**Reactions**

**A clam reveals its whereabouts by spouting water up through the sand. This happens when it snaps shut its shell, in self-defense*. (L. M. Boyd)***

**In the most inhumane situation, one can create one's own reactions; an inner demand for justice, love, and humanity can be expressed. This is not lost energy in the Universe, for as physics states: energy is neither created nor destroyed, only transformed. By holding the Light we are expressing the highest energy of ourselves, our Divine inheritance. The magic of the Great Spirit is alive and well in the Universe. *(Jolanta Barbara Morel)***

**Anybody who doesn't cut his speed at the sight of a police car is probably parked. *(Pittsburgh Green Sheet)***

**\The immune system sometimes mounts battles against imaginary enemies. Thousands of substances -- pollen, animal dander, dust -- cause allergic reactions in some 35 million Americans. Sufferers have antibodies that mistakenly recognize a harmless substance as an enemy. Overreacting, the antibodies cause the tissues to spill potent chemicals, such as histamine, that create the allergy symptoms. *(Peter Jaret, in Reader's Digest)***

**"Nut rage" at Korean Air: A Korean Air executive has been forced to resign after going nuts over ... well, nuts, said Adam Pasick in Oz.com. Heather Cho, a Korean Air vice president and daughter of the airline's chairman, last week demanded that a departing New York-to-Seoul flight return to the gate so she could remove a first-class crew member. The crew member's offense? He served Cho, who oversees Korean Air's cabin service, unrequested macadamia nuts in a paper bag instead of on a plate, as the airline's protocols demand. Cho later resigned amid a public uproar over her "haughty behavior." "Macadamia-gate" has renewed a debate in South Korea over the deep-rooted nepotism that plagues the giant family-run conglomerates that dominate the economy, like Samsung and Hyundai. Cho might be fined $4,500 for violating air safety rules, though surely to her, "that's peanuts." *(The Week magazine, December 19, 2014)***

**At some point, Americans decided they were going to be offended by everything. The problem with this kind of prefabricated reaction is not that it emboldens haters but that it crowds out legitimate grievances. Everything begins to stink of politics, and we start sounding like a bunch of humorless protesters. There is nothing wrong with calling out people for the things they say, but there is something fundamentally illiberal about a mob's hounding people for every stupid tweet or making snap judgments about entire careers based on a few comments. Most often, the purpose is to chill speech. And, I guess, that's what really offends me most." *(David Harsanyi in NationalReview.com, as it appeared in The Week magazine, April 17, 2015)***

**Test pilots have a litmus test for evaluating problems. When something goes wrong, they ask, "Is this thing still flying?" If the answer is yes, then there's no immediate danger, no need to overreact. When Apollo 12 took off, the spacecraft was hit by lightning. The entire console began to glow with orange and red trouble lights. There was a temptation to "Do Something!" But the pilots asked themselves, "Is this thing still flying in the right direction?" The answer was yes -- it was headed for the moon. They let the lights glow as they addressed the individual problems, and watched orange and red lights blink out, one by one. That's something to think about in any pressure situation. If your thing is still flying, think first, and then act. *(Capt. Alan Bean, USN, Apollo Astronaut)***

**Columnist Sydney J. Harris and a friend stopped at a newsstand to purchase a paper. The friend \thanked the vendor politely, but the vendor remained coldly silent. "A sullen fellow, isn't he?" remarked Harris as they moved along. "Oh, he's that way every night," said the friend. "Then why do you continue to be so very polite to him?" asked Harris. Replied the friend, "Why should I let him decide how I'm going to act?" *(The Best of Sydney J. Harris)***

**The situations in our lives may not change very much, but our reaction to them makes all the difference in the world. *(David J. Seibert)***

**Social media is turning us into outrage addicts. Barely a day goes by without a mob of Twitter users piling on a celebrity or unsuspecting civilian, and demanding they be punished for a dumb or bigoted comment. The latest victim was comedian Trevor Noah, who is set to replace Jon Stewart as host of The Daily Show. The outrage machine whirred into action when a website unearthed a handful of crass, unfunny jokes he'd posted on Twitter about Jews and "fat chicks." A comedy club audience would probably have groaned at the gags and written them off as a stupid attempt to shock. But Twitter isn't so forgiving. Within minutes of the tweets being exposed, a virtual mob was demanding that Comedy Central fire Noah. He kept his gig; others haven't been so lucky. PR exec. Justine Sacco lost her job and spiraled into depression after a misunderstood Twitter joke about AIDS and Africa -- she'd meant to mock her own privilege as a white American -- went viral. So what is it about social media that transforms ordinary internet users into pitchfork-wielding villagers? Futurologist David Brin notes that feelings of righteous indignation can give people a drug-like high. "You go into the bathroom during one of these (indignant) snits," he says, "and you look in the mirror and you have to admit, this feels great! 'I am so much smarter and better than my enemies!'" Everyone can now get an instant, ego-boosting high by opening their computer or smartphone and joining in the online shaming of a perceived offender . But they haven't made the world any better. All they've done is made a stranger's life a little worse. *(Theumis Bates, in The Week magazine, April 17, 2015)***

**With all these unhappy conditions and circumstances, the thing that really wears us out and makes us tense, are not the circumstances, but our reaction to them. It is our insistence on dwelling on things as we thought they ought to be, instead of the way they were*. (David J. Seibert)***

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