

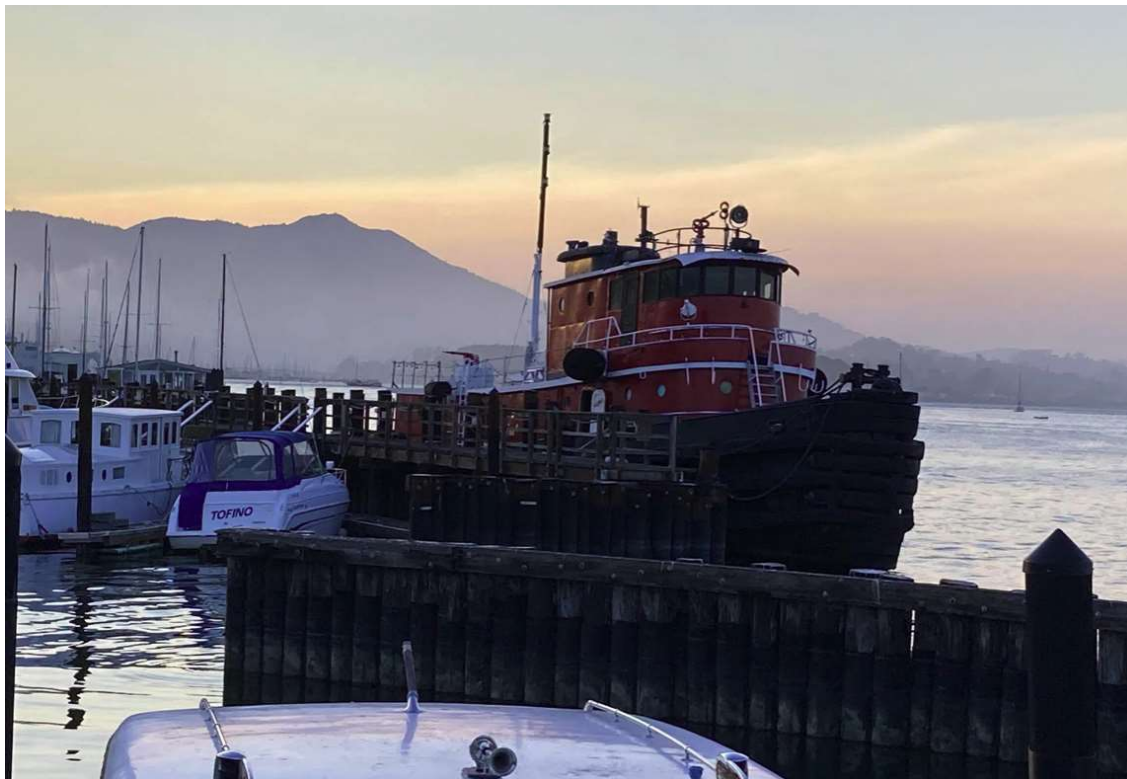
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Photo by Pamela Kahn

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 25 - Tales from the Trails

September 26 - September's Sing Along is cancelled

September 27 - Afternoon Book Review Group

September 28 - Movie Group Showing and Discussion



Mark your calendar!

Sausalito Village Hosts *Understanding Palliative Care*

WHEN: Monday, October 10th, 4:00pm - 5:00pm

WHERE: On zoom

What exactly is pallative care? Is it the same as hospice? If not, when is it appropriate . . . and for what type of care does it provide? Dr. Sarah Sedki will give us an overview of pallative care and help dispell the mystery behind it.

Dr. Sarah Sedki is a hospice and palliative care physician who has experience treating seriously ill patients in the hospital, in the office, and at home. Sedki received her medical degree from the Columbia University Vagelos College of Physicians and Surgeons. She then completed a residency in Internal Medicine at the Weill Cornell Medical Center/New York-Presbyterian Hospital, followed by a fellowship in Hospice and Palliative Medicine at University of California San Francisco. She currently practices home-based palliative care and hospice at By the Bay Health.

This meeting will be held via Zoom at the following link:

<https://us06web.zoom.us/j/4967189803>

RSVP if you would like to be emailed a reminder the day before [HERE](#)



BEWARE of scammers using Zelle

Excerpted from Bank of America notice

While your bank may send you a text to validate unusual activity, they will never contact you to request that you send money using Zelle® to anyone, including yourself, or to share a code to resolve fraud. If you receive a request like this, it is likely a scammer trying to trick you.

Here are the details of the "pay yourself" scam

- You receive a text message that looks like a fraud alert from your bank about unusual activity. The text may look something like "Did you make a purchase of \$100.00 at ABC merchant?".
- If you respond to the text, you have now engaged the scammer and will receive a call from a number that appears to be from a bank.
- They'll appear to be a representative from a bank and will offer to help stop the alleged fraud by asking you to send money to yourself with Zelle®.
- The scammer will ask you for a one-time code you just received from a bank.
- If you give them the code, they will use it to enroll their bank account with Zelle® using your email or phone number.
- The scammer now has the ability to receive your money into their account.

What you can do to help stay protected

- Don't trust caller ID — it's not always who it says it is.
 - Don't share codes based on a call you receive.
 - Don't be pressured to act immediately.
-

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

October 20th, 10:00am - 2:00pm

Sausalito Village is planning a trip to see the Guo Pei: Couture Fantasy exhibit at the Legion of Honor. See more about the exhibit [HERE](#).

SV will provide drivers leaving from Dunphy Park parking lot at 10 am and returning to the parking lot at 2 pm. There will be time to have lunch at the Legion of Honor cafe or bring your own lunch/snack.

Price: Free if you have a membership to the museum, \$15 if you are an SV Member (regular price is \$27).

Sausalito Village Members register/pay [HERE](#)

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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 hidden world of an opera prompter

Excerpted from NPR.com

To reach the prompter's box at the home of the San Francisco Opera, Matthew Piatt heads under the stage and walks down a long, narrow passageway.

Then he shimmies up a metal ladder.

"I always have to be careful not to rip my pants," Piatt says, as he hoists himself into a seat and pushes a button to propel himself upward several feet, using a hydraulic lift. From this vantage point, Piatt can view the entire stage through an opening that's about the size of the average suitcase.

Piatt is the prompter for the company's production of *Antony and Cleopatra*, a new opera adapted from the Shakespeare play by John Adams, who is considered to be one of the world's greatest living composers. Like the play, it's about the star-crossed romance of the Roman general and the Egyptian queen.

The prompter is invisible to the audience, and he may be only one person among the roughly 250-strong cast and crew, but he plays a major role in keeping everything from flying off the rails.

Piatt will spend the entirety of every performance during the run concealed under a hood in this stuffy little enclosure, located right on the edge of the stage, front and center.

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challenging to see the conductor under the glaring lights. The prompter helps with cues in difficult moments by speaking, shouting or waving his arms in their direction.

Every now and again, during curtain call, a conductor, director or cast member will lean down to the hood at the edge of the stage and shake the prompter's hand in gratitude for mishaps quietly solved or prevented.

Read entire article [HERE](#)



FREE Fado at The Pines for Portugal Republic Day!

The Sausalito-Cascais Sister City Council and the Consul General of Portugal in Sausalito is hosting a Fado Guitar Concert at The Pines Wednesday night October 5 with doors opening at 6PM. The concert features Marta Pereira da Costa who is the first and only professional fado guitarist in the world. She is from Portugal and is doing a US

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The concert is free, and tickets are limited. The event is limited to 2 tickets per person. Here is the link to register on Eventbrite: [HERE](#)

The doors at The Pines will open at 6PM. Lite Portuguese Petiscos will be served in the dining room. No-host wine and beer will be available on the terrace.

This is the third in a series of Portuguese concerts we have been able to bring to Sausalito in conjunction with the Consul General and Camões . We are not allowed to charge for these concerts. Donations to support the Sausalito – Cascais Sister City Program will be appreciated.

The Pines is a special venue, don't miss out!



Sausalito Village Emergency Preparedness Captains Invite ALL SV MEMBERS

When: Tuesday, October 18, 2:30pm-4:30pm
WHERE: MLK Basketball Court/Gymnasium

Sausalito Village members click to register:

<https://sausalito.helpfulvillage.com/events/3625-membershipwide-ice-cream-social-hosted-by-sv-emergency-preparedness>

Thanks to Lappert's ice cream for the ice cream and all the toppings!

Here is the schedule for the event:

2:30-3:15pm - Information Tables: Peruse 6 tables with volunteers to help you with specific emergency preparedness topics

3:15-3:30pm - Opening Remarks: Everyone takes a seat at their Neighborhood Group Table and the Committee gives a short opening

3:30-4:30pm - Create and enjoy ice cream sundaes with members in your Neighborhood Group and discuss how you are doing with your emergency readiness

4:30pm - Closing Remarks and Free Raffles!

NEED A RIDE? Call Wendy at Sausalito Village by October 16: (415) 332-3325



Alcohol came before the wheel

Excerpted from Fact of the Day

The wheel is credited as one of humankind's most important inventions: It allowed people to travel farther on land than ever before, irrigate crops, and spin fibers, among other key benefits. Today, we often consider the wheel to be the ultimate civilization game-changer, but it turns out, creating the multipurpose apparatus wasn't really on humanity's immediate to-do list. Our ancient ancestors worked on other ideas first: boats, musical instruments, glue — and alcohol. The

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have unearthed 6,000-year-old pottery coated with beer residues, in contrast, early wheels didn't appear until around 3500 BCE (about three millennia later), in what is now Iraq. But even when humans began using wheels, they had a different application — rudimentary versions were commonly used as potter's wheels, a necessity for mass-producing vessels that could store batches of brew (among other things).

Some researchers believe our long-standing relationship with alcohol began only 10 million years ago thanks to a genetic mutation that allowed our bipedal ancestors to consume overly ripe fruit. Over time, alcohol consumption transitioned from snacktime byproduct to a purposefully crafted, fermented beverage, and different cultures began to create their own brews independently. After China's beer and wine appeared around 7000 BCE, early vintners in the Caucasus Mountains followed 1,000 years later. Sumerian brewers crafted beer around 3000 BCE, while Indigenous communities in the Americas, such as the Aztecs and Incas, later made their own alcoholic drinks from agave and corn. It may seem surprising that ancient humans were so fermentation-focused, but early alcohols played a major role in prehistoric communities: Booze was often the center of religious and social celebrations, and could serve as a go-to cure for illness and pain. In some cases, it even acted as a nutritious, probiotic boost during times of food scarcity. With their many uses, both lifesaving and life-enhancing, brewed beverages have withstood the test of time.



THE EARLY BIRD CATCHES THE WORM

Waking Up Before 7 A.M. Can Boost Your Mental Health and Productivity, a New Study Shows

Excerpted from Martha Stewart.com

According to a new study published in *JAMA Psychiatry*, which was conducted by University of Pittsburgh researchers, waking up early—and remaining active throughout the day—can improve mental health and your overall productivity, especially for senior adults.

"There's something about getting going early, staying active all day, and following the same routine each day that seems to be protecting older adults,"

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"What's exciting about these findings is that activity patterns are under voluntary control, which means that making intentional changes to one's daily routine could improve health and wellness."

After studying 1,800 adults over the age of 65 for a week—and tracking their movements with fitness watches and analyzing their cognitive-related questionnaires—the team found that nearly 38% of participants woke up early and kept moving. "Many older adults had robust patterns: They get up before 7 a.m. on average, and they keep going; they stay active for 15 hours or so each day. They also tend to follow the same pattern day in, day out," said Smagula. "Lo and behold, those same adults were happier, less depressed, and had better cognitive function than other participants."

Read the entire article with more details on the research [HERE](#)



The Queen through the years - worth your 1min. 10 sec.



Patagonia Founder/Owner donates the company

Excerpted from RollingStone Magazine

YVON CHOUINARD, THE founder of apparel brand Patagonia, is handing over his company, valued at \$3 billion, over to trusts and non-profit organizations focused on fighting climate change. The unprecedented move makes his family some of the most charitable business owners in the U.S.

“Hopefully this will influence a new form of capitalism that doesn’t end up with a few rich people and a bunch of poor people,” Chouinard told *The New York Times*. “We are going to give away the maximum amount of money to people who are actively working on saving this planet.”

Instead of passing along the business to his two children, the Chouinards relinquished control of the company to organizations they believe will bring good to the environment. They handed over their voting stock (2% of overall shares) to the Patagonia Purpose Trust, overseen by members of the family and advisers with the intention of overseeing that the company makes good on its commitment to combating global warming.

The other 98% of its shares have been handed over to a nonprofit organization called Holdfast Collective, which will receive Patagonia’s profits in their entirety and fight climate change.

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“For us, this was the ideal solution.”

Read the entire article [HERE](#)



Why songbirds changed their tune during the Pandemic

Excerpted from AtlasObscura.com

It wasn't just that the pandemic-induced pause in activity made it easier to hear urban wildlife. Some animals adapted almost instantaneously to exploit soundscapes vacated by traffic and construction. In the unnatural quiet of the Bay Area, amid noise levels that hadn't been heard since 1954, white-crowned sparrows (*Zonotrichia leucophrys*) changed their tune.

affects the white-crowned sparrow's song for close to two decades when the pandemic began its 2020 surge. In San Francisco's high-noise urban environment, the birds historically sang higher amplitude, higher frequency songs. But in April and May of 2020, suddenly they no longer had to shout over the traffic.

The characteristics of their vocal performance changed, too. No longer needing to sing at high frequencies that could be heard over the highway's rumble, the sparrows' songs became more expansive, occupying more of the soundscape's "acoustic bandwidth." Even those with quiet voices became audible; in those first months, "you could hear four times as many birds as you could before," says Derryberry.

Song has an essential function in avian social life. In temperate zones, it is used almost exclusively by males as a means of defending breeding territories and attracting mates. In quiet, rural environments, birds tend to sing at lower frequencies at which they can maximize their vocal performances with trills and twitters. But in urban environments, the low frequency noise of traffic gets in the way. In order to be heard, birds subconsciously raise the pitch and volume of their songs, a phenomenon called the Lombard effect.

Read the entire story [HERE](#)



What does it mean when I have eye floaters?

Excerpted from theList.com

According to the Mayo Clinic, most eye floaters are caused by age-related changes to our eyes. Specifically, the jelly-like substance inside our eyes, called vitreous, becomes more liquid as we get older. When this happens, microscopic fibers within the vitreous can clump up and cast small shadows on our retina. What we're seeing when we're seeing floaters are in fact these shadows. Floaters, therefore, can be an annoying but normal part of our eyes' aging process. However, there are absolutely some instances where floaters mean you should seek a doctor's opinion immediately.

The Mayo Clinic says that while floaters are common and normal as we age, if you notice a sudden or significant increase in floaters, or if you see flashes of light or lose your peripheral vision, you should contact an eye doctor right away. This is because large black spots, streaks or flashes of light, or a sudden and severe increase in floaters can be a sign of a potentially blinding condition known as retinal tearing or retinal detachment. This can happen when, as the vitreous shrinks, it pulls on the retina at the back of the eye and causes the retina to either tear or come completely away from the vitreous humour (via visioneyeinstitute.com). This is very serious and could result in blindness if not treated urgently, so if you notice any of these symptoms, call your eye doctor right away.

If, however, you are simply experiencing those annoying occasional floaters, you are in good company; the majority of us will experience them at some point, especially after the age of 40. So while mentioning them at your regular eye exam is probably a good idea, you likely don't need to rush in for help unless you experience the above symptoms of retinal detachment.

Read the entire article [HERE](#)



The ancient art of telling time with fire and smoke

Excerpted from boingboing.net

In China, the use of incense smoke to tell time dates back to the 6th century CE. Incense would be lit at the bottom of a maze and burn its way through, with outlets to vent the smoke and indicate the time.

Different scents may have even been used along the maze to tell the current time by a whiff. And there were even incense alarm clocks where the incense would burn through strings and drop metal balls into a bowl to sound the alarm.

Incense timers were used in China into the 21st century by coal miners to gauge the length of time spent underground.



Best dog actors in movies ranked

Excerpted from MovieWeb.com

Out of all the animals that have taken part in movie productions, dog actors are especially popular and well-loved by audiences. This is largely attributable to the strong connection that humans have with them as pets and companions, as they are part of millions of families and keep us company in our day-to-day lives. If a movie features a dog actor in its cast, it will definitely resonate deeply with many viewers. However, the reality is that, for animals, filming is much more exhausting than it is for humans, and the entertainment industry has not always considered their needs on movie sets. Luckily, and thanks to the efforts of many actors, this situation has changed completely, and currently the American Humane organization is in charge of supervising every production featuring animal actors to ensure that their rights are guaranteed. Shooting with animals is quite different from shooting solely with people, and it generally requires far more time and patience, but it's definitely worth the effort, both for the sake of the animals and the production itself. Here is a look at some of the best dog actors in movies.

- 10) Milo from "The Mask"
- 9) Hooch from "Turner and Hooch"
- 8) Sari - "Prey"
- 7) Hachiko - "Hachi: A Dog's Tale"
- 6) Buddy - "Air Bud"

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- 3) Frank - "Men in Black"
- 2) Beethoven - "Beethoven"
- 1) Lassie - "Lassie Come Home"

Read the entire story and see photos [HERE](#)



Where to recycle all types of plastic packaging in Marin County

Why can't you put bags in my curbside recycling bin?

These bags, wraps, and films get tangled up in the equipment in facilities that serve curbside recycling programs, causing problems for recyclers (see photo above). After this, they are landfilled. Make sure flexible packages don't make their way into your curbside recycling bin! They undergo a special recycling process through Store Drop-off.

Where can I bring my Store Drop-Off packages?

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bag recycling bin in retail stores, you can also recycle your bags, wraps, and films. You do not need to take these items back to the same place where you bought them. Even if you purchased the packages online, you can still take them to any retail store with a plastic bag recycling bin.

Look for these boxes at Safeway in Strawberry or Sprouts in San Rafael:



Review the entire website: <https://how2recycle.info/sdo>

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**PRESENTED BY MARIN LEAGUE OF WOMEN VOTERS
AND MARIN CONSERVATION LEAGUE**

CANDIDATE FORUM

Meet the Board of Directors of Marin Water Candidates

Wednesday, September 28

7 PM to 8:30 PM

Corte Madera Community Center

498 Tamalpais Drive

Division 1:	Jack Gibson (incumbent) Matthew Samson
Division 2:	Larry Bragman (incumbent) Jack Kenney Ranjiv Khush
Division 3:	Shana Katzman Jed Smith

PARKING: At Eastman next to the Corte Madera Community Center, at Pixley Ave.
on the West side of the Corte Madera Community Park opposite the Post Office.
or along Tamalpais Ave. Please DO NOT park in the residential neighborhoods.

Marin Conservation League mcl@marinconservationleague.org 415-485-6257 www.marinconservationleague.org

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**TO PLAY A WRONG NOTE IS
INSIGNIFICANT;
TO PLAY WITHOUT
PASSION
IS INEXCUSABLE.**

BEETHOVEN



How Saturn's lost moon *Chrysalis* became its rings

Excerpted from [Earthsky.com](https://earthsky.org)

While Saturn's rings are massive and majestic, the ring systems of other gas giant planets in our solar system are vanishingly thin. And scientists have wondered ... why? On September 15, 2022, scientists at UC Berkeley said they think Saturn's rings and *tilt* are linked. They think that, 160 million years ago, a large moon of Saturn tore apart and became the planet's rings. They dubbed this lost moon *Chrysalis*, for its power to transform from a moon into rings, much as an insect chrysalis produces a moth or a butterfly.

The scientists, led by Jack Wisdom of MIT, published their study this week in the peer-reviewed journal *Science*.

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relatively recent in contrast to the planet itself. Saturn, presumably, formed with the rest of the solar system, some 4.5 billion years ago. But, these scientists said, their work showed the rings to be a newer feature, having formed 100 million years ago or less.

The 2022 study goes further. It proposes that Saturn's ring system comes from a moon that was once about the size of Iapetus, the 3rd-largest moon of Saturn. They theorized that this moon got too close to Saturn. If so, they said, Saturn would have swallowed 99% of the erstwhile moon's mass. While the rest of the former mass of the moon became Saturn's rings. Jack Wisdom explained:

[Saturn's] tilt is too large to be a result of known formation processes in a protoplanetary disk or from later, large collisions. A variety of explanations have been offered, but none is totally convincing. The cool thing is that the previously unexplained young age of the rings is naturally explained in our scenario.

Click [HERE](#) to read more about the study



TED Talk: How not to take things personally



What Is Autonomous Sensory Meridian Response (ASMR)?

Excerpted from SimplyPsychology.com

Autonomous Sensory Meridian Response (ASMR) is sensory phenomenon which is used to describe pleasurable tingling sensations on the scalp and neck in response to particular auditory and/or visual 'triggers.'

The tingling sensation often begins in the head, shoulders, or spine, but can spread to other areas of the body to create a euphoric sense of relaxation. ASMR has become increasingly popular on the website YouTube where there are countless ASMR videos with specific auditory and visual triggers.

People often report feeling very calm and sleepy after watching or listening to ASMR videos and will use these to help them get to sleep or reduce anxious feelings.

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percentage of the population experiences this condition, but it is thought that not everyone can experience it.

A common theme for ASMR videos is their quiet, intimate nature, so someone whispering whilst drawing would be a trigger whereas a vacuum cleaner or airplane noises wouldn't be.

Everyone has different triggers, but often the videos fall into one of two categories- personal attention and task-based triggers.

Try the 3 hour video at the end of this newsletter that has garnered nearly 2.5M views!

Read the entire article and research [HERE](#)



Here's How to Fix the 5 Most Common Plumbing Problems Yourself (and Stop Throwing "Repairman Money" Down the Drain)

You can do it!...and your wallet thanks you.

Clear kitchen pipes with hot water.

Kitchen pipes often get clogged when liquid fats from dirty pots and pans go down the drain, then harden inside the plumbing, reveals home insurance expert Melanie Musson. To clear pipes easily, pour hot-not boiling-water down your kitchen sink. “The hot water melts the fat and grease, helping dislodge and move the gunk down the pipe before it can build up and cause plumbing headaches.” Aim to “flush” your pipes this way about once a week, and you may never have a kitchen sink backup again!

Boost water pressure with a vinegar ‘shower cap’.

Shower slowed to a trickle? Your shower head is likely clogged with minerals, says home pro Gladys K. Connelly. “Just grab a zip-top bag, fill it with white vinegar and use rubber bands to tie it around the shower-head, then leave overnight.” The vinegar’s acetic acid will bust minerals to return your water pressure to normal.

Freshen your disposal with ice cubes.

If there’s a mystery odor wafting from your disposal, here’s some good news: A little stink doesn’t mean it’s broken. There’s likely just some leftover food in the mechanism, says plumber Marques Johnson. His advice: Drop a handful of ice cubes into the disposal and turn it on. As the ice gets crushed, it safely polishes the inside of the disposal, scouring away built-up debris.

Unclog toilets fast with a little dish soap.

Next time your toilet is clogged with toilet paper, simply grab dishwashing liquid, says bathroom maintenance expert Aleksandar Pecev. Squirt ½ cup of dish soap into the toilet bowl, then slowly add a bucket of hot water and let sit for 10 to 20 minutes. “This helps the detergent lubricate the pipes, making the blockage easier to dislodge.” Once the water level in the toilet has subsided, pour in more hot water and flush.

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To lift the most stubborn clogs, add ½ cup baking soda to a bowl of warm water and pour down the drain. Let sit 5 minutes, then follow with 1 cup of white vinegar. “It’ll fizz like a science project volcano,” says Connelly. Wait 10 minutes, then run the water to flush the gunk down the pipe.

Pesky plumbing problems solved!



Still one of the funniest skits in television history

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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



What your eye color says about your health

Excerpted from AARP.org

also be a window to your health. Your eye color may predispose you to certain medical conditions, such as skin or eye cancer. And while actual changes in eye color are rare, they can also indicate an underlying health disorder that needs to be addressed. "Eyes can appear to change color due to an undiagnosed disease, a new medication or even trauma," says David Silverstone, M.D., a professor of ophthalmology at the Yale School of Medicine. Sometimes, he adds, it's due to an actual change in the iris, the colored part of your eye, and sometimes it's due to something going on in another part of your eye that appears to change the eye color.

Here's a look at what your eye color can mean for your health.

Can eye color predict your health?

Your eye color may offer some clues about how likely you are to develop certain cancers, or certain forms of eye disease, later on. Here's what the research shows:

Those with lighter eyes have higher skin cancer risk.

A 2021 study published in the journal *Cancer Causes and Control* looked at over 35,000 men and found that, compared to people with dark eyes, people with hazel, green or blue eyes had up to a 24 percent greater risk of developing a type of skin cancer known as squamous cell carcinoma, and were up to 17 percent more likely to develop basal cell carcinoma. People who have less pigment in their eyes tend to have less pigment in their skin, which raises risk of skin cancer, explains Davinder Grover, M.D., a Dallas ophthalmologist and spokesperson for the American Academy of Ophthalmology (AAO). Not surprisingly, other research also suggests that folks with light-colored irises (blue or green) have a higher risk of developing eye melanoma than those with darker orbs.

People with brown eyes have a lower incidence of macular degeneration and diabetic retinopathy.

Age-related macular degeneration (AMD) is an age-related condition in which a part of your retina, the macula, is damaged. This causes you to lose your central vision, so that you cannot see fine details. It's the leading cause of vision loss in people age 50 and older. Diabetic retinopathy is a diabetes-related condition that affects the blood

that pigment doesn't offer some protection, Grover explains. He also says those with brown eyes have a lower incidence of both of these conditions.

People with dark eyes may be more likely to develop cataracts.

You're not off the hook if you have dark eyes: Research suggests you're more likely to develop cataracts. A 2014 review of studies found that darker eye color is linked to an increased risk of cataracts.

Researchers aren't sure why this might be true. The authors of the review study speculated that the increased melanin in the irises of brown-eyed people could cause a buildup of heat in the eyes that is linked to cataracts. It's also possible that the higher risk of cataracts in those with brown eyes may not be directly related to the color of your eyes, but due to where you live. "We know there is a connection between sun exposure and cataracts, and most people with darker eyes live closer to the equator," Grover says. More research needs to be done to understand the link, but no matter the color of your eyes, you should wear sunglasses that provide 100 percent protection from all UV light, according to the AAO.

To read more about what changes in your eye color means, click [HERE](#)



Who invented chocolate?

Excerpted from Insider.com

Frequent flyers, rejoice! A new passport renewal process will require much less paperwork than in the past.

The US State Department relaunched its online passport renewal option to a limited number of Americans Friday morning, according to an announcement on its official website.

The Department of State plans to make online passport renewal available to everyone in 2023, after months of testing the program with select groups. If you can't wait that long, another round of online renewal will open again in October, according to the site.

A pilot program for online renewal launched in February — only available to government employees and contractors — after President Biden's December 2021 executive order to improve federal services recovering from the pandemic, the New York Times reports.

The program was then opened to 25,000 members of the public in August for a two-week window, the NYT report says. It is unclear how long the current window will remain open.

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'Janus' the two headed tortoise celebrates 25th birthday

Excerpted from Reuters.com

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and tortoisene, has two heads, the pair orange and the almost personalities, would not have survived long in the wild as he cannot retract his heads into his shell to seek shelter from predators.

But at the Geneva Natural History Museum, where he hatched in 1997, Bourgoin and her team of carers - who believe he is the world's oldest bicephalic tortoise - can cater for his every need. They feed him organic salad and give him daily massages and baths in green tea and chamomile. For exercise, he goes for regular walks, sometimes with music, and rides on a custom-made skateboard.

He is under constant surveillance in case he flips over, which could be fatal, and survived a bladder stone operation in 2020. His heads need periodic treatment with vaseline to stop them getting sore when they rub together. His two personalities also generate different moods and tastes that can occasionally lead to conflict, for example over which direction to walk.

"The right head is more curious, more awake, it has a much stronger personality. The left head is more passive and loves to eat," Bourgoin said, adding that one head was partial to endives and the other to carrots.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**PLEASE COME TO THIS EVENT****Youth Transforming Justice****OCT. 12, SWC, 5:00 P.M.**

Everyone is welcome. Vaccine required.

Presenters: **Don Carney**, Exec. Director

Youth Transforming Justice and

Talia Harter, San Rafael high school
teen cannabis prevention trainer.*Community Enhancement Committee**Sausalito Woman's Club**120 Central Ave.***Hosted by Sausalito Woman's Club****FRIDAY PUZZLE**

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Each sentence below contains a word that can be anagrammed to answer or describe the sentence.

Example: Craft that might tip in the ocean. Answer: canoe (anagram of “ocean”)

1. You cover a mattress with one of these.
2. Weapon that a cavalryman bears.
3. Feature on which a tire might be rated.
4. It doesn't necessarily bring rain, but it could.

Answer at the bottom of the newsletter.



Need to know about the Japanese practice

Excerpted from FitandWell.com

In the 1980s the Japanese Government introduced something called Shinrin Yoku - shinrin meaning 'forest' and yoku meaning 'bath' - to help combat burnout amongst stressed-out urban dwellers while making good use of Japan's vast wooded areas.

The act of forest bathing, or enveloping yourself in nature, is believed to significantly improve people's stress levels and overall health. Perhaps you're thinking what equipment do you need to do this, a pair of the best shoes for walking? Some swimming trunks?

Forest bathing, also called 'shinrin-yoku' involves an individual immersing themselves in a forest environment and according to a 2022 study published in the International Journal of Mental Health and Addiction, forest bathing has been demonstrated to reduce stress, depression, anger, and anxiety.

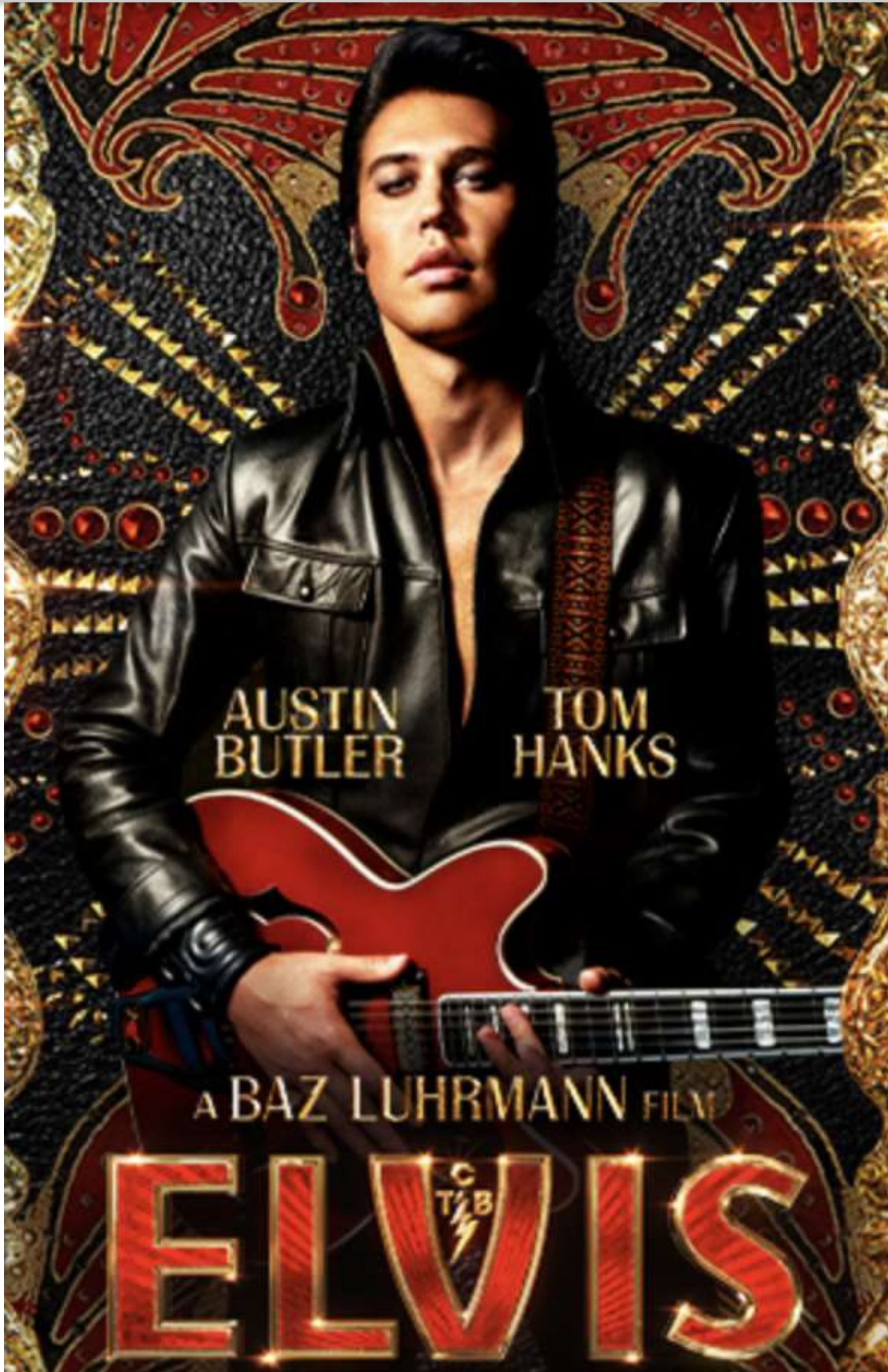
There are heaps of positive effects you can experience from forest bathing. If you choose to do it as part of a group it can give a real community feel and even help to cure feelings of loneliness. It can spur a greater connection between nature and yourself, helping you to appreciate your surroundings and there is genuine scientific evidence behind the proven physical and health benefits so we've listed some below.

Read the benefits and the entire article [HERE](#)

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WHEN: Wednesday, September 28, 2pm Showing 4pm Discussion

WHERE: Sausalito Presbyterian Church Hall (Zoom hybrid discussion)

RSVP: <https://sausalito.helpfulvillage.com/events/3601>

Reverend Paul Mowry and SV Chef Joey Silverman host our monthly Movie Group. Both are graduates of NYU film school, worked in the business in their past lives and are avid film fans. Discussions are always lively!

The film can be viewed ahead of time if you subscribe to HBO Max or rent it on Prime Video. Otherwise, join us at Sausalito Presbyterian Church Hall for a viewing of the film at 2pm.

PLOT: The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker played by Tom Hanks.

Discussion will be both on zoom, for those who have seen the film and do not want to come in person, and live at the Church Hall at 4pm.

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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.

RIDE FOR FREE WITH CARSS!

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

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3 hour ASMR Video: "ASMR for people who LITERALLY NEED sleep RIGHT NOW"



Answer to todays puzzle:

ANSWER

1. Sheet
2. Saber (or sabre)
3. Tread
4. Cloud

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