

NO STOPLIGHT AT GRAY WHALE COVE

Locals are pushing for a pedestrian underpass instead of a stoplight at Gray Whale Cove (just south of Devil's Slide Tunnels), where a busy parking lot on the east side of Highway 1 creates a constant danger to beachgoers crossing the heavily traveled coastal highway to get to and from the steep path down to the popular beach, including the clothing-optional north end.

HOT PANTS

When he read in the news that a gang of women thieves were stealing clothing at Lululemon stores around the Bay Area, our resident palindromist Alan Wald (no fan of yoga pants) cabled us that the crime wave had spread to The 49th State: "Palindrome-loving thieves in Alaska targeted one particular branch store: Nome Lululemon."

WATERMELON SKIING

In Chinchilla, the "Melon Capital of Australia," watermelon skis take center stage at the biennial Melon Festival. Watermelon skiing takes place on a long tarp strewn with smashed melons. Festival-goers who want to try their luck gear up with a helmet before slipping each foot into a cut-out watermelon. Holding on to a thick rope, skiers struggle to maintain their balance while they are pulled across the slippery surface by volunteers. With most attempts ending in an early belly flop, the event is as messy as it is fun. As the producer of about a quarter of Australia's watermelons, Chinchilla is proud of this agriculture-honoring tradition. And even if watermelon skiing doesn't get your juices flowing, the festival offers a number of other entertaining melon experiences, including a melon dash, a pip-spitting contest, and, of course, all the watermelon you can eat. The next melon festival will be in February of 2019. (Source: Atlas Obscura)

ARE YOU LOVABLE?

They are three seemingly simplistic words: "I deserve love." Yet there are people who can't bring themselves to believe those words, let alone say them, and this in itself speaks volumes about their character. Those who believe they are unworthy of love are not being modest, stoic, or poetic; they are denying themselves a fundamental need that all humans crave. Moreover, according to research from PsychTests, the belief that one is undeserving of love can have a significantly negative impact on a person's well-being. "When you watch how babies interact, it's not hard to see that they have an inherent sense of their own value," explains Dr. Ilona Jerabek president of PsychTests.

“When they cry, there is no doubt in their minds that they will be comforted. When they are happy, they expect nothing less than for others to share in their bliss. In essence, we are born with an inherent understanding that we deserve love. Unfortunately, this assumption gets eroded in some of us. If we don’t receive the unconditional love and support we need from our parents as we grow, we begin to believe that love is conditional, depending on things like good grades, good performance in sports, unquestionable obedience, etc. Believing that we deserve love begins with one crucial factor: a healthy degree of self-love and a strong sense of self-worth.” (Source: PsychTests)

GRAMMARJAMMER

Two quotation marks walk into a “bar.”

SWAMI SEZ

“Some people cause happiness wherever they go; others whenever they go.”
(Swami Umami)

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