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Why A Clean Beach Matters

Keeping our land clean has far reaching environmental benefits.

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It's amazing how truly connected we are to the ocean here in Pacifica. At times, it's easy to take it for granted as a picturesque vista for our enjoyment. When you think about it, however, the immeasurable impact that the ocean has on our lives is difficult to describe.

We live at the intersection of two vast ecosystems. The Pacific Ocean: peaceful, serene, and majestic, is deeply intertwined into every facet of our lives here and is an integral part of our individual biology. Microclimates created by our proximity to the water affect the soils beneath us, the weather around us, and the structures we live in. The Pacific Ocean is within us; the humid coastal salt breezes are absorbed by our skin and drawn in by our every breath. I'm often reminded of this when I travel inland, as the air becomes dry and my skin and lungs feel dehydrated.

ACROSS AMERICA

- 1  **Adam Lanza: Report Probes Dark Interior Life of The Sandy Hook Shooter**
(/connecticut/newtown/al-report-probes-dark-interior-life-sandy-hook-shooter-0)

- 2  **Did Rosebud Restaurant Fire Cancer-Stricken Employee Because He Requested Time Off for Surgery?**
(/illinois/naperville/did-rosebud-restaurant-fire-cancer-stricken-employee-because-he-requested-time-surgery)

- 3  **Mistaken Identity Kept Man in Fulton County Jail for Over 500 Days On Bogus Charge**
(/georgia/midtown/mistaken-identity-kept-man-fulton-county-jail-over-500-days-0)

- 4  **Top 10 Holiday Scams to Guard Against**
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- 5  **More Wild Turkey Attacks in Brookline**
(/massachusetts/brookline/more-wild-turkey-attacks-brookline-0)

STATE NEWS

Two Killed in Horrific Wrong-Way Crash on 101
(/california/novato/two-killed-horrific-wrong-way-crash-101-0)

(/california/novato/killed-horrific-wrong-way-crash-101-0) Three vehicles were involved. One woman was sent to the hospital with injuries.

Hitting The Road for Thanksgiving? You'll Have Company
(/california/novato/hitting-road-thanksgiving-youll-have-company-0)

(/california/novato/hitting-road-thanksgiving-youll-have-company-0) AAA predicts highest level of travel since before the recession.

Our natural environment has adapted to living Coastside as well. Little by little, over millennia, slight adaptations have allowed a unique microcosm of plants and animals to thrive in this land with an ocean border. Understanding how the ocean affects us individually helps us to comprehend the importance of protecting the creatures that have adapted to live next to us. The Ocean feeds them just as it does us.

And while the ocean feeds us, so too do we feed it. Rainfall runoff from the land around us finds its way back into the ocean, providing the salts and minerals that give the ocean water its unique characteristics. Saltwater made this way gives life to a multitude of plants and animals that create a food chain from protozoa to the majestic Grey Whale. Keeping our land clean and free of the detritus of man's civilization protects not only those plants and animals on land but a vast number of creatures offshore.

Today, the Pacifica Beach Coalition's (<http://www.pacificabeachcoalition.org/Home>) annual Earth Day (<http://www.earthday.org/>) cleanup and celebration drew attention to this unique land/sea connection in which we live. For years, the coalition has sought to protect the ocean through strong stewardship of our coastal lands. Recognizing that the litter and toxins that we produce out of water have huge impacts on the biology within it, the Pacifica Beach Coalition has removed over 34 tons of garbage and waste from our coastal lands since 2005 and boasts 6,000 volunteers this year.

If you didn't register d to help clean the beaches and Pacifica's streets and open spaces today, don't fret. There is always time to step outside and pick up some trash for your environment.

Keeping our neighborhoods clean and tidy will have profound impacts on land and at sea. Along the way, you'll be giving nature a fighting chance.

Take note of the monthly opportunities to sustain our environment throughout the year on the Pacifica Beach Coalition's website (<http://www.pacificabeachcoalition.org/>). After all, every day is a day for proper stewardship of our Earth.

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| <p>Over The River And Through The Woods To Yosemite For Thanksgiving Or Christmas. (/california/petaluma/over-river-and-through-woods-yosemite-thanksgiving-or-christmas-0)</p> | <p>And there are all the holiday categories, such as toys and computers. as toys and computers. ranked-discounts-</p> |
| <p>NATIONAL NEWS</p> | <p>Yosemite/Mariposa County has a slate of memorable and joyous holiday activities happening for all to enjoy!</p> |
| <p>Adam Lanza: Report Probes Dark Interior Life of The Sandy Hook Shooter (/connecticut/newtown/al-report-probes-dark-interior-life-sandy-hook-shooter-0)</p> | <p>The report sheds light on the shooter's infatuation with mass murder and how attempts to get him help.</p> |
| <p>WATCH Disney's Frozen On Ice Show Reunites Afghanistan Vet, Middletown, N.J. Family (/new-jersey/middletown-nj/watch-disneys-frozen-ice-show-reunites-afghanistan-vet-middletown-family)</p> | <p>Jamie Curcio, who just returned from Afghanistan, surprised his two children Friday when he jumped out of Newark</p> |
| <p>Massive Illinois Stable Fire Claims Lives of 32 Horses (/illinois/burridge/illinois-stable-fire-claims-lives-32-horses)</p> | <p>Losses at Valley View Acres estimated at more than \$4 million.</p> |
| <p>2014's 10 Worst Toys List is Out (/new-jersey/oceancity/2014s-10-worst-toys-list-out)</p> | <p>World Against Toys Causing Harm reveals its nominees for toys that should not be in the hands of children this holiday season.</p> |