



Wandering & Wondering

John Maybury

Hill's Bills: 100 Percent Green

Democratic Assemblyman Jerry Hill has earned a 100 percent score on the California League of Conservation Voters' 2012 Environmental Scorecard for his votes on important environmental and public health legislation that the organization tracked during the most recent legislative year. More information on Hill's scores is available from ecovote.org. As of press time, it is expected that Hill will handily win his race for a state Senate seat in the newly created 13th district, which includes Pacifica and stretches from Brisbane to Sunnyvale. Hill recently held one of his famous Java with Jerry events at Mazzetti's Bakery in Pacifica. He presented Pacifica Beach Coalition with a community service award, talked about the need to reform the California Public Utilities Commission due to its lax oversight of PG&E, and said he had written Caltrans asking it to give serious consideration to the 200 or so public comments suggesting alternatives to widening Highway 1.

Please Pass the Salt

1. "Intersalt, a large study published in 1988, compared sodium intake with blood pressure in subjects from 52 international research centers and found no relationship between sodium intake and the rate of hypertension. In fact, the population that ate the most salt, about 14 grams (14,000 milligrams) a day, had a lower median blood pressure than the population that ate the least, about 7.2 grams (7,200 milligrams) a day. Studies that have explored the direct relationship between salt and heart disease have not fared much better." ("It's Time to End

the War on Salt," Scientific American, July 8, 2011)
2. "A study published in the August 2011 issue of the American Journal of Hypertension, involving 6,250 subjects, found no strong evidence that cutting salt intake reduces the risk for heart attacks, strokes or death." (Bruce Burnett, "Health Advice Takes a Pinch of Salt," The Costco Connection, September 2012)
3. "What happens if you consume too much salt? Well, you become thirsty. You drink water or, even better, fruit juice, which is rich in potassium, an antagonist to sodium. You then urinate out your excess sodium." (Burnett, *ibid*)

Free Parking

You can park free and legal at a broken parking meter for the posted time limit on the meter, starting Jan. 1, 2013, according to a new state law that AAA backed. (Via Magazine, November-December 2012)

Sustainable Seafood

I have been buying and enjoying Wild Planet tuna (albacore fillets) and sardines. The company is conscientious and scrupulous on issues of sustainability, food safety and packaging. Your best deals on Wild Planet canned fish are at Costco. Check out these informative websites: wildplanetfoods.com, sustainableseas.com, carvalhofisheries.com

Pirate Law #60

All women are to be referred to as wenches, except female pirates, who can be called lasses.

Block That Cliche

"Funny bone." According to writer Gregg Levoy, "funny

bone" is actually a pun on the humerus (get it?), the bone between your shoulder and elbow, even though that agonizing pain you feel in your arm is from hitting your ulnar nerve. Make no bones about it.

Swami Sez

"I helped put two children through Harvard — my broker's children." (Michael Le Boeuf)

The Highwayman

Measure A monies designated for widening Highway 1 are from the sales tax, not the gas tax. This is grossly unfair to people who don't drive. And spending the estimated \$60 million (but watch it go up if this turkey ever gets built) just to save commuters a few minutes of alone time on the road is not a very good use of Measure A funds. Let's get real, Caltrans.

Siteseer

- Find home and garden products that are safer for people and pets: flowstobay.org
- Fog Fest 2012 marching bands and other attractions: coastsidevideo.com
- Beaches and parks from San Francisco to Monterey (guidebook published by the California Coastal Commission): ucpress.edu
- Send jerky to troops overseas: angelossmokehouse.com

Mayburritoville

- Copyediting: Goofbuster.com
- Blogging: PacificaRiptide.com
- Meandering: LomaPrieta.SierraClub.org
- Email: mayburrito@goofbuster.com