

### **Charity Begins at the Bottom**

In a recent study reported by the Wall Street Journal, preschool kids from wealthier families were found to be less charitable than poorer kids, and interestingly, the more altruistic kids benefitted physically and mentally. UC Davis researchers who performed this study discovered a hidden advantage of generosity: Lower-income kids showed greater vagus nerve activity, which is linked to lower risk for heart disease, high blood pressure, diabetes, depression, and anxiety. I don't know about you, but I have always found this connection to be true even in adults: The more generous ones either are poorer (or used to be), so they understand how tough it is.

### **Save Shorebirds: Leash Your Dog**

Sanderlings at Pacifica State Beach in Linda Mar have just arrived from the Arctic tundra, where they breed during the summer. Desperately tired and hungry after their 2,000-mile journey, they settle on the sand and follow the waves in and out, digging for sand crabs that make up most of their diet. Any off-leash dog chasing them relentlessly cuts down on their chances for survival. To help reverse the serious decline in shorebird populations, we humans can extend our seasonal goodwill to all species sharing the beach with us, and let them rest and feed in peace. (Margaret Goodale on PacificaRiptide.com)

### **Where Is Manor Post Office?**

I wonder if the City of Pacifica would do Pacificans a favor by nudging the U.S. Postal Service to repair the Manor post office, which has been closed for repairs for more than two months. The easily overlooked van is sometimes open for business. Patrons have to wait in the winter weather wind and rain to do business there. The hours of the van are not posted, and even a postal employee didn't know the hours when I asked. The van was closed four days in a row last month. After three attempts to mail my packages there, I gave up on the van and mailed them from Daly City. The postal service has given no indication when or whether the building will be repaired and open for business again. (Bill Collins on PacificaRiptide.com)

### **Nearly Extinct Rhinoceros**

Did you know that only three northern white rhinos are left in the world?

The three survivors of this endangered subspecies (one male and two females) live in a Kenyan wildlife conservancy. Their continued survival depends on in vitro fertilization and stem cell technology. (Earthweek.com)

### **Innie or Outie**

Extroverts are outgoing, approachable, and thrive in positions where they work on a team or with the public. Introverts are revered for their ability to quiet their mind, focus, and tackle problems on their own. Dr. Ilona Jerabek, president of PsychTests, says, "A common misconception is that introverts tend to be socially awkward. An introvert can have outstanding social skills and magnetic personality, just as an extrovert may crave social contact but lack people skills." (Queendom.com)

### **Swami Sez**

"Balloonists have an unsurpassed view of the scenery, but there is always the possibility that it may collide with them." (H.L. Mencken)

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