

Town Crier: Week of March 8

By **Clara Beard** - March 8, 2024

A focus on the brain and information processing at the Susi Q this month

Kristen Maahs-Kohlberg, Associate Director of the Community Outreach team at Alzheimer's Orange County, is adamant that the food we put into our corporeal selves makes a major difference to our mental health.

"Nutrition plays a huge role in how we feel mentally, how clear our thinking is, and how sharp our focus," she said.

And there's a lot more to learn at Maahs-Kohlberg's upcoming free presentation, Brain Food: Nutrition for a Healthier Mind, which will take place at the Susi Q on Wednesday, March 20, from 2 to 3 p.m.

With the advent of AI, not to mention the morass of social media these days, the brain needs to be in good shape to process information – and recognize disinformation.

That's the focus of a special presentation, Fight "Truth" Decay: Combatting Misinformation, which will be held on Monday, March 18, from 4 to 5 p.m. at the Susi Q.

Presented by Trudy Josephson, League of Women Voters, Orange Coast, the free session will offer suggestions about ways to find accurate and ethical information, no easy task in a biased and misleading news landscape. Visit www.thesusiq.org to learn about all the classes and clubs that are available to you, and to sign up for Brain Food and Fight "Truth" Decay. To RSVP by phone, call 949-715-8105, or email christineb@thesusiq.org.

Laguna Canyon Conservancy to present Karin Vardaman

Laguna Canyon Conservancy's next program will be held via Zoom on Monday, March 11 at 7 p.m. with Karin Vardaman as our guest speaker. She has been Laguna Canyon Foundation Executive Director since Dec. 11, 2023. She will bring attendees up to date on environmental projects including animal corridors, the Sawdust Festival pollinator garden, and other issues of concern. The public is invited, but attendance is capped at 100. The Zoom link for the Monday meeting is <https://us06web.zoom.us/j/87210882742>.

Karin Vardaman has spent a lifetime exploring the open spaces around Laguna Beach. Inspired by her love for this treasured space, Karin is very excited to serve as Executive Director of Laguna Canyon Foundation. Karin's professional background includes acting as the Director for Animal Care and Operations at the Pacific Marine Mammal Center, Senior Director at the Ocean Institute, and Founder and Executive Director at Working Circle, a nationally recognized nonprofit dedicated to wild wolf conservation. One of Karin's professional accomplishments includes being listed as one of Forbes 50 over 50 women