

PENCIL POWER

Students who take lecture notes by hand outperform those who type notes on electronic devices, according to several recent university studies. Perhaps that's why Apple has released a \$99 stylus called Apple Pencil for writing and drawing on iPads. But the really surprising news is that sales of good old-fashioned wooden pencils are booming: 15 percent increase last year to \$560.1 million, according to research data from NPD Group. The liveliest segment of the pencil market is color pencils (48 percent increase last year to \$166 million), which NPD attributes to the adult coloring-book craze. NPD says that 1 in 10 American adults has a coloring book. In response, Apple now offers an iPad app called Pigment, a digital tool that works like a set of color pencils. (Source: "The Pencil Strikes Back," Barron's magazine, April 2)

EQUUS FERUS CABALLUS

ASPCA Help a Horse Day 2016 is on Saturday, April 23. Equine rescues, sanctuaries, and animal shelters across the nation are gearing up to celebrate throughout the weekend of April 23-24. The Double J Ranch, a local shelter in Montara, hosts an open house on the 23rd at 1 p.m. by reservation. Reserve a spot by calling Joe Sarasua at 650-451-6424 or emailing him at backahorse@hotmail.com. You will be able to get up close and personal with the horses. Learn more about the ranch at supportahorse.org. Support is critical to the work that equine rescue groups do. Help a Horse Day is

the perfect time to recognize their hard work and perseverance day in and day out, serving as safety nets for those animals that have been starved, abused, or abandoned. You can attend an event, volunteer for a one-time workday, send a donation, sponsor a horse, or purchase an item from the organization's wish list.

JUST SAY NO

If you're not proud of it, don't serve it. If you can't do a good job, don't take it on. If it's going to distract you from the work that truly matters, pass. If you don't know why they want you to do this, ask. If you need to hide it from your mom, reconsider. If it benefits you but not the people you care about, decline. If you're going along with the crowd, that's not enough. If it creates a habit that costs you in the long run, don't start. If it doesn't move you forward, hesitate, then walk away. If you're going to say no, do it now. "Maybe" is not fair to the asker. If you're saying yes out of fear of offending the asker, say no; you'll grow stronger. If you're unsure, sleep on it, then say no in the morning. (Author Seth Godin shared this list of "Just Say No" rules with blogger Kevin Rose, who added the last three rules when he published the list on his blog. Google Kevin Rose to see what else he is up to online.)

SWAMI SEZ

"Write drunk. Edit sober." (Ernest Hemingway)

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