

## Wandering and Wondering

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Posted:

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### 911: NO FALSE ALARMS

Beau Belanger from "Creekside Residents" on [NextDoor.com](http://NextDoor.com), a neighborhood blog for Rockaway Beach: "I'm a CG helo pilot here at air station San Fran and live in the area. I was actually surfing in Rockaway during the whole mess. I never saw anyone in danger, there was one guy that was struggling on the north side but he made it back to shore. The helo was required to search even though there was no missing person reported as per our procedures. The final report was concluded that there was no surfer in distress since there were no reported missing persons several days following the event. We get many cases of good SAMs that think a surfer, winder surfer, etc. is in distress, but in reality they may be simply struggling a bit but are still in control of their situation. Tourists or people that don't do water sports don't understand that a surfer getting battered by waves is simply duck diving and trying to paddle out. Please keep this in mind and spread the word to only call 911 if it looks like the surfer is really in distress because it decreases our units available response hours if we are flying on cases with no definitive missing persons (false cases). Thanks!"

### SLOW-NEWS DAY

The front page of the San Francisco Chronicle (December 30) had four feature stories (breast milk, foster children, teachers' high rents, hard-luck tale about an athlete) and not one single hard-news story. I thought that features went inside, and the front page was just for news. I wrote a letter to the editor about this. Do you think they will run it?

### FIGHT FATIGUE

Women take longer than men to recover from arguments with their spouses/partners, due to estrogen-related release of the stress hormone cortisol. Thus, women may obsess, stay awake, and worry about fights longer than men do, according to cardiologist Marianne Legato, M.D., founder of Gender-Specific Medicine at Columbia University Medical School, New York.

### GOOD COMMUNICATION

In a lifetime of making up or breaking up in relationships with spouses/partners, many of us end up trying to figure it all out either in therapy or by reading psychology and self-help books. I recently read an advice column that seemed to sum it all up in three simple sentences: Don't think about what you are going to say next while the other person is still talking. Ask questions and listen to the answers, but don't give advice unless asked to. Stay calm so the other person feels safe in sharing emotions.

### LIBRARY OFFERS FREE E-MUSIC DOWNLOADS

Along with many public libraries nationwide, San Mateo County Library (including Pacifica's Sharp Park and Sanchez branches) offers free e-music downloads. Library cardholders can get their favorite music on smartphones, tablets, and computers. More than 6 million song titles are available, including Sony Music's catalog of legendary artists. The collection includes music from 28,000 labels, originating from more than

85 countries. There is no software to download, and no digital rights management (DRM) restrictions. E-music is available 24/7 at [smcl.org](http://smcl.org). Best of all, there are no due dates. E-music is easily listened to on most electronic devices. Powered by Freegal, San Mateo County Library's e-music site has intuitive navigation with the ability to search by album, artist/composer, song, or video. Once customers log in with their library card, they can download up to three songs a week, or download one video and one song a week to a device--and the songs are theirs to keep until they choose to delete them. Customers can also stream entire albums, up to three hours of commercial free streaming per day.

## COUNTY FINANCIAL REPORT

Controller Bob Adler details the financial health of San Mateo County in the Popular Annual Financial Report (PAFR). PAFR examines the fiscal year ended June 30, 2013, and provides a look at future challenges and opportunities. To get the report online, just google San Mateo County PAFR.

## CAN'T GET NO SATISFACTION?

[Queendom.com](http://Queendom.com) survey results on life satisfaction:

- Satisfaction increases with age, particularly satisfaction with one's body. Older age groups are also more resilient, have a more positive outlook, and are less likely to dwell on issues that bother them.
- Satisfaction increases as socioeconomic status increases.
- Married people are more satisfied with their life compared to single people, with the latter being more pessimistic and more likely to dwell on problems.
- People who engage in religious or spiritual practices are slightly more satisfied than people who don't.
- People with children are more satisfied with their life than people who don't, although their sense of fun and pleasure is slightly lower.

## SITeseer

- Give and get free stuff: [freecycle.com](http://freecycle.com), [yerdle.com](http://yerdle.com)
- Household products to save money, avoid toxins: [mindbodygreen.com](http://mindbodygreen.com)

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