

Wandering & Wondering

John Maybury



COUGAR TOWN

A reliable source says that there have been several recent sightings of a young mountain lion in San Pedro Valley Park at the back of Linda Mar. The wildcat has been seen coming down the hill from the houses toward the north gate to the park on Oddstad Boulevard.

LUCKY DEVIL

Devil's Slide reopened after a closure September 27 so that a car that went 150 feet down the cliffside earlier could be removed. The driver was unhurt in the accident. He was wearing his seat belt and the car landed right side up.

SUMO DIET

Dr. Cynthia Luce, writing on Pacifica Riptide, says: "Are you on the Sumo diet? I am. No wonder my midsection has expanded to the point where I can no longer see my feet unless I bend way over. I am not the only one, either. My patients are on the Sumo diet, too. The Sumo diet seems to be all the rage these days. Americans are becoming alarmingly more obese each year

from just following this ancient way of the Sumo wrestler. It is not a diet I recommend, mind you. It just so happens that many of us are on it without knowing it. Take my patient "Bob," a computer programmer who works from home. He really has no excuse when it comes to meal preparation. He is just lazy or busy. The extra 80 pounds piled up around his middle show his lack of culinary enthusiasm. His daily grind goes something like this. He wakes up, turns on the computer, and makes coffee. After his caffeine-rich liquid breakfast, he sets off to check e-mail and catch up on a few to-do items for clients. Before he knows it, it is time for lunch. Does he stop in the middle of his day to eat? Heavens, no! There is work to be done, problems to be solved. He pushes on to the afternoon. When 4 p.m. rolls around, he grows tired and faint and realizes he has been so consumed in his activity that he has forgotten to eat at all. Looking back on the day, wondering what he has eaten, he realizes it was perhaps only a piece of toast with honey on it somewhere between e-mails

and telephone conferences. Now that late afternoon has arrived, he is hungry but doesn't want to spoil his appetite so he waits for dinner. At 8 p.m. he finally sits down to a well-prepared meal, lovingly cooked by his wife. He then proceeds to eat the caloric consumption of breakfast, lunch, and dinner in one sitting, plus or minus a few snacks in between. If that were not enough to satiate his hunger, he may even top it off with dessert—a big bowl of ice cream. Then, staying true to the Sumo diet, his head hits the pillow no more than two hours after eating a 3,200-calorie meal. It is the ancient art of KU-CHYANEY. It means to eat and drink extraordinary amounts at one sitting and then go immediately to sleep. It is a proven sure-fire way to pack on pounds. Sumo have used and perfected this diet for centuries. Americans are adopting this way of eating, less the physical training of the Sumo. We are reaching epic weights never before seen, as popularized by such TV shows as The Biggest Loser. This forced fasting due to "business," followed by gorging, is taking a toll on our waistlines as well as general health and family time. Gone are the days of the sit-down family meals we enjoyed in our youth. Social meals have been replaced by fast food, food on the go, skipped meals, eating in front of the TV, gluttonous gorging in a single meal. Has all this technological progress really helped if we are killing ourselves prematurely with our eating habits? So how do we stop this ever-escalating weight gain? Stop the Sumo madness, for

starters, and eat/graze throughout the day. Which reminds me, I need to go make a snack. Tune in next time for Starve the Fat, Not the Muscle." (See item below for information on Dr. Luce's free weight loss and nutrition class in Rockaway, October 10 to November 30.)

LUCE BONES

Dr. Cynthia Luce is a chiropractor, practicing for 15 years. She has been studying nutrition for the past decade under Jeffrey Bland, PhD, founder of the Institute for Functional Medicine. Dr. Luce's office is in Rockaway Beach, Pacifica. She strives to help her clients with natural alternatives for health and healing through understanding nutrition and supplementation. She is holding a weekly nutrition class focusing on weight loss, starting Monday evenings from 7 to 8:30, October 19 through November 30. Classes are free, with a nominal fee to cover the cost of handouts. To register, call 650-359-6800 or email DrLuce@lucebones.com.

HEALTHY KIDS

Children's Harvest Festival & Open House for Nature @ Aquarium of the Bay, Saturday, October 10 from 11 a.m. to 4 p.m. SaveNature.Org, a San Francisco-based conservation organization dedicated to the preservation and protection of rain forests, coral reefs, and deserts, hosts the first Children's Harvest Festival. Admission is free and open to the public. The Children's Harvest Festival highlights the importance of healthy eating

and celebrates the connection between food and nature through exciting interactive exhibits, presentations, and hands-on fun. Call 415-648-3392 or email info@savenature.org for info.

STRAIGHT FLUSH

The Bay Area Water Supply & Conservation Agency (BAWSCA) is partnering with member agencies to offer rebates of up to \$150 per toilet to residential and commercial customers who purchase and install high-efficiency toilets (HETs) this year. HETs are modern, water-efficient toilets designed to use 1.3 gallons per flush (GPF) or less. Although they use up to 62 percent less water than older toilets, they perform well and remove waste efficiently. Qualifying toilets must be purchased between July 1, 2009 and June 30, 2010. Other restrictions apply. All of the BAWSCA HET rebate program details and a List of Qualifying HETs are available at bawsca.org or by calling 650-349-3000. Rebate applications are also available at local retail stores and from participating member agencies.

SWAMI SEZ

"Some people say that cats are sneaky, evil, and cruel. True, and they have many other fine qualities as well." (Missy Dizick)

MAYBURRITOVILLE

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■ Web sites & blogs: Pacifica Tribune, Pacifica Riptide, Wandering & Wondering, Goofbuster, SF Gate (In Peninsula Coastside)