his legislative efforts to end gun violence. A CHP investigation led to the arrest of a Santa Clara County man and confiscation of bomb-making materials and illegal weapons: “First, I want to thank the CHP and the various law enforcement agencies who are working on this case. Four weeks ago, I received an email to my Senate account detailing a very explicit threat on my life. The author of the email specifically stated that if I did not cease our legislative efforts to stop gun violence that he would assassinate me in or around the Capitol. He stated that he was a trained sniper and his email detailed certain weapons he possessed. This threat was unlike any other I had ever received. It was not a racist rant on my ethnicity or culture, but instead it was very deliberate and specific. As a psychologist, I was deeply concerned by the

calculating nature of this email. My Chief of Staff immediately forwarded the email to the Senate Sergeant at Arms and the CHP to investigate. As you know, law enforcement made an arrest on Tuesday and executed a search warrant of the suspect’s home in which they found illegal weapons and bomb-making materials. I have no other details regarding this case and all such questions should be directed to the CHP. With that said, I want to make it crystal clear – these threats and any others will not deter me and my colleagues from addressing the critical issues surrounding gun violence. This case is very troubling and only further demonstrates the need to address this epidemic. Again, I want to thank the CHP for their swift action and I want to thank my family, staff, and constituents for all their support.”

### CONSERVATION/ENVIRONMENT EVENTS

- March 19 from 9 a.m. to 6 p.m. Water Conservation Showcase at the Pacific Energy Center, 851 Howard Street, San Francisco ([usgbc-ncc.org/water2013](http://usgbc-ncc.org/water2013))
- March 20 at 9 a.m. Public hearing on the Bay-Delta Water Quality Control Plan. Coastal Hearing Room, CalEPA Bldg., 1001 I Street, 2nd floor, Sacramento ([swrcb.ca.gov](http://swrcb.ca.gov))
- March 21 from 1:30 to 2:30 p.m. Silicon Valley Water Conservation Awards Ceremony. Martin Luther King, Jr. Library at San Jose State University. RSVP: [waterawards.org](http://waterawards.org)
- March 24 from 6 to 9 p.m. Bay Nature Magazine, Annual Local Heroes Awards Dinner in Oakland ([baynature.org](http://baynature.org))
- April 13-14, 20-28. Project Great Outdoors rafting guide training ([projectgo.org](http://projectgo.org))

### DARK CHOCOLATE GOOD FOR YOUR BRAIN AND HEART

“The news keeps getting sweeter about dark chocolate and other cocoa products. Since we last reviewed the research, several studies have further highlighted its potential for bettering cardiovascular health—by improving arterial function, for instance, which can help lower blood pressure. The latest research finds that cocoa can also aid the brain. Chocolate’s health benefits are largely attributed to compounds called flavonoids—related to those in tea, red wine, grape juice and many other plant foods. The new study, done by Italian researchers and published in Hypertension, involved 90 people over 65 with mild cognitive impairment (MCI). ... Other flavonoid-rich foods and beverages, such as grape juice and tea, have also been linked to cognitive benefits in observational, lab and animal studies. The new study may be the best clinical trial so far testing the effect of a specific food on cognitive function. But don’t assume that chocolate is the only, let alone best, way to protect your aging brain or that it’s a cure for MCI. No one

knows what level of flavonoids are needed to improve or maintain brain health, or if the effect would continue in the longer term. Bottom line: This research is even more reason to like dark chocolate. Just keep an eye on the calories and sugar content.” (“Chocolate on the Brain,” UC Berkeley Wellness Letter, November 1, 2012, [berkeleywellness.com](http://berkeleywellness.com))

### SAVE THE CHECKERSPOT

It’s rare that you get a chance to help prevent the extinction of a species. But that is exactly what you can do on Thursday, February 21 or Sunday, February 24 at Edgewood County Park and Natural Preserve in Redwood City off 280. The animal that is facing local extinction at Edgewood is the federally threatened Bay checkerspot butterfly. Once numbering in the tens of thousands, its population began declining in the late 1990s and finally crashed to zero in 2003. Now, thanks to the efforts of local scientists and environmentalists, this species is staging a comeback. Bay checkerspot butterfly caterpillars are being translocated from Coyote Ridge south of San Jose, where the population is thriving. When they arrive at Edgewood, you’ll have the opportunity to adopt a caterpillar, name it, and place it in the restored habitat. If all goes according to plan, the caterpillars will mature into butterflies within a few short weeks. Space is limited and reservations are required. The event starts promptly at 3 p.m. and you will be given directions when you register. While the event is free, donations are suggested to support the Friends butterfly restoration program. To register, visit [friendsofedgewood.org](http://friendsofedgewood.org).

### BLOCK THAT CLICHÉ

“Leave no stone unturned.” According to Gregg Levoy, this expression came from the Oracle at Delphi in 471 B.C., advising Thebian general Polycrates to search for a great treasure hidden under a rock by his vanquished foe, Persian general Mardonius. I would have said that was somewhere between Iraq and a hard place.

### SWAMI SEZ 1

“Action is the antidote to despair.” (Tony Robbins)

### SWAMI SEZ 2

“(Marriage is) the slow process of getting to know another individual far better than was advisable.” (Curtis Sittenfeld in “American Wife”)

### SITSEER

- Comfy warm wetsuits from Montara: [surfsurus.com](http://surfsurus.com)

### WASTING AWAY IN MAYBURRITOVILLE

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