

While The Cat's Away

Whenever we have to go out of town on a long trip, our feline friend Sadie “likes” to board at Donna’s “While the Cat’s Away” on Highway 1 between Fassler and Reina del Mar. Donna is a true cat lover, and she runs a clean, quiet, spacious cat hostel. We highly recommend her. And Sadie gives her two paws up.

Buying Sharp Park Golf Course

Bill Silverfarb of the San Mateo County Times reported November 3 that the county is exploring whether to buy Sharp Park Golf Course from its current owner, The City and County of San Francisco. We don’t know how the red-legged frogs and San Francisco garter snakes feel about this, but we would like to hear what the golfers think.

Misophonia

Here’s a new phobia for you: misophonia, or extreme aversion to specific noises like chewing, lip-smacking, foot-tapping, sniffing, and pen-clicking. You could probably think of a few more pet-peeve sounds of your own to add to this list. Most people can tolerate a certain amount of annoying noise, but when you are misophonic, it can wreck a relationship or drive you (and your partner) stark raving mad. I know I can’t stand the sound of people chewing popcorn and opening loud candy wrappers in a movie theater, especially when they are sitting right behind me. According to an October 20 piece in the Wall Street Journal on this topic, many misophonics and their mates have to seek therapy to deal with their hypersensitivity (or insensitivity) to certain sounds. When it gets this bad, that desert island starts to look pretty good.

The Big 5

“Achieving self-actualization has always been the goal of an elite few, with even fewer actually attaining it. Most people would gladly settle for straight-up happiness, mixed in with a little financial prosperity. So what is the ever-elusive key to living a relatively happy life that self-improvement gurus are constantly searching for? Why is it that some people are able to walk around with a perpetual grin on their face and song in their heart while others struggle to find a reason to live? The answer is personality. Specifically, five personality traits that, if developed and nurtured, can change a person’s life for the better. Collecting data from 3,781 people, PsychTests’ study reveals that cultivating Emotional Stability, Open-mindedness, Agreeableness, Conscientiousness and, to some degree, Extroversion, can yield several benefits. The researchers compared those who score high on all of the Big 5 personality traits with those who score low on all of the Big 5 traits (people who are disagreeable, neurotic, introverted, careless, and close-minded). Says Dr. Ilona Jerabek, president of PsychTests, “These attributes have been linked to academic and professional success, the ability to cope with stress, and even happier marriages.”

Swami Sez

“The art of life is to know how to enjoy a little and to endure much.” (William Hazlitt, Commonplaces No. 1)

Mayburritoville

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