

# Wandering & Wondering



**John Maybury**

## Religion

Worship Pacifica's beautiful outdoors this spring at The Little Green Church. Find refuge where spiritual and social needs are met in stewardship and fellowship with other nature lovers. Find peace and satisfaction in tending beaches, dunes, creeks, and trails. Rejoice in spreading the environmental gospel. As spring brings Earth Day and related activities in our green paradise Pacifica, join a work party, cleanup, hike, or nature program announced in the Tribune and at sites such as [www.OceanDiscoveryCenter.org](http://www.OceanDiscoveryCenter.org). See you out there. Keep the faith!

### Son of Fogzilla: Surfer Dude

Spring ahead with a new-design Fogzilla t-shirt, Surfer Dude, now available at Food Town on Aisle 4-A, right across from the ice cream cooler. Sizes small, medium, large, and extra large.

### Help on the way

The scariest thing about diabetes is the threat of complications. Diabetics are at greatly heightened risk for disease of the heart, kidneys, eyes, and feet. So when a workbook like Beth Ann Petro Roybal's "Managing Diabetes Your Way" comes along, with practical tips for living with type 2 diabetes, plus a positive attitude based on self-control rather than fear, it is a huge morale boost for all who suffer from this ancient affliction. A million Americans a year are diagnosed with diabetes, joining the 18 million who already are dealing with it. Beth helps you understand how your body works and what can go wrong, how to select realistic lifestyle changes that work for you, and how to make a personal

plan with tear-out charts and worksheets. This useful guide is available from Ulysses Press, toll-free 800-377-2542, local 510-601-8301, fax 510-601-8307, e-mail [Ulysses@ulyssespress.com](mailto:Ulysses@ulyssespress.com). Free shipping.

### Goodwill Bomb

My friend on the other side of the political aisle has been keeping me up-to-date on humanitarian aid pouring into Iraq and Afghanistan thanks to U.S. troops and civilians State-side. "I believe the public has dropped the Goodwill Bomb and is beginning to redefine the U.S. mission and the very definition of what it means to be a U.S. soldier," she writes. "Something amazing is going on, and it is much bigger than politics." Info:

[www.anysoldier.com](http://www.anysoldier.com)

[www.operationdreamseed.org](http://www.operationdreamseed.org)

### Baseball on steroids

A member of my baseball chat group on the current crisis in the national pastime: "Sure, there's lots of hypocrisy, but what do you expect with a commissioner like 'go along' Bud? That shouldn't blind us to the fact that steroids are very scary, especially because of their effect on school kids. Steroids also distort baseball. The stolen base is almost a lost art. Teams that play 'little ball' are ridiculed, with everybody bowing to the mighty home run." And this from the Zen Fan: "I don't buy the Bush/owner/media line that it is the players' duty to say no. It starts with coaches and trainers in high schools bulking up their kids for the next level. It's big business, and athletes are paid to perform at a level that is often destructive to their bodies and souls. I think fans should advocate for treatment, not punishment. Mostly, I'd advocate that we all use these 'public scandals' to examine our own attitudes and beliefs. The entertainment aspect of sports should not blind us to our own capacity for compassion."

### Put a cork in it

Gary Hanauer is bubbling over with news that the chairman of the national Governors Highway Safety Association is named James Champagne.

### Mad man

He is a hiker, biker, and dog-walker, so you can't say he is biased in any direction in Pacifica's ongoing debate over trail rights and responsibilities. My guy says the dog-walking issue trumps even religion and politics in this contentious town. "The dog Nazis got the city to stop enforcing the leash law," he says. "The city used to give out \$200 tickets on the beach, but not anymore." He recently witnessed two people in a large SUV unload four fat dogs to run loose on Linda Mar Beach to do you-know-what and no cleanup afterward. He growls about the boorish behavior of certain dog-walkers who don't leash their dogs, and when their loose animal scares an unsuspecting hiker, biker, or even a law-abiding dog-walker with a dog on leash, the lawbreaker always offers this lame excuse, which we all have heard many times on the trail: "Oh, he's OK, he doesn't bite." Meanwhile, you take a deep breath, try to slow down your racing heart, and decide whether it's time for fight or flight.

### Curry burgers

Don't laugh, this is for real: McDonald's is looking at outsourcing its drive-through ordering system. You want papadums with that?

### Urban wilderness

Planet Drum Foundation bio-regional education program: mapmaking, native habitat in urban setting, ecosystem restoration, environmental skills to share with others, take-home materials for use in your community. March 28-29. Glen Canyon Park, S.F. Info: 415-285-6556, [mail@planetdrum.org](mailto:mail@planetdrum.org)

### Swami Sez

If you must choose between two evils, choose the one you've never tried before.

### Mayburritoville

Leslie Davidson dreamed up a memory-aid lotion you could rub on your head. It's called Absorbine Senior. Send all buyout offers for this hot new pharmaceutical product to [mayburrito@goofbuster.com](mailto:mayburrito@goofbuster.com).