



Wandering & Wondering

John Maybury

DREAM MACHINES

This year's show expands to two days (April 28-29) and adds a Championship Demolition Derby (April 28) to the lineup of awe-inspiring attractions. "Over the years, we've had countless people ask why we didn't do two days," says show chairman Chad Hooker of Half Moon Bay. "We're excited about the potential to grow the event and this will give us the opportunity to raise critically needed funds for the Coastside Adult Day Health Center." Renowned as one of the West Coast's biggest, baddest, most fascinating gathering of the world's coolest cars, trucks, motorcycles, aircraft, and assorted contraptions representing every era and style, the 22nd annual Pacific Coast Dream Machines Show runs both days from 10 a.m. to 4 p.m. at Half Moon Bay Airport on Highway 1. Registration is \$30 (\$40 after April 15), and includes a dash plaque and admission for the driver and one passenger. Spectator admission is \$20 (\$30 for 2-day pass) for adults, \$10 (\$15 for 2-day pass) for ages 11-17 and 65+, and free for kids age 10 and under. Tickets are available at the gate only. For information and registration forms, call 650-726-2328 or register online at miramarevents.com/dreammachines. (Thanks to Pacifica Tribune and Pacifica Riptide car columnist Bruce Hotchkiss for sharing this information from his "Spare Parts" blog at brucehotchkiss.com)

KAISER ADVISER: MOVE MORE, SIT LESS

Studies show that sitting for long periods of time can increase your risk of heart disease. A study published in 2008 in Current Cardiovascular Risk Reports suggests that people who sit for long periods of time typically have decreased levels of a heart-protecting enzyme called lipoprotein, as well as the good kind of cholesterol. Even people who exercise regularly, but are otherwise largely sedentary, can experience this effect. Of course, exercise remains a good way to support your health. So the best approach is to exercise regularly and decrease the time you spend sitting, says Todd Weitzenberg, MD, a Kaiser Permanente sports medicine physician. Try practicing

these five tips to reduce your sitting time: Stand while you fold laundry. Walk or stand as you talk on the phone. Keep moving during your favorite TV show. Instead of lounging on your couch, march in place or work on your sit-ups. Take breaks away from your desk or computer. On long car drives, pull over and get out of your car for a 10-minute break every hour or so. (Kaiser Permanente)

DON'T REWARD DANGEROUS DRIVING

"I noticed the Pacifica Tribune ad for the upcoming Treasures and Trivia treasure hunt excursion in Pacifica, where the first team that arrives back at Pacifica Spindrift Theatre wins prizes. I recall a radio station that sponsored a similar promotional race. It was a great idea until one of the participants, in his rush to beat the others, caused a fatal traffic accident. Yes, the radio station was held liable for the accident. Any contest that rewards unsafe driving is irresponsible. Food for thought." (Alan Wald)

UNCLE SAM=BIG BROTHER

Department of Homeland Security (DHS) officials recently told Congress why DHS spooks monitor Facebook, Twitter, and blogs. The story was covered widely in the media, so search your favorite news source (print or electronic) if you wonder how and why the spy agency tracks your online activities.

WAVELENGTH: MOVERS & SHAKERS

Genial host Ian Butler interviews a wide range of community thinkers and doers on PCT 26's award-winning TV show Wavelength. Watch anytime online at vimeo.com/channels/wavelength and Mondays live at 6:30 p.m. on cable channel 26 in Pacifica and cable channel 27 in Half Moon Bay.

NEW LEAF COMMUNITY MARKETS

On Thursday, February 23 from 8 a.m. to 9 p.m., New Leaf Community Markets donates 5 percent of the day's sales to the Community Alliance with Family Farmers—Farm to School Program in San Mateo County. This program addresses complex causes of childhood obesity and helps to improve the health and economy of the local community by educating students in the classroom, bringing them to the farm, and providing access to fresh produce in the cafeteria. They provide 70 Harvest of the Month tasting kits to schools across the county and partner with Ravenswood School District and Jefferson Union School District to increase the amount of local produce in the schools.

Meet representatives during the day and support the program. (Also, on Tuesday, February 28 from 6 to 8 p.m. Cooking Demo and Tasting: Wild Mushrooms. Come for a cooking demo and tasting, and learn about wild mushrooms from the King of Mushrooms, Todd Spanier, who discusses flavor, preparation, and recipes, and offers samples. \$5. Preregistration required.) To preregister, call 850-726-3110 extension 101 or go online to newleaf.com. The store is at 150 San Mateo Road, Half Moon Bay.

NO MINING @ YOSEMITE

When you think of cyanide, you think of poison. You don't think of Yosemite National Park, and neither should mining companies. But with the price of gold over \$1,700 an ounce, pressure is on to open mining claims around Yosemite. The home of Half Dome and El Capitan is one of the most beautiful places in the world. Yet 185 active mining claims are within just 10 miles of the park, and with enough pressure from mining companies, they can reopen anytime. Yosemite is priceless — no matter how high the price of gold, this beautiful park and its wildlife are worth much more. Please urge President Obama and Congress to ban new mining claims near Yosemite. The president has already protected the Grand Canyon National Park with a buffer zone that prevents industrial mining near that park. Now it's time for the president to give Yosemite the same protection. (EnvironmentCalifornia.org)

SAVING BIFF'S

Biff's was a cool-looking, space-age diner (now completely boarded up on an Audi used-car lot, according to our roving reporter Mark Stechbart) at the corner of Oakland's Broadway & 27th Street (see Google street view online). Preservationists such as Oakland architect Leal Charonnat are working to restore Biff's to its former glory. Help save Biff's by voting often at dwell.com.

SWAMI SEZ

"The best way to have a good idea is to have lots of ideas." (Linus Pauling)

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