

GARDEN INVADERS

Scott McKellar of the semi-mythical land of Linda Mar Heights has a deer problem. The cute little critters are eating Scott's flowers and vegetables, but being a peace-loving Pacifian, Scott does not wish to do harm to his plants or his furry visitors. Do you have a humane solution?

I LOVE FAN MAIL

Hi, John, I just finished reading your column of April 6, and I feel compelled to tell you that it is your best column yet! I always enjoy your column, finding it both amusing and educational. "Warning Signs" should be a must-read for all, but your description of the Nevada desert in "Agoraphilia" is pure poetry. It made me want to fill up my gas tank and GO there! Truer words were never spoken than those in "Swami Sez." Thanks for making my morning peachy-keen! (Claudia Vilagi)

DID I SAY I LOVE FAN MAIL?

Hi, John, I'm a longtime reader of the Trib and your column. You hit a double today. As a student of mid-20th-century history, I'm completely and uncomfortably aware of all the warning signs you quoted, but was unaware of the Lawrence Britt article. No doubt the Germans, Italians, Russians, and all the others thought "that can't happen here." As so many here in the U.S. no doubt think now. A book you might find enlightening is Erik Larsen's "In the Garden of the Beast," a true and chilling "you are there" account of Germany in 1936-7.

Also, Highway 50 through Nevada is my favorite drive in all the U.S. So much nothing there. Probably more nothing in 1990, the last time I took the truck and went desert-rattin'. I brought back a chunk of gold quartz from under the stamp mill in Austin, now a proud decoration on my deck here in Pacifica. The late lamented Spencer's Hot Springs outside Austin, a ruin the last time I was there. Although you can't really ruin the mud hole. (Dave Hirzel)

DOWNSIDE OF MODERATION

Despite its broad scope, the old adage “everything in moderation” doesn’t apply to all situations. For instance, poison in moderation probably isn’t a good idea. But turns out that “everything in moderation” might not be good advice when it comes to eating either. In fact, shooting for “moderation” might actually be causing people to eat more. A new study from researchers at the University of Georgia and Duke University asked people how they define moderation. Interestingly, the answer seems to be, however the hell they want. In three separate experiments, a majority of the subjects repeatedly chose moderation to mean more than what’s recommended – essentially defining “moderate” eating as more than “proper” eating. “[The] results suggest that the endorsement of moderation messages allows for a wide range of interpretations of moderate consumption,” the study said. “Thus, we conclude that moderation messages are unlikely to be

effective messages for helping people maintain or lose weight." (Source: ScienceDirect.com)

SWAMI SEZ

"If I'd have known I'd live this long, I'd have taken better care of myself." (George Burns)

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