

Alandrome 1: Will REI Save Our Pier?

Fortunately, the outdoor recreation equipment store REI may offer to repair Pacifica's collapsing pier, say palindrome lovers: "Put it up, REI -- Pacifica pier, put it up!" (Alan Wald)

Alandrome 2: Is Oceana Green?

Oceana Market in Eureka Square is nature-friendly, say Pacifica palindrome lovers: Oceana Eco! (Alan Wald)

Restart 2016

The start of a new year is always a good time to reassess the successes and failures of the year before, and set an objective to achieve in the year to come. It could be a resolution to lose weight, pursue that dream job, break a bad habit, or otherwise strive for self-improvement. But why do some resolutions set in January not survive to March? A study conducted by Queendom.com's PsychTest researchers reveals that goal-setters are optimistic and confident, always manage to find a solution, constantly strive to learn new things and set more challenging objectives, are happier because their life has meaning and purpose, tend to hope for and expect the best, even see failure as a lesson learned, are not afraid to embrace the vulnerability that comes with being human, are conscious of their strengths but willing to accept that they have room to grow, take concrete steps to either improve or compensate for

their weaker points, are conscientious and determined, do not rely on others to push them to achieve or to determine which path they should take in life, and are decisive, self-reliant, and resourceful.

From My Inbox

- “Hey, John, I was so impressed with your Christmas column (“Let’s Get Real,” December 9) that I just had to say, aside from you being the usual voice of reason, you truly nailed the subject. You made every word seem like it was coming from my own repressed holiday thoughts. I, too, like many of my friends who echo the same gripes, feel like the Christmas advertising push comes way too early. Every other commercial is tugging at our heartstrings with the prospect of buying a new car. Really? Last time I checked, after the Xmas beatdown, my wallet had no game for a spiffy new car. Insane media-driven marketing! No pun intended. If this is progress, leave me out of it. Bah humbug. I love Christmas of yore and I try as hard as I can to keep those values going in my family as well as my neighborhood. Keep going strong, John.” (Rick Bauman)

- “I couldn’t agree more with your column about the \$\$\$\$ of Christmas. The Greed Squad has also managed to spoil the one holiday that was least touched by commercialism — Thanksgiving. I don’t know if they still adhere to the tradition, but I grew up near Seattle and the first Nordstrom’s, when it was just a shoe store. (Mr. Nordstrom used to fit my shoes in the 1940s.) They

decorated the store on Thanksgiving, so when the doors opened (at a normal hour on Friday!), it was transformed into Christmas. Probably ruined Thanksgiving for the store's display department, but what a nice tradition." (Judith Taylor)

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