

COFFEY AND A SANDWICH

I should warn you that this is not for the faint of heart or the calorie counter. The favorite sandwich of former Major League Baseball relief pitcher Todd Coffey is two slices of bread with peanut butter, jelly, and two Reese's Peanut Butter Cups, griddle-fried in butter. Apparently, this bellybuster is still on the players' menu at the Arizona Diamondbacks' Chase Field, where Coffey used to pitch. Coffey was also famous for The Coffey Sprint, his signature dash from the bullpen to the mound. Note: Coffey now pitches for the minor-league Long Island Ducks.

"MONTARA MOUNTAIN" BOOK SIGNING

Barbara VanderWerf signs her book "Montara Mountain," which is back in print, at San Pedro Valley Park Visitor Center on Saturday, May 7, from 10:30 a.m. to noon.

SNOOZE CRUISE

Private twin beds, free wi-fi, restrooms, coffee and tea—all on a six-hour overnight SleepBus ride between S.F. and L.A. What a concept! Sounds like a step up from the funky old Green Tortoise. Book online (sleepbus.co) for one way or round trip. By the way, when Alan Wald heard about this, he suggested a pier-to-pier SleepBoat between Pacifica Pier and Santa Monica Pier.

SKINNY POLAR BEARS

Global warming is melting the sea ice so fast around

Hudson Bay that polar bears are losing a month of seal-hunting days every year, plus the bears now have to swim longer in open water. Scientists are seeing thinner bears as a result. Not a good way to lose weight: The Climate Change Diet is not healthy for man or beast. (Source: earthweek.com)

WORD OF MOUTH

Speaking of diets, I just read a scientific study that showed how loud music and other noises could make you want to eat more. A second university research project showed that hearing the sound of chewing crunchy food could actually make you slow down and eat less. Both studies follow a new interest in food sounds, as opposed to the usual senses of taste, smell, and visual appearance. (Source: Daniel Akst, R&D, Wall Street Journal, April 16-17)

FROM MY INBOX

“Hi, John: Always enjoy your column but never wrote in before. Let Scott know that he if he places food for the deer in a trough as far away from his flowers as he can get that might keep them away. The rain has done us all (and the plants) a world of good.”
(Jackie and Ozzie, Linda Mar)

MOTO PSYCHO

Scott McKellar is peeved at the Moto Psycho who revs his motorcycle around Linda Mar at midnight, waking the living and the dead. Again, being a peace-loving guy,

Scott abhors violence but wonders what to do about this latest disturbance of the peace. The words “rock salt” came up in our conversation, but let’s banish all such negative thoughts and just hope that good karma will prevail over bad.

SWAMI SEZ

"I imagine hell like this: Italian punctuality, German humor, and English wine." (Peter Ustinov)

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