



Wandering & Wondering

John Maybury

PACIFICA WILDLIFE

I read your 7/23/2014 column with the input from a reader about coyotes, and had to chuckle. As with most everything, life and times are subject to perceptions, experiences, and subsequent beliefs and opinions, each of which is typically mutually exclusive, and that is what makes life so wonderful, as well as so perplexing. Our kitchen window looks to the northern scenic hills on Big Bend Drive in Park Pacifica. Midafternoon, I thought I saw an adolescent German shepherd dog dashing away through hillside bramble. In pursuit of the canine was a doe leaping over bushes and bounding over rocks. Incredible! I recognized the doe, whom we have nicknamed Momma Blind-Eye. She and her fawn sometimes pass through our yard. Momma was relentless in her chase. But it was not a dog she was chasing but a fleeing coyote. It was nature at its finest, and a gift to witness firsthand. Some complain that coyotes are a problem, just as some whine about deer. Others harp that people and urban sprawl are the real problems. What is the problem? Keep the cat inside, and don't leave pet food outside. Secure the garbage lids, and don't feed wildlife. Aside, there is no problem; it is the beauty of nature. Enjoy! (name withheld by request)

NATURAL WORLD

"Something will have gone out of us as a people if we ever let the remaining wilderness be destroyed; if we permit the last virgin forests to be turned into comic books and plastic cigarette cases; if we drive the few remaining members of the wild species into zoos or to extinction; if we pollute the last clean air, dirty the last clean streams, and push our paved roads through the last of the silence; so that never again will Americans be free

in their own country from the noise, the exhausts, or the stinks of human and automotive waste." (Wallace Stegner)

THE HOW OF HAPPINESS

University of California-Riverside psychology professor Sonja Lyubomirsky in her book "The How of Happiness: A New Scientific Approach to Getting the Life You Want" details what makes happy people: They devote time to family and friends, nurturing and enjoying those relationships. They are comfortable expressing gratitude for all they have. They are often the first to offer helping hands to coworkers and passersby. They practice optimism when imagining their futures. They savor life's pleasures and try to live in the present moment. They make physical exercise a regular habit. They are committed to lifelong goals and ambitions. They may have their share of stress, crisis, and tragedy, but their secret weapon is the poise and strength they show in coping with challenges.

SWAMI SEZ

"What will a person gain by winning the whole world at the cost of his or her true self." (Matthew 16:27)

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