

ENVIRONMENTAL GRIEF

Scientific American magazine (July 21, 2016) says “environmental grief” has a chilling effect on our fighting spirit, our resolve to save the planet from climate change. Sierra Club’s “Green Life” e-newsletter agrees that “environmental grief certainly takes its toll on those of us who value wildlife and a stable climate. But the good news is there’s also plenty of evidence to show that eco-consciousness can be fantastic for our mental health.” Minimizing our carbon footprint and spending time in the outdoors can improve our emotional well-being, according to psychologists, because being an eco-warrior makes us part of something meaningful. Who knew? Recycling and composting are good for the soul. And being connected to nature helps us overcome isolation, loneliness, depression, alienation, and existential anxiety. Hug a tree. Breathe clean air. Take a walk outdoors. Get off the treadmill and smartphone. Observe what’s going on in the ocean and up in the hills. Doing these kinds of things makes us healthier physically and mentally. Go a little deeper by googling “neuroscience of mindfulness.”

CLEAN UP PACIFICA

“I want to bring two things to your attention. One is the weeds and a small tree growing on the center divide of Sharp Park Road. I talked to Caltrans about it and they told me that it’s the City of Pacifica’s problem. The second thing is the sand and garbage that accumulates along the trails and walkways in Rockaway Beach. The statue on the beach side of the hotel has had sand there since last year’s rain. I talked

to the city about it to no avail. At Fog Fest, I talked to the Chamber of Commerce and they said they also have talked to the city about it and their reply was that an ordinance forbids them to clean it. They do sweep the path leading to the statue, which should be done once a week but is not. All it would take is to have the street sweeper drive around it. That area gets more out-of-towners than any other part of Pacifica. There are three hotels, four restaurants, and many small businesses. More tax dollars are generated in this area than any other part of Pacifica, and you would think the city would recognize that or at least pretend they're proud of the city. Beautiful Pacifica it is not in Rockaway Beach." (Edward Barber)

THE ROAD LESS TRAVELED

"I think I may have found a better public transit method than BART to Civic Center/Downtown/Embarcadero. I drove Skyline to 45th and Sloat near the Great Highway (think Doggie Diner on the north side of the zoo). It's the terminus of the L Taraval streetcar. No traffic ever, and plenty of unlimited street parking. A train every 10 minutes. Travels through the West Portal tunnel and arrives downtown in 30 minutes from zoo departure. Smooth ride. Fare: \$2.50, \$1 for seniors." (Alan Wald)

SWAMI SEZ

"A man who is good enough to shed his blood for his country is good enough to be given a square deal afterwards."
(Theodore Roosevelt)

MAYBURRITOVILLE

- Email: Mayburrito@Goofbuster.com
- Blog: PacificaRiptide.com
- Copy Editor: Goofbuster.com