Photo of the North Steps
Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday,Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to: *SausalitoVillageTips@gmail.com*

What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! CLICK HERE

Here are a few highlights in the coming week:

September 15 - Presentation - MCIL (Marin Center for Independent Living)
September 18 - Rancho Nicasio trip - FULL
September 20/22 - FINAL Line Dancing Weekly Classes

NOTE: September's Sing Along willl be cancelled due to covid

SV Trip to Guo Pei: Couture Fantasy at CA Legion of Honor

Interested in going? Let us know!

Sausalito Village is planning a trip to see the Guo Pei: Couture Fantasy exhibit on Thursday, October 20th. Folks we've talked to who have gone have raved about it. We will see the exhibit and have time for lunch at the Legion of Honor café. See more about the exhibit below. SV will provide drivers leaving from Dunphy Park parking lot at 10 am and returning to the parking lot at 1 pm.

If you wish to join us, please call or leave a message for Sharon Seymour at 415 331-1362 or sharon126@aol.com by October 1. Let her know if you have a museum membership and whether you can take another SV member in on your card. If we aren't able to get enough tickets this way for those who don't have a museum membership, the cost to you will be $15 as Sausalito Village will subsidize $12 of the $27 entrance fee for SV Members and Volunteers.

About the Guo Pei Exhibit - click HERE

Courtesy of Amy Buthod CC BY-NC-SA
Advice for old maids, postmarked 1907.

Spinster, old maid or self-partnered; the telling way we talk about single women

Excerpted from Marin IJ

about being a single 50-year-old woman. Instead of calling herself single, however, she used the word “self-partnered.”

While no one would call Watson a spinster or old maid today, she nonetheless feels compelled to create a new term for her status: “self-partnered.” In what some have dubbed the “age of self-care,” perhaps this term is no surprise. It seems to say, I’m focused on myself and my own goals and needs. I don’t need to focus on another person, whether it’s a partner or a child.

Before the 17th century, women who weren’t married were called maids, virgins or “puella,” the Latin word for “girl.” These words emphasized youth and chastity, and they presumed that women would only be single for a small portion of their life – a period of “pre-marriage.”

But by the 17th century, new terms, such as “spinster” and “singlewoman,” emerged.

What changed? The numbers of unwed women — or women who simply never married — started to grow.

In the 1960s, demographer John Hajnal identified the “Northwestern European Marriage Pattern,” in which people in northwestern European countries such as England started marrying late, in their 30s and even 40s. A significant proportion of the populace didn’t marry at all. In this region of Europe, it was the norm for married couples to start a new household when they married, which required accumulating a certain amount of wealth. Like today, young men and women worked and saved money before moving into a new home, a process that often delayed marriage. If marriage were delayed too long — or if people couldn’t accumulate enough wealth — they might not marry at all.

Now terms were needed for adult single women who might never marry. The term spinster transitioned from describing an occupation that employed many women — a spinner of wool — to a legal term for an independent, unmarried woman.

Today in the U.S., the median first age at marriage for women is 28. For men, it’s 30.

essentially returned to a marriage pattern that was common 500 years ago. From the 18th century up until the mid-20th century, the average age at first marriage dropped to a low of age 20 for women and age 22 for men. Then it began to rise again.

Read the entire story HERE

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10 Most scenic train rides through the U.S.

Excerpted from WellandGood.com

Train travel has long held a romantic place in many adventurers' hearts. Maybe it's the fantasy of climbing aboard with a pillbox hat on your head and a vintage vanity case in your hand, like something out of an Agatha Christie novel (minus all the murder-y parts, of course). Or maybe it's the slow and steady pace of riding the rails, turning a trip into a true voyage. For many Europeans, it's all about the environmental impact, as scenic train trips have lower carbon emissions compared to flying. In Sweden, *flygskam* (flight shame) and *tagskryt* (train bragging) have become big buzzwords.

reduce stress. According to research published in the *Journal of Environmental Psychology*, simply looking at a picture of natural scenery for 40 seconds is enough to relax the brain. Now imagine how restorative a 46-hour train journey, with views of mountains, alpine valleys, and a national park would be.

With this in mind, here are 10 scenic train trips in the U.S. with unparalleled sightseeing.

1) Anchorage to Seward, Alaska Railroad Coastal Classic Train
2) Napa to St. Helena, Napa Valley Wine Train
3) Durango to Silverton, Durango & Silverton Narrow Gauge Railroad
4) Chicago to Portland, Empire Builder
5) San Luis Obispo to San Diego, Pacific Surfliner
6) Moab to Denver, Rocky Mountaineer
7) Williams to the Grand Canyon, Grand Canyon Railway
8) Durbin, Durbin & Greenbrier Valley Railroad
9) Trego and along the Namekagon River, Wisconsin Great Northern Railroad
10) Blue Ridge to Copperhill, Blue Ridge Scenic Railway

Read entire article HERE

Feed your brain

Excerpted from The Conversation and reprinted by Marin IJ

Some foods can negatively affect your memory and mood.

saturated fats — a combination commonly found in ultraprocessed foods — promotes eating by desensitizing the brain to the hormonal signals known to regulate satiety.

Interestingly, a diet high in these foods also desensitizes the taste system, making animals and humans perceive food as less sweet. These sensory alterations may affect food choice as well as the reward we get from food. For example, research shows that people's responses to ice cream in brain areas important for taste and reward are dulled when they eat it every day for two weeks. Some researchers think this decrease in food reward signals may enhance cravings for even more fatty and sugary foods, similar to the way smokers crave cigarettes.

High-fat and processed-food diets are also associated with lower cognitive function and memory in humans and animal models as well as a higher incidence of neurodegenerative diseases. However, researchers still don't know if these effects are due to these foods or to the weight gain and insulin resistance that develop with long-term consumption of these diets.

This brings us to a critical aspect of the effect of diet on the brain: time. Some foods can influence brain function and behavior acutely — such as over hours or days — while others take weeks, months or even years to have an effect. For instance, eating a slice of cake rapidly shifts the fat-burning, ketogenic metabolism of an individual with drug-resistant epilepsy into a carbohydrate-burning metabolism, increasing the risk of seizures. In contrast, it takes weeks of sugar consumption for taste and the brain's reward pathways to change, and months of vitamin C deficiency to develop scurvy. Finally, when it comes to diseases like Alzheimer's and Parkinson's, risk is influenced by years of dietary exposures in combination with other genetic or lifestyle factors such as smoking.

In the end, the relationship between food and the brain is a bit like the delicate Goldilocks: We need not too little, not too much but just enough of each nutrient.

Read the entire article HERE

Congratulations to Abbot Chambers - SV loves you!

On September 23rd, Director of the Sausalito Library and Communications, Abbot Chambers, will be properly acknowledged as he is presented with the 'Spirit of Marin' award for Sausalito's Business Citizen of the Year.

There is no one more deserving of this award than Abbot, who has continued to be a steady figure in City Hall where he has led us through the pandemic, power outages and emergencies with clear and timely information and created a welcoming space for all - including his devoted staff.

Abbot has worked with Sausalito Village on many events, most recently the SV Art Show and Opening and is always willing to do more.

He is just the best! Remember to congratulate him next time you are in the Library.

Why are texts green on my iPhone?

Excerpted from Readers Digest

A green text message on your iPhone isn't a sign that your phone number was blocked, or that the text was not delivered. Instead, it means that the message was sent as a standard SMS message rather than an iMessage, which will appear as blue.

If your text was sent as an SMS message, you might be texting someone who does not have an Apple device, your iPhone might not be connected to the Internet, or the default iMessage setting on your iPhone might be turned off. Next, we'll explain the difference between SMS vs. iMessages and how to turn your iMessages setting back on if

SMS, which stands for short messaging service, is a traditional form of text messaging that uses a cellular signal to send and receive messages. iMessage, on the other hand, is an Apple-specific messaging system that sends texts through Wi-Fi or data.

Read the entire story to understand the pros and cons of SMS and how to set it up HERE

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5 types of friendship we all need in our lives

Excerpted from Today

Close friends

Close friends are people you've known for many years who have been with you through ups and downs. Though there may be periods where you're not in touch, you can pick up right where you left off at any point and can always call them when you're in need. In these relationships, judgments and social desirability are less important, and an individual can be their most authentic form. These relationships challenge us and support us simultaneously while helping us grow through validation and safety.

There may be some overlap between close friends and lifelong friends. Also sometimes called ‘family friends,’ these people have known you and your family since childhood. These friends know all the distinctive ways you were raised, who also understand your parents and siblings well.

Lifelong friendships become even more important as we age because our social circles become smaller.

Friends of convenience

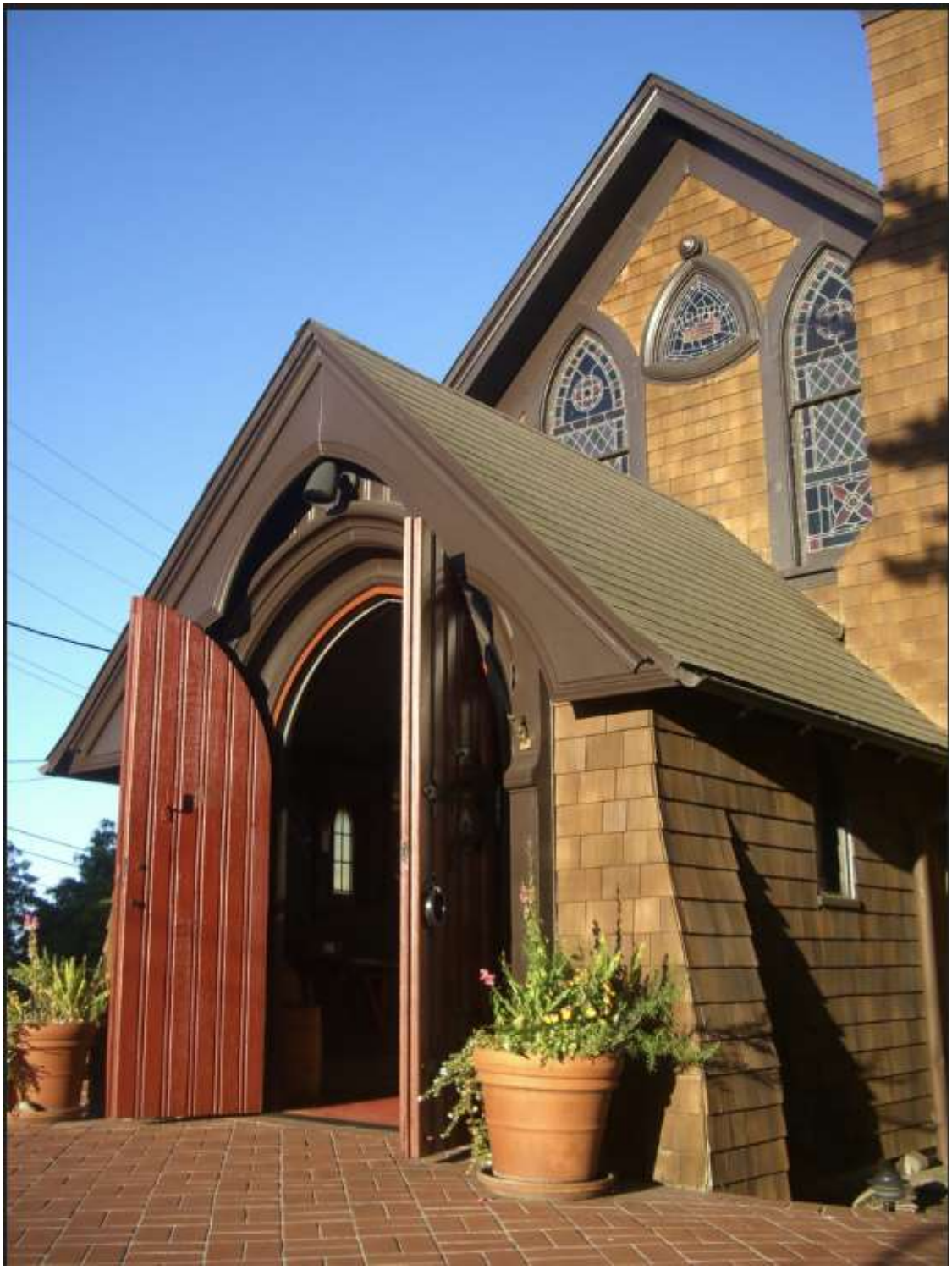
Friendships built on proximity, such as friends we make through a hobby or interest or those who live in our neighborhood, are considered friendships of convenience. You may see these friends more often than your close friends due to proximity and shared interests, such as trying a new restaurant in the neighborhood or attending a local concert. Though these friendships may not last throughout our lifetime, they still play an important role in our happiness and well-being.

Work friends

Though you may lose touch after one or both of you move on to a new company, work friends who understand the struggles you’re facing and can validate your feelings offer a kind of support that no other friend can. Work friends keep our spirits up, validate our complaints about our job or industry, and provide much-needed predictability in our work lives.

Same-chapter-of-life friends

As we move through different phases of life, it’s important to be supported by others who are experiencing the same struggles simultaneously. Whether you’re prepping for the SAT, pregnant with your first child or getting divorced, we need friends who can support us and inspire us as they navigate the same challenges. We learn from their mistakes and successes, and we feel that this kind of friend is uniquely invested in helping us navigate this chapter of life.



Christ Church is looking for a new

Christ Episcopal Church here in Sausalito is looking for a part time Administrative Assistant/Parish Administrator. Do you know someone who might be perfect for the job?

If so, please send this job description to them:

https://www.indeed.com/jobs?q=Christ+Church&redirected=1&vjk=8512fd453279e961

Christ Church is incredibly generous with donating space to Sausalito Village. We hope we can return the favor and help them find a great new staff member.

Caring is in our bones

Ready for an absolutely mind-blowing historical revelation? Archaeologists have found the bones of a young person in a cave in Borneo that show evidence of a careful amputation of a leg below the knee. The remains are estimated to be *31,000 years old*. That's Stone Age time. That's prehistory. With the information scientists have, it looks like this group of ancient humans understood blood loss,

successfully amputate a limb. But perhaps even more impressive, the community also had the capacity and desire to support someone who needed intense and long-term care. "I think what's most amazing is this is real, direct archaeological, tangible evidence for a really high degree of community care," said one of the professors involved in the study.

How Do Birds Know When to Fly South and Where to Go?

Excerpted from HowStuffWorks.com

Most people at the end of the day know when it's time to go to bed. This is because humans have an internal clock that alerts us that we need rest. Birds have a similar internal cue, says Dr. Jason D. Weckstein, associate curator of ornithology at Drexel University. For birds to know when it's time to migrate, one of the big cues is the change in amount of daylight, he explains. "In the Northern Hemisphere as fall is coming on you get a shortening in daylight. That cues bird's desire to move south," he says, noting that this is called "migratory restlessness."

something that birds are extremely sensitive to, says Dr. Andrew Farnsworth, senior research associate at the Cornell Lab of Ornithology in an email. As the days get shorter or longer, "many changes begin to occur in birds' biochemistry and physiology," he says. "Presumably the connection between day length and such changes and migration resides deep in the evolutionary history of many animals." So, they might be inspired to migrate, but don't necessarily know why because it's so engrained in their psyche.

Bird species whose migratory patterns are largely influenced by photoperiod are known as "obligate migrants," Farnsworth says. " [They] start their movements perhaps long before conditions locally with weather and food might drive them to move." This "hard-wired" behavior results in pretty predictable migratory patterns, including distance traveled, timing and returns.

The other type of migratory birds are known as "facultative migrants," which migrate only when they need to for survival's sake. The migratory practices of such birds are "governed by more dynamic processes of their environment," Farnsworth points out. Such birds make haste for the south when they sense that the weather conditions are becoming too difficult, or when the food supply starts to dwindle. Some facultative migrants hit the road one year if things are looking bleak, but not the next if everything's tolerable, so it's really dependent on their personal assessment of environmental factors.

How far do they migrate and how do they find their way? Read the entire story HERE

Stretch and Strengthen with Rayner is every first and third Monday of the month at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time.

The best diet to lower your bad cholesterol

Excerpted from TheHealthy.com

Norman E. Lepor, MD, FACC, FAHA, FSCAI, is an attending cardiologist at Cedars-Sinai Heart Institute and a professor at the David Geffen School of Medicine at the University of California in Los Angeles. Lepor says, “As a cardiologist, my first point of discussion with a patient … is lifestyle modification, [and] that includes dietary issues as well as exercise.”

Dr. Lepor says the best diet for cholesterol is pretty simple advice for most patients: follow a Mediterranean-style diet. “We all like traveling,” this cardiologist says. “We go to Greece and Italy and these countries where there is a Mediterranean diet prevalent, but when we come back to our native land we end up with diets that are high in carbs and fat sources [that] aren’t particularly healthy.”

Continually ranked the best diet for your overall health by *U.S. News & World Report*, the Mediterranean diet focuses on consuming a variety of fruits, vegetables, whole grains, nuts, legumes, and healthy fats, like olive oil. Fish and seafood are incorporated around twice a week, while other protein sources like eggs, poultry, and dairy are eaten in moderation. Red meat is eaten sparingly. That’s because, as the American Heart Association points out, research shows eating red meat regularly increases cardiovascular disease risk by 22% on average.

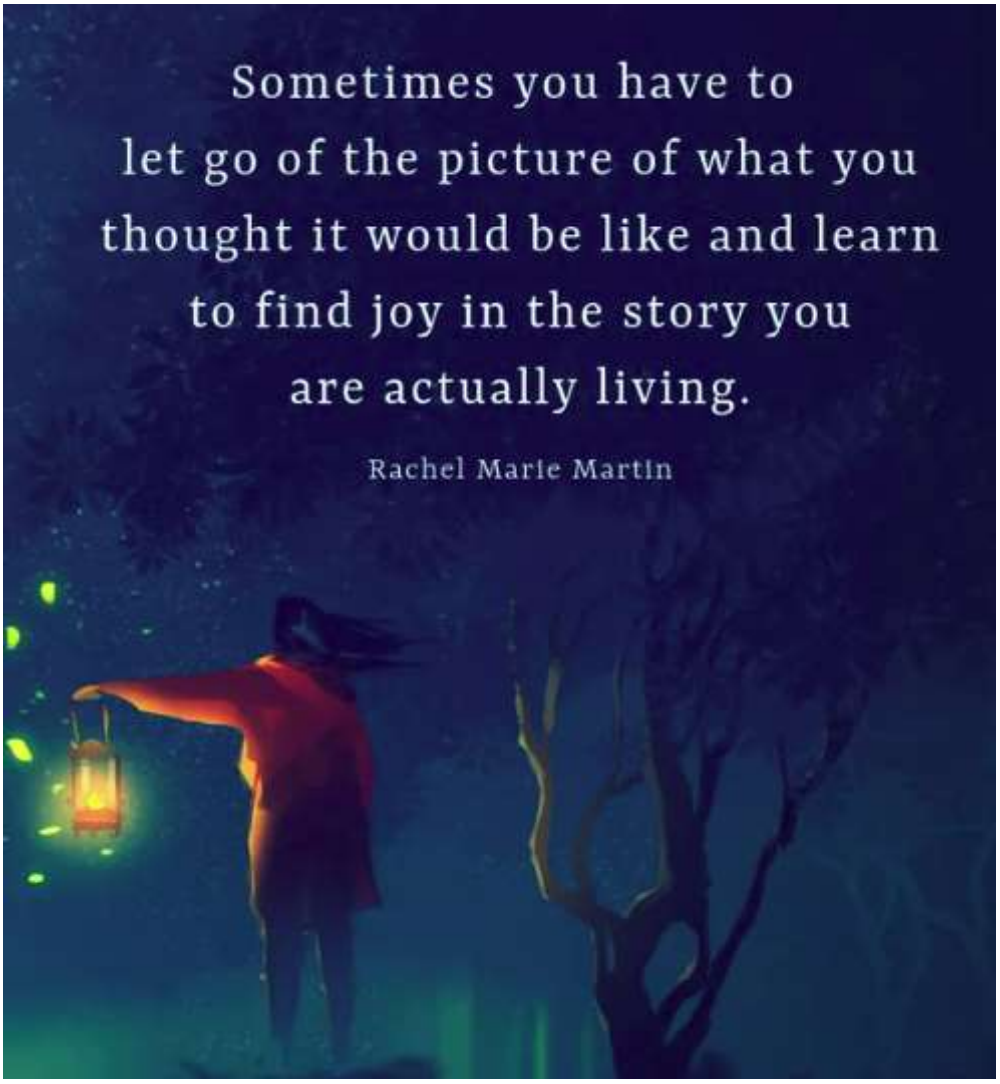
Dr. Lepor says incorporating more sources of monounsaturated fats (found in avocados, olive oil and seeds) and polyunsaturated fats (walnuts, flaxseeds, fish) is a good place to start. “We recommend using oils that are not tropical oils, but using canola or high-quality olive oil instead,” Dr. Lepor says. “Eat lots of nuts. And we love blue fruits, like blueberries and blackberries, because they have lots of antioxidants. So those are the kinds of advice that we give patients, along with regular exercise.”

Because consuming a higher amount of saturated fats increases your risk of developing cardiovascular disease, Dr. Lepor does not recommend the keto diet for coronary vascular health.

Even outside of the keto diet, Americans are regularly consuming a diet high in saturated fats, trans fats, added sugars, sodium and overall calories. These

published by the US Department of Agriculture in collaboration with he US Department of Health & Human Services. “We are getting a lot of saturated fat intake, we are eating lots of meat and pork products as sources of our protein and we’re eating lots of bread and starches,” Dr. Lepor adds.

Read entire article HERE



Landmark study finds causal link between nature walks and stress reduction

Excerpted from NewAtlas.com

We all know a good, long walk in nature can be relaxing, but a landmark new study from researchers at the Max Planck Institute for Human Development offers some of the first causal evidence to show exactly how a one-hour walk in the forest reduces activity in brain areas responsible for processing stress.

The new findings interestingly follow on from prior research showing brain health could be linked with a person's proximity to green areas. So city dwellers living closer to green, urban forests were found to have physiologically healthier amygdala structures compared to those living in cities without close access to green spaces.

Click HERE to read about the study

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7 of the best new restaurants in the SF Bay Area

Excerpted from SF Chronicle

Numerous restaurants open in every corner of the Bay Area each month, from pedigreed chefs' splashy debuts to mom-and-pop shops tucked into suburban shopping centers. It can be hard to know which ones are worth trying.

The Chronicle Food & Wine team is here to do that work for you, vetting the Bay Area's newest restaurants and recommending our favorites every month. Some come with qualifications, too; maybe they're best at snacks and drinks, or set apart by a singular specialty. Together, they offer a snapshot of the most compelling new food to be eating in the Bay Area right now.

In alphabetical order:

Au Sushi
Family friendly Japanese
11:30 a.m.-2:30 p.m. and 4:30-9:30 p.m. daily. 5214 Diamond Heights Blvd. #A, San Francisco. ausushi.com

5:30-11 p.m. Tuesday-Saturday. 1540 Mission St., San Francisco. baragricole.com

Burdell
Modern soul food that feels personal, nostalgic and original
Pop-Up only. Info on Instagram: *instagram.com/burdell_oak*

Delirama

7 a.m.-3 p.m. Monday, Thursday, Friday; 9 a.m.-5 p.m. Saturday-Sunday. 1746 Solano Ave., Berkeley. delirama.com

The Rendezvous
5-11 p.m. Wednesday-Sunday. 5526 Martin Luther King Jr. Way, Oakland. instagram.com/therendezvousoakland

OK's Deli
11 a.m.-sold out or 4 p.m. Thursday-Sunday. 3932 Telegraph Ave., Oakland. oksdeli.com

Souvla
11 a.m.-10 p.m. daily. 2505 3rd St., San Francisco. souvla.com

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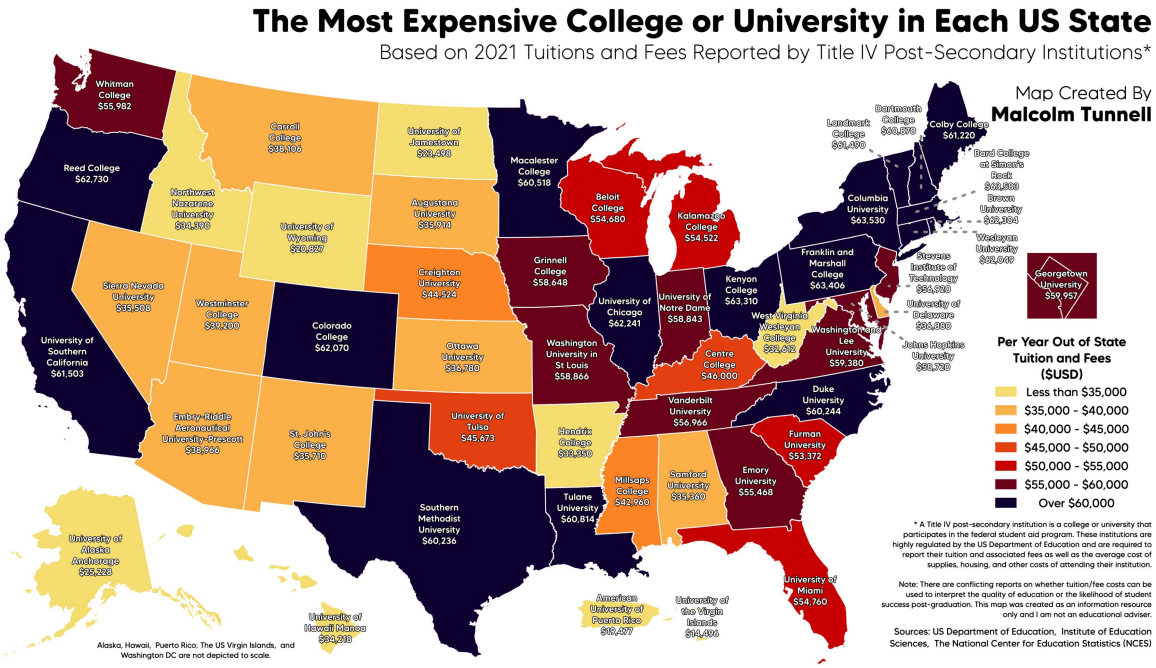
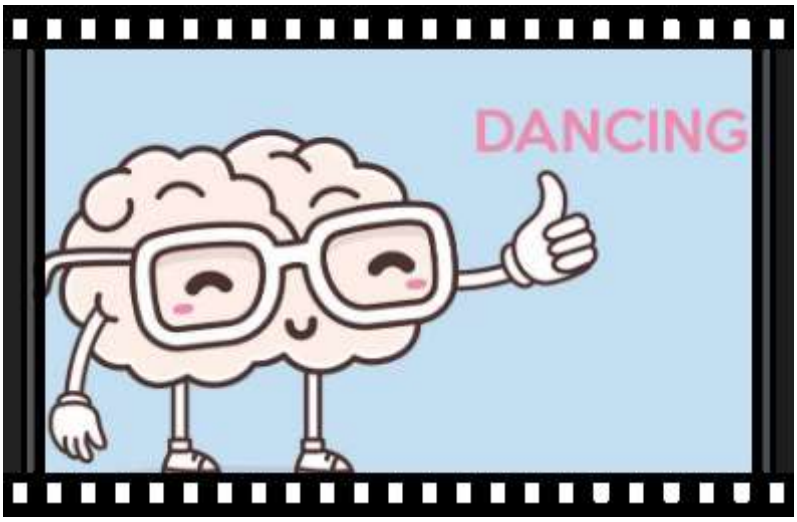
Attending university in the US is pricey wherever you go, but some colleges across the country cost significantly more than others.

Using data from the US Department of Education, the Institute of Education Sciences and the National Center for Education Statistics, Reddit user malxredleader created a map to show the most expensive college (a title IV post-secondary institution) in each US state.

Click to expand image



The cheapest college on the map is the University of the Virgin Islands, which costs $14,496 in yearly tuition and fees. The most expensive college on the map, and therefore in the US overall, is Bard College at Simon's Rock in Massachusetts, where a year of studying will cost you $63,585.



Coming in October: Line Dancing Workshops working your brain and body

Our beloved Line Dancing Teacher, Laurie Reemsnyder, will be winding up our summer session of twice weekly classes on September 22nd. But, the good news is that she will be offering free Line Dancing Workshops on Sunday October 9th and 30th here in Sausalito.

First hour, we will focus on basic steps and simple dances, intended to gently ease newbies into it, geared to those with little dance experience but some curiosity.

Students are welcome to come for just the first or second hour, or stay for both. Music is old school, contemporary, disco, jazz, R&B, and a little Latin.

Open to all, geared to seniors.

FREE but donations accepted.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.

Sign up if you would like to be emailed a reminder the day before HERE

Want to continue weekly classes with Laurie?
If you would like to continue every Tuesday/Thursday, Laurie will be back at Mill Valley Parks and Rec. Click here to sign up: LINK TO MILL VALLEY

FRIENDS OF THE SAUSALITO LIBRARY BOOKSTORE

FALL 1/2 OFF SALE

The Friends Bookstore is overflowing with new donations.
Come in and check out the many new titles in all categories.
***Everything** in the bookstore is half-price!*

Dates for the sale: Saturday, September 10
through Saturday, October 1

Saturdays 12 Noon – 3:00 PM

and

Mondays 10:00 AM – 1:00 PM

Short List for Booker Prize announced

Excerpted from YahooNews.com

NoViolet Bulawayo (Zimbabwean), *Glory*

Percival Everett (US), *The Trees*

Alan Garner (British), *Treacle Walker*

Shehan Karunatilaka (Sri Lankan), *The Seven Moons of Maali Almeida*

Claire Keegan (Irish), *Small Things Like These*

Elizabeth Strout (US), *Oh William!*

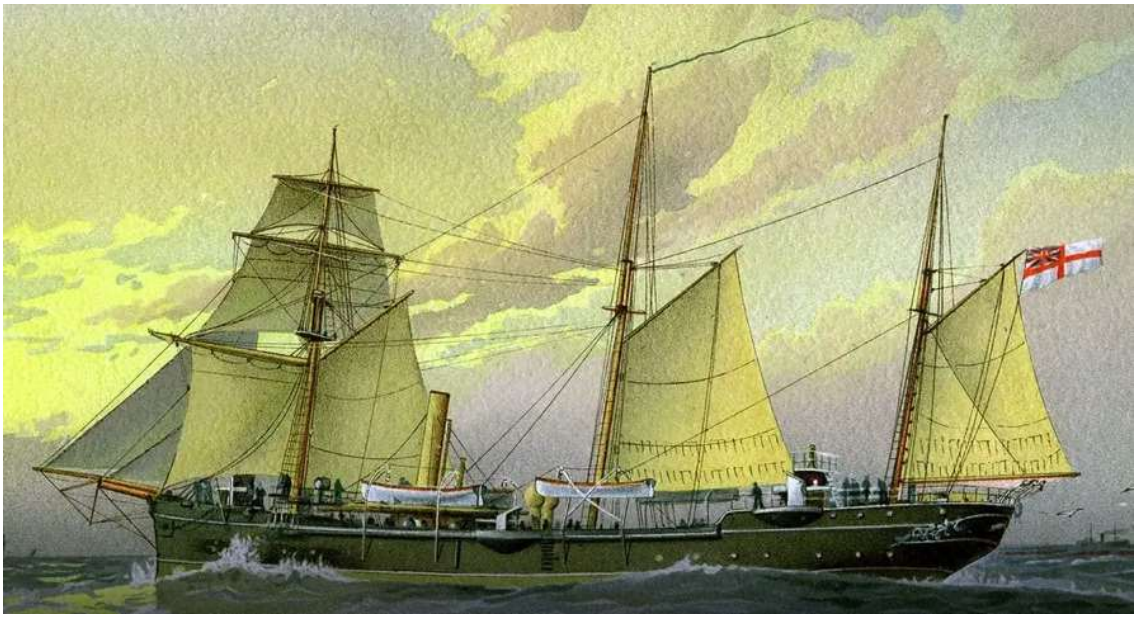
This year's shortlist is notable for having an even split between male and female writers.

they are about issues that are significant to all.

“These six books we believe speak powerfully about important things,” he wrote. “Set in different places at different times, they are all about events that in some measure happen everywhere, and concern us all.

“Each written in English, they demonstrate what an abundance of Englishes there are, how many distinct worlds, real and imaginary, exist in that simple-seeming space, the Anglosphere.”

The 2022 winner will be announced on 17 October in a ceremony held at the Roundhouse. For the first time since 2019, the final will be held fully in person.



The shortest war lasted 38 minutes

Excerpted from HowStuffWorks.com

Today, Zanzibar is a semi-autonomous island nation off the coast of Tanzania in the Indian Ocean, but in the 19th century the Sultanate of Zanzibar was a powerful trading empire in East Africa. From the ports of Zanzibar, ships departed with ivory and spices from the African mainland and returned with textiles and guns. But the most lucrative trade in Zanzibar was enslaved Africans.

Sultan of Zanzibar, Barghash, who ruled from the royal palace, grew rich from the slave trade, even as the British tried to end the practice by raiding suspected slave ships in the Indian Ocean.

In 1890, Britain signed a treaty with Germany that carved out separate "zones of influence" for the two imperial nations in Africa and Zanzibar became a British "protectorate" — not quite a colony, but still under the thumb of the British government and military.

Barghash wasn't going anywhere. He rolled out heavy artillery guns and posted thousands of defenders (mostly civilians and slaves) around the palace walls. At 8 a.m. on August 26, he informed Basil Cave, the British consul, "We have no intention of hauling down our flag and we do not believe you would open fire on us." Cave, ever polite, replied that the British would prefer not to attack, "but unless you do as you are told, we shall certainly do so."

When the clock struck 9 a.m., the British made good on their promise. The warships opened fire. It took just 38 minutes for the sultan's defenses to be completely destroyed. By that time, Barghash himself was long gone.

For such a short war, there were a large, if lopsided, number of casualties. Roughly 500 Zanzibarian fighters lost their lives in the shelling, yet just one British sailor was wounded. With Barghash gone, the British installed a new sultan who immediately outlawed the slave trade in Zanzibar in 1897. Apparently, he saw what happened to the last guy.

Read the entire story HERE

Dubai's $5Billion Moon-shaped luxury resort will be 'out of this world'

And will be in Vegas too!

Excerpted from ManofMany.com

One small step for man, one giant leap for Dubai's ever-increasing tourism sector. The City of Gold has recently announced it's building a USD$5 billion (AU$7 billion) moon-shaped luxury resort – because, of course they are. The new project, designed by Canadian architectural company Moon World Resorts Inc., will be a 735-foot-high complex that will add some celestial glamour to the already dazzling city. However, *Moon Dubai* plans to be much more than the latest playground for astronomy-loving millionaires.

The out-of-this-world destination resort will offer a 10-acre lunar colony for guests and have 300 residential Sky Villas up for sale. The property also boasts a private club, spa, events centre, a 'moon shuttle' and training hub for space agencies. The mega-project, expected to open

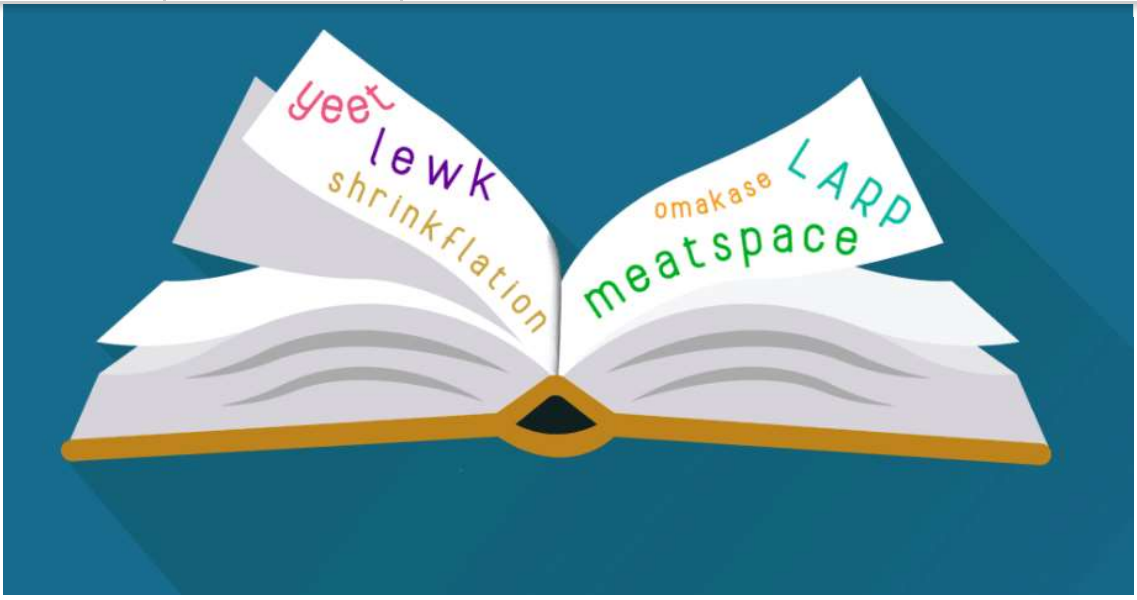
While its design is enough to have travellers flocking in the masses, the 'lunar colony' aims to provide enthusiasts with a space tourism experience from the comfort of earth.

Last year, Moon World Resorts announced a similar lunar resort is also landing in Las Vegas.

Featuring nearly identical qualities to the Dubai project, Moon Resort in Las Vegas will also be a USD$5 billion mega-replica of the moon featuring a luxury hotel, casino, concert hall and multiple lounges. Built with 46,452 square meters of convention space, a nightclub and luxury suites to cater to 10 million guests.

Read entire article HERE

Where cruise ships go to die



From ‘Adorkable’ to ‘Yeet’: 30 Words Merriam-Webster Just Added to the Dictionary

Excerpted from Mental Floss.com

1. Adorkable

“Socially awkward or quirky in a way that is endearing.”

2. Altcoin

“Any of various cryptocurrencies that are regarded as alternatives to established cryptocurrencies and especially to Bitcoin.”

3. Baller

“Excellent, exciting, or extraordinary, especially in a way that is suggestive of a lavish lifestyle.”

4. Banh Mi

“A usually spicy sandwich in Vietnamese cuisine consisting of a split baguette filled typically with meat (such as pork or chicken) and pickled vegetables (such as carrot and daikon) and garnished with cilantro and often cucumbers.”

"So embarrassing, awkward, etc. as to cause one to cringe: cringeworthy."

Read the rest of the story HERE

Here's How Much Liquid Your Bladder Can Actually Hold

Excerpted from Healthy.com

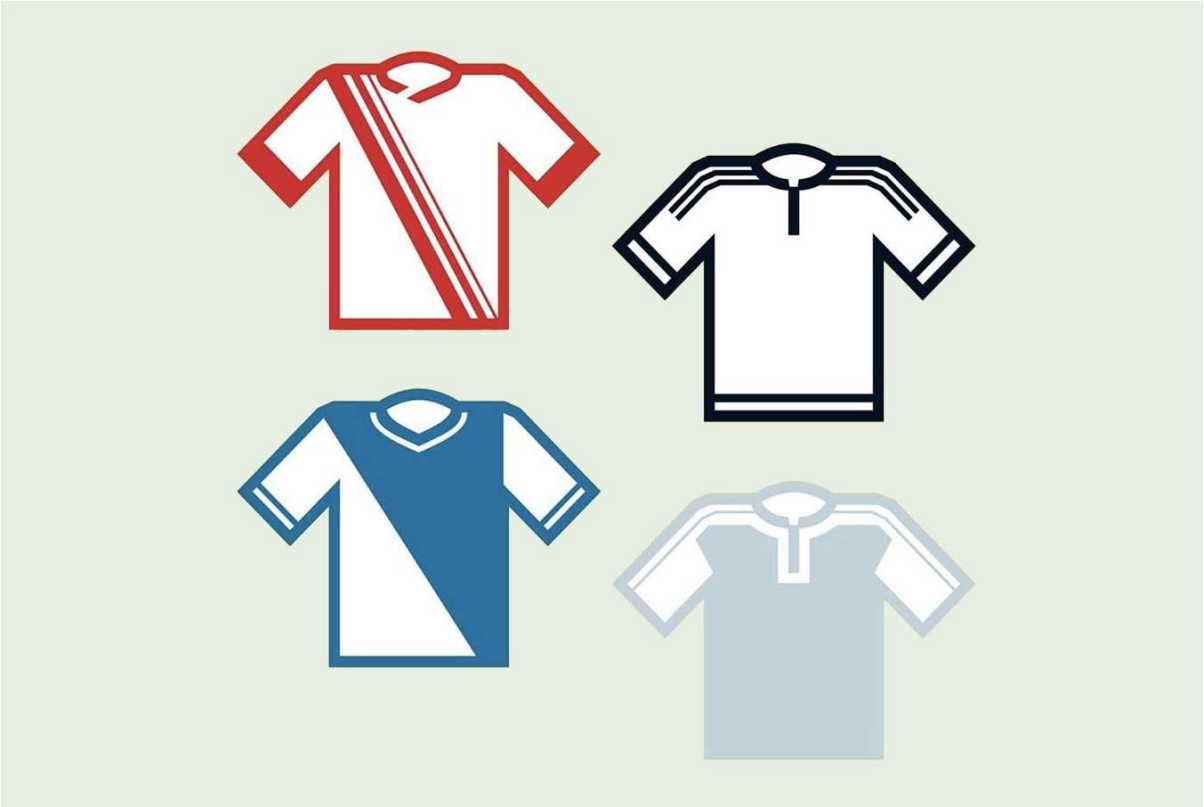
the American Board of Medical Specialties, you might be impressed with how well your bladder works to help you hold it. While the bladder's capacity "varies from individual to individual, depending on his or her anthropometry and genetics," says Dr. Quayle, "the maximum bladder capacity is up to 24 to 27 ounces (700 to 800 milliliters) in men and 17 to 20 ounces (500 to 600 milliliters) in women."

Dr. Quayle says it's around 50% capacity—that's 250 to 350 milliliters, or 8.5 to 12 ounces—when nerves in your bladder will be activated to alert your brain that you need to urinate.

So then, how is it that the average bladder can hold around twice as much as you might feel like you can stand? And, is there a need to worry if you're going somewhat frequently? For some enlightening physiology trivia—as well as key urinary wellness guidance—Dr. Quayle filled us in.

According to Dr. Quayle, it's normal to go between four and 10 times a day, depending on how much fluid you consume. "The average adult … will urinate around six to eight times," he says. "An athlete who drinks 20 glasses of water can urinate up to 12 times a day. And finally, the frequency of urination is subject to habit and the size of the bladder."

When the bladder is empty, it's actually similar in size and shape to a pear. As you consume liquids, the bladder will expand in a way that's reminiscent of a balloon. Then, when at least a pint of fluid is in the bladder, many adults will feel the urge to urinate. "Holding it" will stop you from urinating on the spot, but it won't stop the alert from taking place in your brain until you release the liquid later.

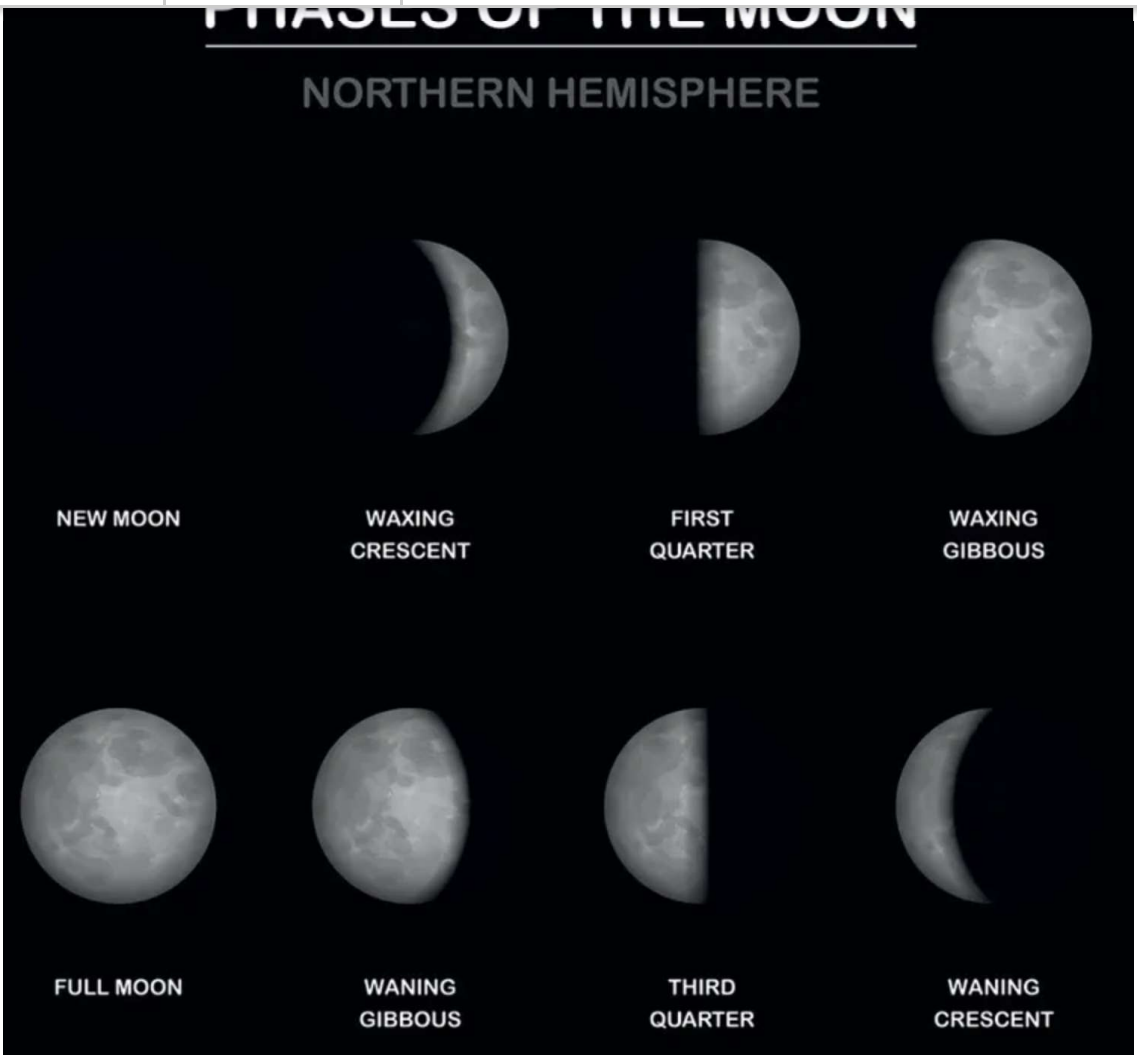


The Reds, the Grays, the Blues, and the Blacks have a round-robin tournament. Each team plays each other team once, for a total of six games.

- The Blacks won more games than the Blues.
- The Grays lost more games than the Blues.
- The Reds tied the Blacks. (This was the only tie in the tournament.)

Who won the game between the Reds and the Blues?

Answer at the bottom of the newsletter.



The 8 phases of the moon in order

Excerpted from HowStuffWorks.com

Earth orbits the sun and the moon orbits Earth. The moon is "tidally locked," meaning the moon is rotating on its own axis at the same rate it orbits Earth (unlike Earth, which rotates at a different rate than it orbits the sun, hence we have both days *and* years). The tidal lock means the same hemisphere of the moon is always pointing at or visible from Earth.

The moon doesn't produce any light of its own — it just reflects the sun. The sun shines on different parts of the moon, since the same part of the moon is always facing us. Sometimes, we can see part of

moon), and other times we cannot (during a new moon). Each night, a different amount of the moon is illuminated, which creates different phases of the moon.

New Moon

If you've ever looked up at night and not seen the moon, it might be due to the fact that the moon is in its new phase. At the moment of the new moon, the side of the moon facing Earth is not being illuminated by the sun, so it appears black — though to our eyes, it's doesn't actually "appear" at all and is not visible at all against the blackness of space beyond.

Waxing Crescent Moon

The waning crescent phase of the lunar cycle occurs between the time of the new moon and when it reaches its first quarter phase. During this time, the moon appears as sliver in the night sky, growing more illuminated each night until half of it is lit (the first quarter phase). These first few days of the lunar cycle are also good for stargazing as the moon is still quite dim in the sky.

First Quarter Moon

The first quarter phase of the moon is so named because it occurs when the moon is one-quarter of the way through its 29.5-day cycle. If you can see the moon on this night, it will appear half illuminated and half dark. (If you look at the sky, you might say there is a half-moon out.) As the moon passes through its first quarter phase, it begins to interfere with stargazing prospects and most avid stargazers will either switch to examining the moon directly or take a break from stargazing until later in the lunar cycle when the moon is less illuminated.

Waxing Gibbous Moon

After passing through the first quarter phase, the moon continues to become more illuminated; in the waxing gibbous phase, it is not quite fully lit — but increasingly so. This phase takes about one week and offers great opportunities to use a telescope or binoculars to study the moon's terminator line where the light and dark parts of the moon meet.

The full moon phase occurs on the night when the hemisphere of the moon facing Earth is completely illuminated by the sun. Most of us are familiar with this sight and perhaps even drew the full moon with a face as a child. While there is no "man in the moon," there are a number of fascinating craters and *mare* (basaltic plains formed from volcanic activity in the moon's past) that look like various shapes on the moon's surface.

Waning Gibbous Moon

After passing through its full phase, the illuminated portion of the moon begins to decrease, which is the waning half of the lunar cycle. First, the moon passes through its waning gibbous phase where it is not fully but still more than half illuminated.

Third Quarter Moon

The final primary phase in the lunar cycle is the third quarter moon, which the moon reaches at a specific time each month. At this time, the "other half" of the moon will be illuminated, compared to the first quarter phase. However, you may not see the exact third quarter moon every month as it may not be visible during the day depending on where you live.

Waning Crescent Moon

To end the lunar cycle, the moon moves through a waning crescent phase; like the waxing crescent, the moon looks like a curved sliver as it becomes increasingly less illuminated approaching the new moon and beginning of the next lunar cycle.

Read the entire story HERE

The Magic of 'M*A*S*H': 10 Things You Didn't Know About the Iconic Series

Excerpted from Parade.com

1) Executive producer and writer **Larry Gelbart** (who later co-wrote the movie *Tootsie*) was paid $25,000 for the pilot script. Gelbart had served in World War II, working in the Armed Forces Radio Service. He completed his draft in two days.

2) The TV show kept the movie's original theme song for the opening credits, except the lyrics to "Suicide Is Painless" were excised and the instrumentation changed. Interestingly, film director Robert Altman enlisted his then-teen son Michael to help composer **Johnny Mandel** with the words to give its dark subject a childish quality—which netted the kid more than $1 million in royalties.

3) The *M*A*S*H* producers begged CBS executives to not include a laugh track that played over all the jokes—but it was to no avail, as canned laughter was a staple of every other 30-minute program on the network. Still, CBS didn't include it during operating room scenes, and the DVD versions of *M*A*S*H* offer a laugh-free option.

was still raging, CBS made a concerted effort to not stir up any resentment toward the U.S. military. Executives rejected an episode in which soldiers stood outside in the cold in a deliberate attempt to get sick and go home, because it was deemed too controversial.

5) Most of the time, the cast went without an important part of the Army uniform—thick combat boots. The reason? The loud clunking footsteps would ruin the on-set audio. Instead, the cast donned sneakers and cameramen made a point to shoot the characters from the waist up.

Read the rest of the story HERE

CARSS Program

(Call A Ride for Sausalito Seniors)

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

CARSS provides:

- **Free Rides around Sausalito and Marin City. Volunteers can also do errands.**
- **Service available Monday, Wednesday and Friday between 10am-2pm.**
- **Schedule a Ride/Errand a day ahead or the same day. Need a ride at other times or days just call 48 hours before.**
- **Rides/Errands provided by vetted volunteers with their cars.**
- **Masks and proof of vaccination are required.**

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For more information go to www.carss4you.org or call (415)944-5474 or infocarss4you@gmail.com

6 hours of relaxing flute music

Answer to todays puzzle:

The Reds

SAUSALITO VILLAGE

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