

FIGHTING FAIR

- Watch your timing.** Don't start an argument just before bedtime or going out somewhere. Arguing in front of other people, especially children, is always a bad idea.
- Stay focused and solve one problem at a time.** Bringing up multiple issues at once can result in an overwhelmingly long, exhausting fight.
- Find common ground.** Begin by pointing out things you can agree on. This creates a working atmosphere that focuses on a shared goal.
- Tell your partner exactly what is on your mind.** Be clear about why you're upset, otherwise you'll never solve the real issue.
- Do not attack your partner's character.** Instead, discuss specific behaviors and how you feel about them. Character traits are hard to change, but specific behaviors can be modified.
- Take a break.** When you get upset, take a timeout. This will help cool down tempers and give both parties time to reflect on what has already been discussed.
- Some issues can't be solved in just one argument.** If you encounter a complex issue, the topic will have to be addressed again and again. If no progress is made or you're going in circles, consult a professional who can help guide you. (Source: Queendom.com, PsychTests.com)

THE KIDS ARE ALL RIGHT

Most parents have a hard time figuring out what makes their kids tick, but imagine how hard it is for a nonparent like me. So I turn to the “honest media” (take that, Donald Trump!) for answers. For instance, a new fad among American schoolgirls is making and sharing slime (made with hand lotion, glue, laundry detergent, food coloring, and glitter, among other things). Believe it or not, this phenomenon was a front-page feature in the Feb. 21 Wall Street Journal. The other teen “thing” I learned about from the same issue of the newspaper is the widespread popularity of video chat for hanging out at home (aka “live chilling”), using apps like Houseparty, Kik, Facebook Messenger, Fam, Tribe, Airtime, and ooVoo.

LEAKY SHIP OF STATE

The Trump administration has more leaks than the Titanic. Fearful White House staffers are so paranoid about being spied on electronically that they use a messaging app called Confide that erases text and email messages as soon as they are read.

GROSS GRUB

Some ballparks go overboard trying to appeal to baseball fans' fickle appetites. Turner Field in Atlanta sells a burgerizza, a 20-ounce beef patty with bacon and five slices of cheddar cheese between two 8-inch pepperoni pizzas. Globe Life Park in Arlington, Texas offers a Sweet Spot Cotton Candy Dog, a hot dog with

cotton-candy-infused mustard and puffs of cotton candy on top. Wrigley Field in Chicago serves Buffalo Chicken Waffle Fries, a fried chicken breast with hot sauce over waffle fries covered with soft Chihuahua cheese and blue-cheese crumbles. The West Michigan Whitecaps (Detroit Tigers minor-league affiliate) sell deep-fried peanut butter and jelly sandwiches coated with crushed Doritos. (Sources: Men's Health magazine, July/August 2016; San Francisco Chronicle, Feb. 24, 2017)

SWAMI SEZ

Scott McKellar likes wordplay. Examples: Everyone is born pre-mature. Former big-rig truck drivers are semi-retired. There is never always.

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