



## Wandering & Wondering

John Maybury

Most of us who live here in Pacifica consider it a bit of paradise: slower pace, less traffic, nicer people, better scenery, more open space. But all this nirvana comes at a price. We have to pay for our perks and privileges. That means voting for and accepting fee and tax increases that are fair and justified. One such increase that I will gladly agree to is the one for the city aquatics program. Recent doom-and-gloom analysis of the city budget has included worst-case scenarios with service cutbacks at Brink Pool. I would rather pay more for swimming than to see reduced staff or hours. As a daily user of this fine facility, I can attest (based on discussions with staff) that the swim coaches and lifeguards are hardworking, conscientious folks who don't make nearly as much as they are really worth. Swim classes and teams are at maximum capacity and going full blast all day long, making the pool an extremely cost-effective operation, not to mention its value to the community as an engine of commerce, drawing swim tournaments to Pacifica to fill the city's motels, restaurants, and shops several times a year. I think I can speak for my fellow adult lap swimmers at Brink Pool in saying that we all would gladly pay a bit more for our pool privileges, in the spirit of shared sacrifice.

### ALAN WALD: ALANDROME

The bowlers' rally to protest the closing of Serra Bowl in Daly City inspired one Pacifica palindrome lover, who wonders: If some protesters had been arrested for inflammatory language on their bowling shirts, would we soon find a smartphone game about it?

"Arrest apparel? Wo! 'Bag-A-Bowler' app at Serra!"

### SAFE AND SECURE

Photocopy the fronts and backs of all your credit cards, driver's license, identity cards, etc. Keep this photocopy in a safe place so you have account numbers and phone numbers in case you lose your wallet or pocketbook. Ditto for your passport when traveling out of the country. If your cards are ever lost or stolen, immediately report them missing to the card issuers, then notify local police and all three national credit reporting organizations (Experian, Equifax, Trans Union), DMV, Social Security, etc. If you really want to get serious about security, do like that biker down the block who has a big old chain on his wallet.

### EAT WELL

Eating on the run, whether it's fast food or an energy bar, can wreak havoc with your digestion and your waistline, so be kind to yourself and follow these suggestions: Save half of your order and take it home for later. Avoid fried food; stick with grilled, baked, and steamed. Bulk up on veggies and fruits, which are high in fiber and nutrition. Choose leaner cuts of meat and smaller portion sizes. Watch out for hidden calories in condiments, dressings, sauces, and toppings.

Do a little research online and know what you are putting in your mouth. A big bowl of soup for dinner is filling, and you won't eat as much high-calorie food. Instead of supersizing, get the kid size or an appetizer. Whatever you eat should make you feel good, not sick.

### PIRATE LAW #40

A pirate must never visit a tanning salon. If he is not already tan enough from searching for hidden treasure or pillaging and plundering bounty on the high seas, then he hasn't been working hard enough.

### GREENING THE GARDENERS

Kudos to the gardeners at Creekside Townhouses in Linda Mar, who recently switched to quieter, more fuel-efficient leaf blowers after a campaign by residents for more environmentally friendly equipment. Mother Nature celebrated the conversion by scattering more leaves on the ground as soon as the gardeners left for the day. Oh well, you can't win 'em all.

### SWAMI SEZ

"One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors." (Plato)

### MAYBURRITOVILLE

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