



Wandering & Wondering

John Maybury

RUMBLE ON HIGHWAY 1

What happens when a city's elected City Council ducks holding public hearings on a local controversy? In Pacifica, citizens hold their own hearings. Thus, some 100 people came to a public forum October 9 to hear about the proposed Highway 1 widening and to express outrage over Caltrans' controversial project, which the state transportation agency grandly labels Calera Parkway Project. No attendees at the town meeting spoke in support of highway widening, and many wanted alternatives analyzed and considered. Reflecting 200-plus citizen comments on the environmental impact report (EIR) and at scoping meetings, Pacificans clearly do not buy Caltrans' project as proposed. On Monday, October 21 from 7 to 8:30 p.m., a second public meeting at Sharp Park Library will further explore alternatives to highway widening. (This information is from PHIA press releases, edited for space and clarity; see Pacifica Riptide for more on the citizen lawsuits against the highway widening and how you can help support them.)

FULL ESTEEM AHEAD

How amazing it would be if we could cast a protective shield around us as a Harry Potter character does? In this case, it would be a psychological barrier, where no insult, criticism, or discouragement could ever touch us. According to Queendom.com and PsychTest.com research, strong self-esteem is the best form of self-preservation. People with high self-esteem, much like optimists, walk around with an aura. They speak with passion and excitement. They smile and laugh easily. Nothing seems to bring them down; in fact, it seems as if nothing bad ever happens to them. But high-self-esteem people are not hiding a secret stash of happy-go-lucky pills. The secret to their success and their ability to deal with life's ups and downs is their solid self-esteem. "When self-esteem is developed at an early age, a person is more likely to go through life's 'milestone minefields' -- like socialization, the awkwardness of puberty, major rejections, dating and breakups -- with a lot less bruising to their ego," says Dr. Ilona Jerabek, Queendom president. "This isn't to say that if you didn't get a good start in a supportive and encouraging environment, you'll never be able to develop self-esteem. You can, but it will require effort on your part to change old habits of thinking and viewing yourself. It may seem like an impossible feat, but as you can see in our data, it's well worth the effort." Her advice: Learn from — but let go of — mistakes. Don't rely on others to make you feel good. Don't compare yourself to others. Associate with people who affirm who you are. Do things for others. Practice positive affirmations.

PHONE TAX BEGONE!

Alan Wald reports that Pacifica palindrome lovers have only this to say about Election Day: VOTE, VETO V. (P.S. NO ON V ON NOV V)

SEEMS ONLY FAIR

Leal Charonnat wonders why the U.S. government doesn't just provide everyone with free cloud storage and cell phone service for all citizens. Leal says that since the NSA already taps our phones and monitors everything we do on the Internet, we shouldn't have to pay for any of it: "That's just a waste of our time and money, a duplication of effort."

SENSIBLE SENSORS

Tony (no last name given) suggests that Caltrans use its high-tech sensors and cameras along Highway 1 to monitor traffic flow and adjust signals accordingly to prevent backups. Tony says this would be a helluva lot cheaper than widening the highway.

INNER EDIROT

- "Bad Spellers, Untie" (6dollarshirts.com)
- "Dyslexics, Untie" (wall graffiti, under which someone wrote "KO")

SWAMI SEZ

Nostralgia: When a scent evokes a memory. (Camie Foust, Sunshine State correspondent)

BRAVA, LYNN ADAMS!

Congratulations to Pacifica Beach Coalition President Lynn Adams for winning the 2013 Cox Conserves Heroes Award, which she is putting to good use for Pacifica beach cleanup and habitat restoration.

HUMAN BREWERY

According to reports published in the New York Daily News and the Daily Mail (U.K.), a 61-year-old Texas man suffers from a rare disease in which his stomach turns starchy food he eats into beer. Excessive brewer's yeast in his gut ferments when he eats starch. His family thought he was sneaking alcoholic drinks and he tested at five times the legal limit for drunkenness, but the man had not touched a drop of booze. Finally, a gastroenterologist discovered the cause of the man's distress. I have no details on the patient's treatment or prognosis, but I would assume he is now following a low-starch diet. (Daily Post, September 21, forwarded by U.R. Lee)

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