

POPSICLES AND HAMMOCKS

Summer must be coming, because my inbox is filling up with stories and ads for Popsicles with alcohol from companies like Aldi and Gianni: frozen gin and tonic, peach bellini, watermelon margarita. (Or create your own flavors and pop 'em in the freezer!) Sounds like a pleasant way to chill in your hammock. And speaking of hammocks, there's a whole new line of hammock tents and hammock sleeping bags for those who like to sleep high off the ground and far away from bugs, snakes, frost, and floods.

POWER AND VALUES

You can learn much about people based on what they value. People who prioritize money above all else, for example, may find that their relationships fall by the wayside. Those who value power may find themselves spending most of their time obsessing about keeping and extending that power. Analyzing data from 1,088 people who took their Values Profile tests, researchers at Canadian firm PsychTests/Queendom focused on these top-performer values:

- **Hard Work:** They put a great deal of effort into everything they do, and may often go above and beyond the call of duty. They don't shy away from demanding tasks or workloads.
- **Empathy:** They recognize the importance of showing compassion to those in need, and adopting a cooperative attitude. They strive to understand other people's perspectives.
- **Acceptance and Belonging:** They enjoy being a part of a team and working with others toward a common cause.
- **Family and Friends:** They treasure their relationships, and derive a great deal of joy from being surrounded by those they care about. They work hard to maintain and improve their relationships with others.
- **Altruism:** They show concern for the needs of others and desire to extend their assistance. They consider it essential to create an atmosphere (and a world) based on mutual respect, harmony, and giving rather than receiving.

- Stability:** They thrive on structure and advance planning. They seek job stability and financial security, and are unlikely to take reckless risks with their money or their future.
- Ethics and Morals:** They consider it essential to live their lives according to a set of principles. They follow their conscience, even if they find themselves in situations where they could easily get away with a dishonest act.
- Innovation:** They believe it is important for the world to continue to progress and advance new theories, ideas, and inventions. They don't necessarily believe in change for the sake of change, but recognize that sticking to the status quo isn't always prudent or efficient.
- Community:** They are either heavily involved in community service or seek out jobs/companies where they can give back in some way. Individuals with community values are more likely to speak out against injustice and/or be the first to come to the aid of victims of a tragedy.

SWAMI SEZ

"I hate people who use big words to make themselves look perspicacious."
(painted in big letters on a van parked alongside Highway 1 at Montara State Beach)

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