

## Wandering and Wondering

By John Maybury *Pacifica Tribune San Jose Mercury News*

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### EVERYONE, PLEASE SLOW DOWN

I was sickened to hear about the Recology driver being hit by a car while making his rounds in Pacifica. Recology general manager Chris Porter says: "Please stress the importance of driving the speed limit. There seems to be lots of speeding, especially in the Fairmont area (Gateway), with people feeling they are near the highway so they can drive those speeds. Everyone knows what day garbage day is in their neighborhood. Please respect the job they are doing for you and slow down when you go by the truck. A small hello, especially during this time, would go a long way with my guys during this sad time."

### CITY COMMUNICATIONS PLAN

As we ponder the meaning of Measure V's recent 2-1 defeat at the polls, in which the City of Pacifica seems to have been grossly out of touch with reality and public sentiment, despite spending thousands of our taxpayer dollars on outside consultants, consider this oddly written new document that just turned up on the city website: City Communications Plan. It's seems a bit ironic that a City Council subcommittee and a citizens focus group produced so many ideas for community outreach, and yet in the wake of an election loss that apparently caught them all by surprise, their long lists of bullet points could have been reduced to a few simple words: LISTEN TO THE PEOPLE.

### TAKE IT AWAY

The English language has at least one nine-letter word that remains a word as each of its letters is successively removed, right down to a single letter. That word is startling. And by a process of elimination, you get starting, staring, string, sting, sing, sin, in, I.

### GOOD DRUGS, BAD DRUGS

Prescription and over-the-counter drugs can work in good ways to relieve pain, battle infections, and treat health conditions. But if not taken properly, or combined with the wrong supplements without checking with your doctor first, these drugs can become less effective and even cause unwanted side effects. It's good to take an active role in your own health care, but make sure all of your doctors know all of the prescription and OTC drugs, vitamins, minerals, and supplements you take, and any previous negative reactions or side effects you might have had. Your pharmacist also can help you keep track of your prescription history, and check to see if you are at risk for any drug reactions or allergies. (Source: U.S. Food and Drug Administration)

### KEEP IT SIMPLE, STUPID (KISS)

"Clutter is the laborious phrase which has pushed out the short word that means the same thing. These locutions are a drag on energy and momentum. ...The clear writer is a person clear-headed enough to see this stuff for what it is: fuzz." (William Zinsser, "On Writing Well")

### GREEN FOR THE HOLIDAYS

While we all give thanks for what we have this holiday season, let's take a look around us and see how we can live greener lives to help fight climate change (Bob Larsen, you can stop reading now): Get a PG&E home energy audit. Insulate your house, windows, doors, hot-water heater, etc. Walk, bike, carpool, use transit, and do whatever you can to get better mileage when you do drive your car. Reduce, reuse, and recycle. Plant drought-resistant trees and flowers in your yard. Use energy-efficient appliances. Be informed about environmental issues. Track your elected representatives' voting records and communicate your environmental concerns to them.

SWAMI SEZ

"You're never too old to learn something stupid."

MAYBURRITOVILLE

Email: [mayburrito@goofbuster.com](mailto:mayburrito@goofbuster.com)

Blog: [PacificaRiptide.com](http://PacificaRiptide.com)

Editor: [Goofbuster.com](http://Goofbuster.com)