

## Wandering and Wondering

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### DEVIL'S SLIDE TRAIL OPENING

Is everyone in town chomping at the bit to get up on that gorgeous new trail and scenic overlook at Devil's Slide? Lace up your hiking boots and get your bike out of mothballs. Plan to use SamTrans buses and Devil's Slide Ride shuttles to get up and down the hill, because parking up there will be very limited. I have heard that the new county park may open March 27, but with all such things, expect possible delays. See you at The Slide soon, I hope.

### BREAKERS OPENS @ ROCKAWAY

Larry Rosenstein posted on Pacifica Riptide that the new Breakers breakfast/lunch place is open in Rockaway (in the former Acapulco Restaurant space across from Nick's). "The place has a very large menu and it looks like a nice addition," Larry wrote. Open daily from 6:30 a.m. to 4 p.m. See menus, etc. at [ILoveBreakers.com](http://ILoveBreakers.com). And follow the amusing comments about Breakers on [PacificaRiptide.com](http://PacificaRiptide.com).

### EL NINO RETURNS?

The National Weather Service advises (with about 50 percent confidence) that El Nino may return this summer or fall. A strong El Nino could put a lot of precipitation back in the picture for California, but this is not yet 100 percent sure. Meanwhile, keep taking shorter showers and in general don't waste water anytime or anywhere. The water you save now means more water for everyone this summer when it really matters, for example, in firefighting.

### TIME RUNS OUT FOR CLOCK TOWER

The Rockaway Beach clock tower building is going to trustee sale April 15 at the San Mateo County Government Center in Redwood City.

### GO BANANAS

Bananas are a traditional favorite on Mardi Gras (Fat Tuesday), which was celebrated just last week. Bananas are probably Americans' favorite fruit, and no wonder: Their mildness aids digestion. Their high potassium protects against leg cramps. Their calcium builds strong bones. They help regulate blood sugar after a physical workout. Their high antioxidants may protect against cancer. Their vitamin B6 protects against type 2 diabetes and boosts the nervous system and white blood cell production. Their high fiber helps with elimination and fights heart disease. They provide an instant energy boost. Not only that, but banana slices taste great on peanut butter sandwiches and breakfast cereal. Bananas are also very popular on the Internet. If you look around online, you will find claims that bananas are good for depression, PMS, anemia, high blood pressure, hangovers, constipation, morning sickness, mosquito bites, obesity, ulcers, stress, seasonal affective disorder (SAD), smoking, stroke, and warts. I cannot personally vouch for all of these health claims, but I can assure you that you can't get high from smoking banana peels. Sorry, folks, the Sixties really are over.

## WANDERING & WONDERING ONLINE

Downloadable/printable PDFs of my weekly "Wandering and Wondering" columns from the Pacifica Tribune are posted on [PacificaRiptide.com](http://PacificaRiptide.com). Just scroll down the right sidebar to Categories and click WANDERING AND WONDERING. The current week's column also is posted each week and archived (searchable) at [mercurynews.com/pacifica](http://mercurynews.com/pacifica).

## CUSTOMER DISSERVICE

One of the worst developments in social etiquette (or lack thereof) has now cropped up in business and professional conduct. Alas, especially among younger service representatives in all industries, it is apparently now seen as okay to NOT acknowledge receipt of (or to return) phone and email inquiries. The code now seems to be that you the customers have to keep calling or emailing to get an answer. I have found that even when you complain to the so-called service reps about their not acknowledging your calls or emails, they merely apologize without saying why they didn't get back to you and without promising never to be that rude again. It's a shame in this money-mad and deadline-driven society to lose any of our dwindling supply of social graces and niceties. These old customs may seem quaint and unimportant to some folks, but they are the little courtesies that make life more bearable for everyone and soften some of the hard edges of our capitalist culture.

## ALANDROME: PI IN THE SKY

Alan Wald reports: To commemorate "Pi (3.14) Day" on March 14 (3/14), a palindrome-loving Pacifica chef prepared an exotic chowder (or distinctive surf-and-turf) recipe: "I pot cod, nag, and octo-pi."

## SITeseER

- Saving Bay Area natural resources: [thewatershedproject.org](http://thewatershedproject.org)
- Poppy's Crab Shack Cookbook: search [kickstarter.com](http://kickstarter.com)
- Submit your worst puns: [bizarrocomics.com](http://bizarrocomics.com)

## SWAMI SEZ

"Try to be as nice a person as your dog thinks you are." (Kay Niner)

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