



Wharf Wonders NEWS & EVENTS HAPPENING AT OLD FISHERMAN'S WHARF

Old Fisherman's Wharf offers free 2 hour parking for locals.

Classroom on the Bay – the “Squiddy Day”

BY ADELA TURLINGTON

Last Thursday, May 20, my class and I went on a field trip to Abalonetti's Restaurant on Fisherman's Wharf.

We started the day by going to the commercial wharf to see a squid boat called “Lady J” and meet her owner, local fisherman Tommy Noto. He explained to all of us how they catch squid and showed us sardines from that day's catch (we got to keep the sardines--YEA!--and later we fed them to the seals and seagulls). Tommy told us he named his boat after his daughter and that it is 58 feet long. He also showed us the special lamps they use to attract the squid; they have to import them from China. Tommy also showed

us different kinds of fishing nets used to catch squid and sardines.

Then we moved on to Fisherman's Wharf and met Vince Liquori in the original part of the restaurant, where calamari was first served. Vince showed us how to clean and prepare the squid for making calamari. We also tried some samples of marinated squid. One interesting thing we learned was that only a few squid still have the ink when he cleans them.

Next we went to Abalonetti's Restaurant, where scientists were waiting for us with some very special presentations.

First we listened to **Peggy Stap, the Executive Director of Marine Life Studies**. She showed us pictures of squid laying eggs; pictures of lots of whales and dolphins, the squid eaters; and photos explaining how to tell the age

of a whale or dolphin from the scratches on their backs. She also explained the differences between dolphin and whale fins so you can identify them in the ocean. Her biggest marine helper is her dog, which barks while on the boat with her researching, to let her know there are whales or dolphins close by before she can see them on the surface.

The next speaker was Steve Vogel, the curator from Monterey Bay Aquarium. His presentation was about why they do not yet have a squid exhibition in the Monterey Bay Aquarium. He explained that a squids' bodies are too soft to keep them in tanks, because they try to rub against the wall to test how far they can go and scratch their bodies, and since the only hard part of their bodies are the beak and the ink pen, they would all die. At the end Steve promised us they will keep



working on the squid exhibition, so until then we are all pretty excited about it.

THEN IT WAS LUNCH TIME!

We had loads of fun during lunch. Most of my classmates got fried squid - best ever. After we finished, we had a little quiz on what we learned today

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WHARF WONDERS

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and guess what – there was even a quiz and some prizes for the parents! I won a whalewatching trip! And we all got a bunch of other cool stuff.

This field trip would not have been possible without Marc Paulhus (Director of Sales and Marketing for Abalonetti's), Kevin Phillips (Abalonetti's Owner), the whole Abalonetti's staff, Vince Liquori (Liberty Fish Company)

FACTS & FABLES

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ment. Progress, indeed, has been made. Qwerty is now an English word, without the need to capitalize every letter. (My "spell check" showed no objection.) It may be the only English word besides "qindarka", a unit of Albanian currency, and "qoph", the 19th letter of the Hebrew alphabet, which

JOHN FISCHER

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the Monterey Bay National Marine Sanctuary, First Flush water monitoring network steering committee, Sanctuary Conservation Working Group, Monarch Habitat Restoration Committee, Americans with Disabilities Act Compliance Advisory Committee, and the Economic Development group. He has been a member of our Housing Committee, Community Policing Advisory Committee, Traffic Commission, Crespi Pond Committee and TAMC Citizens Advisory Committee. He has also been president and trustee of the Friends of the Sea Otter. His intelligent input has been heard on all the major water committees on the Peninsula.

ANIMAL CHATTER

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Water poses another challenge, as pets and livestock require clean, fresh water every day. Consider that this may quickly become a serious problem if you rely on a well and have no electricity. Have on hand numerous five-gallon plastic jugs filled with water and stored in an accessible area. Carry individual bottles of water (for you and your pets) in the trunk of your car at all times.

Generally plan on 40 to 60 ml/kg/day, or about one ounce of water per pound of body weight each day. Note that water requirements can vary widely depending on the weather and your pet's activity level, age, and medical conditions.

As with your personal disaster preparedness kit, remember to include items for your pets and livestock. A short list of items includes a basic first aid kit, medications, halters and lead ropes for livestock or collars and leashes for pets, pet carriers, spare, hand-writable ID tags, pet food, water bowls, copies of current vaccinations, contact information for your veterinarian, and a recent, full body color photo of your pet with you in the photo for

and Mr. Anderson (my teacher). They all worked very hard to put this fieldtrip together and to make it a big success. So, thank you all very much!

All of my classmates and some of the parents who chaperoned us said this was the best fieldtrip ever!

I do hope we will be able to come back next year.

[Ed. Note: Adela, our 9-year-old squid correspondent, reports on a unique experience for her class at Robert Downs Elementary School.]

might be found in your dictionary without a "u" following the "q."

With the Qwerty arrangement, thousands of English words can be spelled using only the left hand. Only a couple hundred words can be typed using the right hand. Those sinister-handed people are taking their subtle revenge on us for designing scissors and butter knives for the right-handed majority.

"From all this, I think you all can see the devotion John Fischer has given to improving the lives of the citizens of the city of Pacific Grove. We are grateful, John, for your dedication to our community and it gives me great pleasure to give you this Certificate of Appreciation, expressing the thanks of not only this City Council, and me as Mayor, but every citizen or tourist who has set foot in this community. You have done a marvelous job in helping make our city the wonderfully place it is."

John Fischer said, "I want to thank the City Council and Mayor Garcia for this recognition. I encourage all residents to be observant of not only their property but the city in its entirety to be certain we do not lose the reason we are referred to as Pacific Grove."

identification should you become separated. Please refer to The SPCA's free Disaster Preparedness Checklist for Cats and Dogs for more information and details (available on our website).

Provide and practice disaster training for your animals. This will be very valuable in the event of a fire, flood or earthquake.

Have all your pets microchipped to ensure permanent identification.

Keep a current list of local hotels and motels that will accommodate pets. A listing of hotels and motels that accept pets in our county and nearby counties is available as a part of the Pet-Friendly Listings on The SPCA's website. This list will come in handy during extended power outages and during disasters.

Planning ahead for disasters can save lives and make a very stressful situation less severe. Please call The SPCA if you would like to schedule a disaster preparedness presentation. To learn more about how you can prepare or to print a Disaster Preparedness Kit Checklist, please visit www.SPCAmc.org or call 373-2631.

The SPCA is dedicated to keeping you and your pets safe – now and during times of need.

FOOD FOR THOUGHT

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tightrope to walk across a moat full of ravenous alligators without any semblance of a net below.

Gracefully, Fresh Cream has navigated its new terrain at the corner of Dolores and Eighth where the Bully II was anchored firmly in the decade of the '70s for many years. Sure, it's still got all those bells and whistles it used to have, but instead of being 18k greedy gold bells and whistles, these are honest, straightforward-yet-polished, brushed silver bells and whistles. Warm interior walls the color of a great cup of hot cocoa are lit with pretty sconces that cast a 'just right' light that makes all of us 'women of a certain age' appear well-rested and/or just back from having 'a little work' done. Where some plush, patterned carpet would've been in the '80s, is a tinted cement floor instead. The furnishings throughout are earthy and comfy without being all Birkenstocky-macrame-hippish. Gone are the unnecessary applications that my mother would've called "gilding the lily."

The same goes for the menu options. Missing but not missed are the

SPORTS CARE

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surrounding musculature is too tight, this will reduce hip ROM. Ultimately, the required ROM will be found up the kinetic chain within the player's low back. This scenario often results in low back injury.

Stability can be defined as the ability of any system to remain unchanged or aligned in the presence of outside sources. The improvement of stability is dependent upon muscular strength. Muscular strength is the ability of a person to exert the required levels of force on physical objects using muscles. Basically, there exists a relationship between stability and strength, and in order to properly execute every phase of a golf swing, a certain level of muscular strength is required. This allows the player's body to sequence the required muscular contractions correctly during a particular swing, to maintain proper golf posture, to generate speed, and to transfer the speed to the club head.

In addition to mobility and stability, the final component is power. Power can be determined by how long it takes for strength to be converted into speed. The ability to convert strength to speed in a very short time allows

HOMETOWN TAILS

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bedroom and seen a Siamese standing there. At first it was a shock, because I thought it was our cat. He sits on the roof and fence and cries plaintively. Today there was a thump on the closed bedroom window while Sam and I were reading the paper. Thinking Toby wanted in, I went to accommodate. It was "the visitor." Sam took one look and started growling. There

superfluous trappings of the typical fine dining experience that usually equate to no more than smoke and mirrors that you end up paying a lot for. Instead, this menu reflects quality ingredients, well prepared and presented in portion sizes that aren't Lilliputian in scale but aren't oversized to the point of requiring a set of luggage to take it all home to your 'doggy' in, either (ala the deceased AJ Spurs, remember that place?).

In short, if you loved Fresh Cream in the past, you still will. If you didn't love Fresh Cream in the past, you should give it another chance to show you its heart and soul which are now unmasked and apparent for all to enjoy. While Fresh Cream may have changed out of her 1980s high-hair, blue-mascara and giant shoulder-padded sequined cocktail dress, her curves are still sexy and her true beauty has come to light. Well done Mr. Chesney; you are no longer that lingering thorn in my side.

Just FYI...I welcome your opinions on my column. Also, if you are in the food service industry and would like your event, holiday menu, wine dinner or Sunday specials to be included, please feel free to e-mail me at LVRSP@aol.com. Cheers!

the golfer to swing beyond what raw strength will allow. For example, a golfer who has strong legs and can perform the free weight squat with very heavy weights over a long duration may get less distance on a golf shot compared to a weaker golfer who is able to generate a smaller amount of force but in a shorter amount of time. Basically, the more speed that can be developed during the swing, the faster the club head speed. Therefore, the plyometrically trained golfer may have a lower force output, and thus may not squat as much, but his training allows him to shorten the amount of time necessary to reach his maximum force output, which translates to more power from each muscular contraction.

In closing, the biomechanics of the golf swing require the addition of a golf specific fitness program in order to develop the necessary skills to execute a proper swing. The development of mobility, flexibility, stability, strength, and power requirements of the golf swing is best achieved through this type of program. This program should be golf specific and tailored to the individual. Also, it is important to seek out an individual who has the necessary knowledge and training specific to golf. Remember, don't play to train, train to play!

is, obviously, no love on his part, or perhaps he was announcing that this is his turf, as they play outside. Eventually he jumped out and disappeared into the hedge. It is kitty high school: little cat loves and admires big man on campus. I will fill in the gaps when I learn them.

Jane Roland is the manager of the Animal Friends Treasure Shop on Fountain and Central. She lives in Monterey with her husband John and four pets, Lilah, Brandy, Sammy and Toby. She is a member of the Pacific Grove Rotary Club.