

CIVIL DEFENSE

I was proud of the anonymous Pacifican who mounted a big banner on the Manor overpass November 29 reading “NO DEPORTATIONS.” Unfortunately, someone removed it the same day. But this raises a local concern to all fair-minded citizens. Our palindroming pal Alan Wald says that according to Wikipedia, 17 percent (or some 7,000) of Pacifica's 37,000 residents are Hispanic/Latino, with a number of them living and working here illegally (though many of them pay taxes and support our economy). Alan asks, “With the election of Donald Trump as president, isn't that an issue the City Council should address?” Very good question indeed.

SLEEPLESS NIGHTS

I don't know about you, but I have not been sleeping well since the so-called “election” of Donald J. Trump (don't ask what I think the J. stands for). Maybe I should eschew politics and journalism for the next four years so that I can get some decent sleep. Anyhow, I have been reading in various health publications that more and more doctors recommend alternatives to habit-forming sleeping pills: cognitive behavioral therapy, exercise (but not too close to bedtime), earlier and lighter evening meals, limit caffeine and alcohol at night, use the bedroom only for sleeping and sex, keep pets out of the bedroom, don't take daytime naps, maintain a consistent wake/sleep schedule seven days a week, avoid loud noises and bright lights in the bedroom, focus on pleasant images while you fall asleep, get up if you can't fall asleep easily and do something relaxing and/or boring until you get sleepy enough to go back to bed, get morning sunlight to help reset your body clock. (Suggestions in this article borrowed liberally from Laura Landro's “Staying Fit” column in the Nov. 28 Wall Street Journal.)

FAT SHAMING

Fat shaming is a terrible thing to do to another human being. A Hollywood actress recently took an unflattering picture of a septuagenarian woman in the dressing room of a gym and then posted the photo online with a snarky comment about not being able to “unsee” this image. The actress got in big legal trouble, including being banned from the gym. You probably have your own ideas for appropriate punishment for the actress, but let’s not go there. Meanwhile, still on the subject of fat, which seems appropriate after our national day of gluttony and sloth (otherwise known as Thanksgiving), our good buddy Scott McKellar is upset with Levi’s for promoting “athletic fit” and “slim fit” jeans. Scott wishes the denim designers would come up with something like “old-fart fit” or at least a comfortable size somewhat more dignified than Dad jeans. Remember that Nineties term “a skosh more room”? For all of us who have lived through the chunky, stocky, and husky phases of development, Scott’s idea would be welcome news indeed.

SWAMI SEZ

“Spellcheckers can’t cure stupid.” (Dan Stegink, Pacifica.city blog, which should be required reading for all Pacificans)

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