



Photo by Ingrid Kreiss

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

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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 for SV hosted events in the coming 2 weeks:

October 30 - Fire extinguisher exchange/refill Event

October 30 - Next Line Dancing Workshop at City Hall

October 31 - SV Trip to see Marin City exhibit at Civic Center

November 4 - SV hosts ESCOM presentation

November 8 - Rides to election polls for all Sausalito residents



Fire extinguisher refill/purchase/recycle annual event

WHEN: Sunday, October 30th, 11am - 2pm

WHERE: Van Damme Park, at the corner of Bridgeway/Gate 6 Road.
Turn into Gate 6 for the Van Damme driveway.

SV Emergency Preparedness Committee Chair is also the Chair of the Floating Homes Association Committee. The FHA has arranged to include Sausalito Village and others in the community for this upcoming annual event.

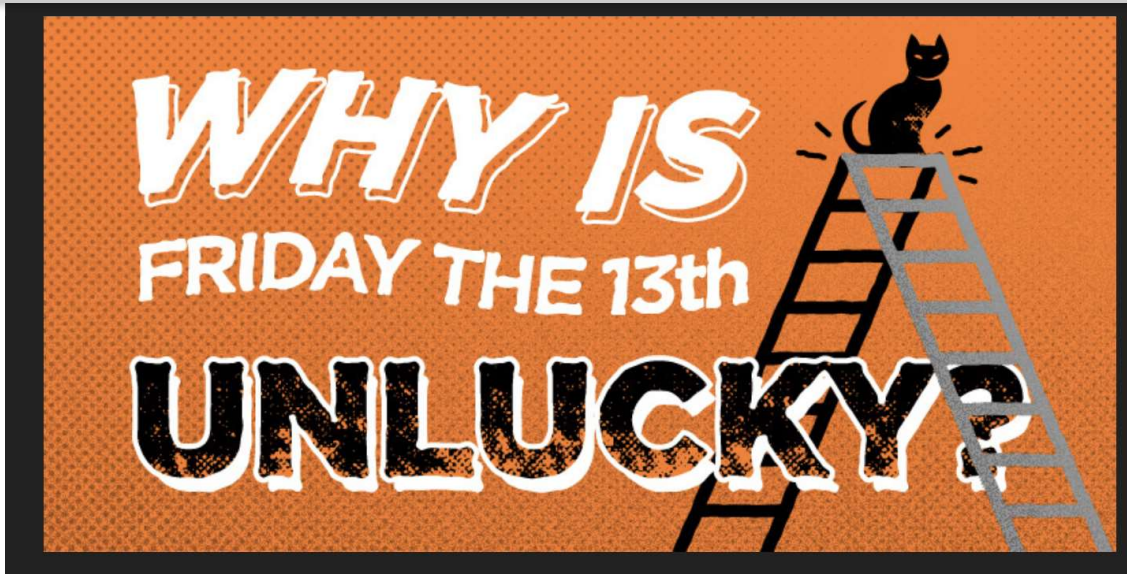
IF you are an SV member and need a ride, let the Concierge know by Friday, October 28th by phoning 415-332-3325.

Cost to refill - \$35

Cost for new large one - \$50

Free to recycle an old extinguisher

Questions? Contact Flo at flohoy@gmail.com



Explaining the power of its bad reputation

Excerpted from The Conversation

The source of 13's bad reputation – "triskaidekaphobia" – is murky and speculative. The historical explanation may be as simple as its chance juxtaposition with lucky 12. Joe Nickell investigates paranormal claims for the Committee for Skeptical Inquiry, a nonprofit that scientifically examines controversial and extraordinary claims. He points out that 12 often represents "completeness": the number of months in the year, gods on Olympus, signs of the zodiac and apostles of Jesus. Thirteen contrasts with this sense of goodness and perfection.

The number 13 may be associated with some famous but undesirable dinner guests. In Norse mythology, the god Loki was 13th to arrive at a feast in Valhalla, where he tricked another attendee into killing the god Baldur. In Christianity, Judas – the apostle who betrayed Jesus – was the 13th guest at the Last Supper.

Part of 13's reputation may be connected to a feeling of unfamiliarity, or "felt sense of anomaly," as it is called in the psychological literature. In everyday life, 13 is less common than 12. There's no 13th month, 13-inch ruler, or 13 o'clock. By itself a sense of unfamiliarity won't cause a phobia, but psychological research shows that we favor what

to with negative attributes.

People also may assign dark attributes to 13 for the same reason that many believe in “full moon effects.” Beliefs that the full moon influences mental health, crime rates, accidents and other human calamities have been thoroughly debunked. Still, when people are looking to confirm their beliefs, they are prone to infer connections between unrelated factors. For example, having a car accident during a full moon, or on a Friday the 13th, makes the event seem all the more memorable and significant. Once locked in, such beliefs are very hard to shake.

Read entire article [HERE](#)



SV Hosted Line Dancing Workshop THIS Sunday

Working Your Brain and your Body with teacher Laurie Reemsnyder

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gently ease newcomers into it, geared to those with little dance experience but some curiosity.

Second hour will be a dance party! We'll do mostly beginning and one wall dances at least the first few workshops, but adjust based on who is coming. 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.

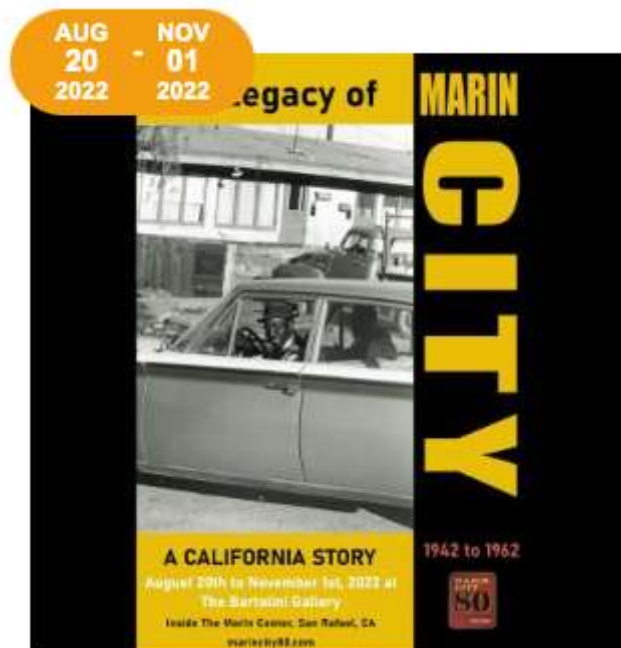
Open to all, geared to seniors.

FREE but donations accepted.

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

WHEN: Sunday, October 30th. 3pm for basic step review, 4pm for dances

WHERE: Sausalito City Hall downstairs dance studio Bee/Caledonia Streets



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SV Trip October 31st - Legacy of Marin City exhibit, option of lunch

WHEN: Monday, October 31st, 10am

WHERE: Depart in carpools at Dunphy Park at 10:15am to drive to the Marin Civic Center

Join other Sausalito Village members and volunteers for a trip to see the exhibit “The Legacy of Marin City” at the Bartolini Gallery at the Marin Civic Center. On the 80th anniversary of Marin City, this exhibit features memorabilia of Black shipyard workers with a virtual-reality experience, soundtrack listening stations and historical knowledge around housing discrimination. See more about the exhibit below. It closes on November 1- last chance!

We have paired this trip with the OPTION of lunch at The Village at Corte Madera shopping center. If you would like to return straight to Sausalito, we will have a driver available.

Click [HERE](#) for details and to register for the trip.

Click [HERE](#) to see a news clip about the exhibit



Bus picks up dogs for 'school' every day in Alaska

Excerpted from The Animal Rescue for the Greater Good

As part of Mo Mountain Mutts, dogs in the program are picked up on a bus from their homes and shuttled off to “school” where they can socialize and learn new skills.

The program is a dog training and walking service run by Mo and Lee Thompson, and it’s become quite popular on social media thanks.

As you can imagine, it’s not easy to manage a bus full of dogs so each pup is screened for behavior before joining. Even the most well-behaved dogs sometimes need a reminder in manners, and Mo and Lee have some “mentor dogs” that encourage the younger pups to

As you can imagine, it's not easy to manage a bus full of dogs so each pup is screened for behavior before joining. Even the most well-behaved dogs sometimes need a reminder in manners, and Mo and Lee have some "mentor dogs" that encourage the younger pups to stick with the pack and follow directions.



SV Emergency Preparedness Chair, Flo Hoylman, created a video about putting together the 10 items you would grab if given 10 minutes to evacuate.

This video and others Flo has created can be found on the SV website under Emergency Preparedness tab - Emergency Preparedness Information in the drop down list.
www.SausalitoVillage.org



What are parasocial relationships?

Excerpted from Mashable

Parasocial relationships are one-sided relationships, typically with an everyday individual and a celebrity or fictional character, said assistant professor of communication at the University of Nevada, Las Vegas, Natalie Pennington.

According to chief strategy officer at media tech company IMGN Media Noah Mallin, parasocial relationships are an assumed intimacy audience members feel even though they don't have an actual relationship with that person.

These relationships existed long before the internet — thousands of years ago. Researchers say ancient people had parasocial relationships with pharaohs and deities, for example.

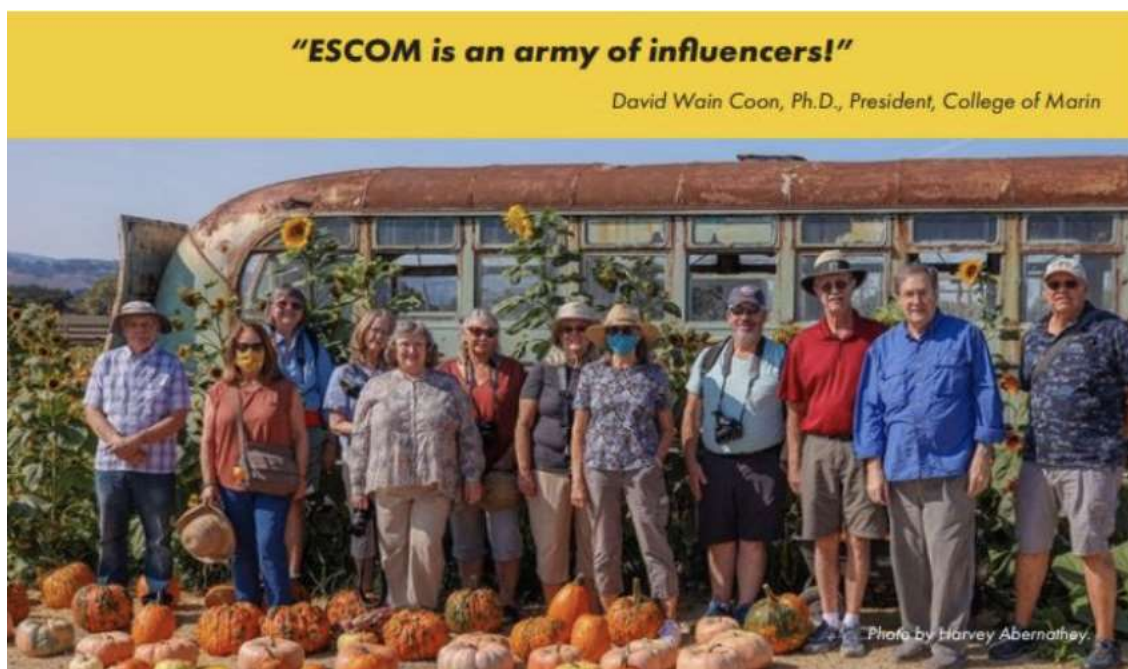
In the 20th century, early research on parasocial relationships dissected those of people and soap opera characters and other

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really invested in, and feel like they had a relationship with someone on the leads on the shows," said Pennington. "So even though they may never meet, they were like, 'This person is my friend. I know them.'"

As media and technology has evolved, so have parasocial relationships. With the rise of the internet and social media in the past few decades, celebrities have disclosed more information about themselves online, allowing fans more insight. This previously-impossible-to-know knowledge has made these relationships seem real, as fans are learning more about the celebrity. It's still one-sided, however, as the celebrity may have no idea who the fan is.

Read the entire article [HERE](#)



SV Hosts presentation to learn about ESCOM

(Emeritus Students College of Marin)

WHEN: Thursday, November 4, 4pm

WHERE: On Zoom

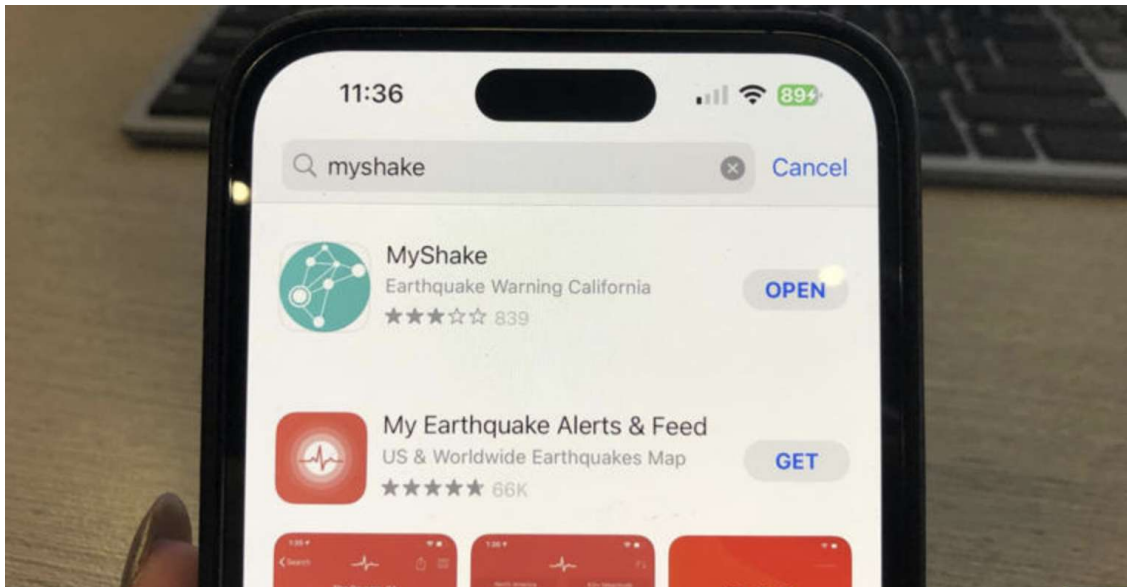
RSVP for the zoom link: <https://sausalito.helpfulvillage.com/events/3596-presentation:-learn-about-escom>

Emeritus Students College of Marin (ESCOM) is a pioneer provider of

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years. ESCOM provides a rich variety of interactive clubs, interesting talks and social, cultural events for our members. ESCOM members are also welcome to contribute to our monthly online newsletter and journal of photography, art and creative writing.

As a nationally recognized program of the College of Marin, ESCOM has comfortable centers at both the Kentfield and Indian Valley campuses. Our programs are available online and in-person, and are free to all members. There are no educational or financial requirements to participate...only a desire to learn and be involved! Share your passion, knowledge and artistic skills! To learn more and to join ESCOM, please visit <http://escom.marin.edu>. We look forward to seeing you soon!



Get a warning for the next earthquake

Excerpted from MSN.com

Thousands of California residents were alerted ahead of Tuesday's magnitude 5.1 earthquake in the Bay Area, thanks to the MyShake app.

The app, which was developed by the Berkeley Seismology Lab, alerted 95,000 devices of the earthquake up to 18 seconds before the

Since Tuesday's alert, signups for the app have surged, with over 2 million registered phones, according to the app's data page.

Anyone can download the MyShake app, but the system is only fully operational in California, Oregon and Washington. You should receive alerts regardless of whether your phone is on "Do Not Disturb," but the app will only let you know if a 3.5 magnitude earthquake or above is detected.

- Download the MyShake app on [Apple's App Store](#), or in the [Google Play store](#) if you have an Android phone.
- Open the app.
- It will ask if you want to allow it to track your location and send you notifications and critical alerts. Select "Allow" for notifications and alerts. You'll still receive emergency alerts even if you don't allow MyShake to track your location.
- Choose whether you live in California, Oregon or Washington.
- Inside the app, you can see recent earthquakes, report earthquakes you experience and learn safety techniques. Each of these options is available by toggling through the options on the bottom menu of the app that is positioned horizontally on the screen.
- You'll receive a loud notification on your phone when an earthquake is about to hit. A message will appear and advise you to "drop, cover and hold on," giving you a few seconds' warning to protect yourself.
- **Bonus tip: Make sure your iPhone apps don't automatically uninstall**

If you've ever noticed that an app you need on your iPhone has uninstalled, that's because there's a setting enabled called "Offload Unused Apps" that automatically uninstalls apps you haven't used in a while in order to optimize storage space. You might only need this app when you use it, so you should turn off this option on your iPhone first. Here's how to disable this setting.

- Open Settings.
- Select App Store.



How Do Humans Compare to Other Breath-Holding Mammals

When it comes to our mammal brethren, *homo sapiens* are no match for aquatic creatures. The unheralded **Cuvier's beaked whale** has a recorded dive of 222 minutes. That tops the list of whales and seals, the gold-medal standard for breath holders. Many species can comfortably hold their breath for over 100 minutes including Elephant seals, Sperm whales, and Weddel seals.

For land mammals, the surprise champion is—get ready for it—the **sloth**! Sloths have been recorded holding their breath for 40 minutes, making them adept underwater explorers. Beavers have a good showing as well, clocking in at 15 minutes.

The *average* human can hold their breath for about 2 minutes, though most of us would struggle to get 1 minute without practice. Don't feel bad though. Dolphins can only last about 7-10 minutes, which is far



Need a ride to cast your vote? Call CARSS for a door to door ride in Sausalito

CARSS (Call A Ride for Sausalito Seniors) will be providing rides on election day. Reserve yours today at 415-944-5474 or SausalitoVillageConcierge@gmail.com.

CARSS is a City of Sausalito Age Friendly Program managed by Sausalito Village



95-year-old Chinese restaurant is last holdout of Central California Chinatown

Excerpted from SFGate.com

While the emergence of the cooking and selling of food in San Luis Obispo's Chinatown district just north of downtown dates back to 1886, Mee Heng Low, at 815 Palm St., officially opened its doors almost exactly 95 years ago: Dec. 3, 1927, by a restaurateur named Gin Jack, who took over the space previously known as Hong Kong Restaurant and soon made it his own.

"The name Mee Hing is Chinese for 'sanitary,'" an announcement in the San Luis Obispo Tribune on the restaurant's opening day read. "And the cafe will live up to its name, according to the proprietor."

There are other Chinese restaurants in the state with a similarly long lineage. Sam Wo, at 713 Clay St. in San Francisco, is said to be the oldest in California and claims to have first fired its stovetop in Chinatown around 1907. That restaurant, however, [closed for good in](#)

Though it's difficult to say with various owner changes, starts and stops which Chinese restaurant is the oldest in the state, Mee Heng Low is in a category all its own as likely the oldest, continuously operated Chinese restaurant in Central California, a curiosity that current chef-owner Russell Kwong says he doesn't often think about.

Still, when he has a moment to pause, the lineage is something he doesn't take lightly.

Kwong, 30, took over the restaurant's day-to-day operations from his father, Paul, in late 2019. He represents the third Chinese American family to own and operate the restaurant in its lifespan.

Read entire article [HERE](#)



How to Best Clean Your Glasses, for Real

Excerpted from How Stuff Works.com

It turns out that keeping your glasses smudge- and scratch-free is both cheap and easy. You need to wash them, gently. It's something you can do every day without harming your eyewear, whether you wear inexpensive readers from the drugstore or designer frames with coated progressive lenses.

Here's your new routine for keeping your glasses clean:

1. Wash your hands to get rid of anything grimy or germy.
2. Rinse your glasses in warm water (neither too hot nor too cold).
3. Add a drop of plain, gentle dish soap to the lenses.
4. Smear the soap around on both sides of the lenses and the earpieces.
5. Rinse off the soap.
6. Dry everything with a lint-free or microfiber cloth.

If you really want to get your glasses super clean, here are a few more advanced cleaning tips you can also add to your routine:

- Use a cotton swab to dig out stuck-in dirt around the edges of the lenses where they meet the frames.
- Wash your microfiber or lint-free cloth regularly. It holds the oils from your hands, so if you don't wash it, it will just smudge the lenses you've just cleaned.

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Stretch and Strengthen with Rayner is on zoom 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. www.SausalitoVillage.org



What's Inside Worcestershire Sauce, and How

Excerpted from HowStuffWorks.com

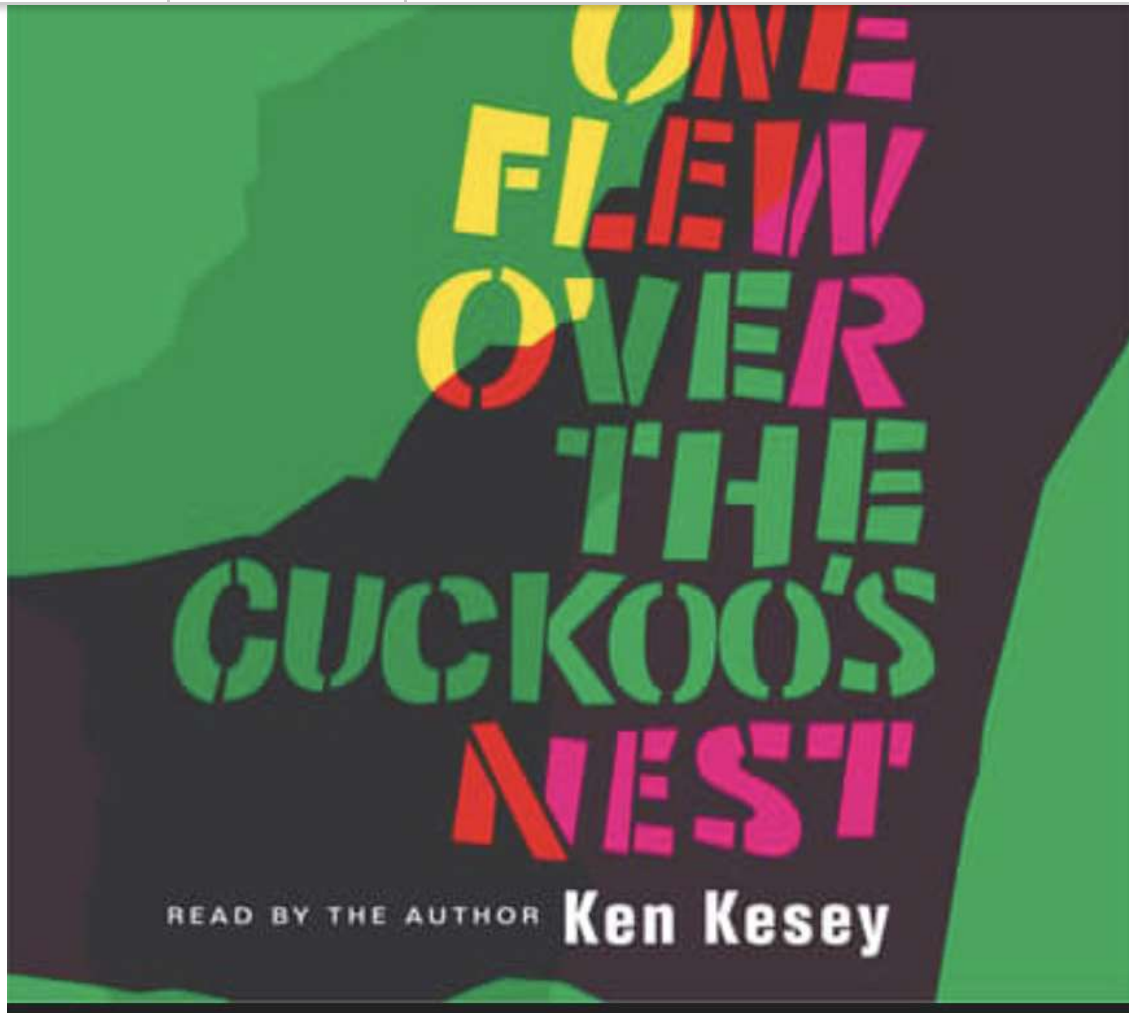
It's that brown sauce with an unpronounceable name: Worcestershire sauce, a tasty, tangy addition to red meats, soups and pretty much anything that needs braising. (For the record, sauce creators Lea & Perrins say it can be pronounced "WUST-ter-shire," "WOOS-ter-sheer" or "WOOS-ter-sheer.")

Worcestershire sauce is used to make good things even better, because it packs a lot of umami, or a savoryness. "In recent years there has been a newfound interest in 'umami,' or the fifth taste [after salty, sweet, bitter and sour], often described as 'deliciousness,'" says Seamus Mullen, chef at the Institute of Culinary Education, in an email interview. "The umami brings out the natural flavorings in food, makes steak taste more steak-y, mushrooms more shroomy."

Worcestershire sauce is made up of a lot of tasty ingredients, including anchovies, red onion, molasses, garlic, tamarind and malt and/or cider vinegar. "The vinegar and tamarind bring a punchy acidity to the sauce and the molasses and onion balance out the sweetness," says Mullen.

But the true magic happens during the lengthy fermentation process, which takes 18 to 24 months. This last and most critical step was something of a happy accident when in the early 1800s two Worcester, England-based chemists (John Lea and William Perrins) were charged with duplicating a recipe enjoyed by a British nobleman while traveling in Bengal, then part of India.

While the Lea and Perrins recipe remains a closely guarded secret, several competitors sprung up to make similar versions (the BBC counted at least 30 others in Worcester alone.) In fact, you can even try making it yourself at home.



The best debut novels - the greatest first books of all time

1.The Hobbit - J.R.R Tolkien (1937)

"In a hole in the ground, there lived a Hobbit." The words that kickstarted one of the biggest fantasy book and, in turn, movie franchises of all time. Despite the book's popularity, paper rationing brought on by wartime conditions and not ending until 1949 meant that the book was often unavailable during this period. Subsequent editions in English were published in 1951, 1966, 1978 and 1995, however, and it's been translated into over forty languages. Tolkien even designed the original book's dust cover (pictured). Props.

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Imagine having just one book published, it winning the Pulitzer Prize before being voted "Best Novel of the Century" in 1991 a poll by the Library Journal. You might be tempted to call it a day there. With the exception of a few short essays, Harper did just that. And fair play to her.

3. **One Flew Over The Cuckoo's Nest - Ken Kesey (1962)**

Kesey's devastating debut novel was born of his experiences working on CIA-funded drug trials. While a student at Stanford, he volunteered as a medical guinea pig in the secret service's study into the effects of psychoactive drugs. This experience altered Kesey, personally and professionally and, while working as an orderly at the psychiatric ward of the local veterans hospital, he began to have hallucinations about an Indian sweeping the floors. When chatting with them Kesey did not believe that the patients at the hospital were insane, rather that society had pushed them out because they did not fit the conventional ideas of how people were supposed to behave. All this prompted him to write the spectacular *One Flew Over the Cuckoo's Nest* which was an instant hit and spawned the Oscar-winning film.

Read entire list [HERE](#)



How long do leftovers last in the refrigerator?

Excerpted from Readers Digest

When it comes to answering the question of how long leftovers can last in the fridge, the general rule is no more than four days. However, it also depends on the type of leftover and how you store it.

Unfortunately, leftover food is more prone to bacteria growth. This happens for a variety of reasons, including “temperature abuse,” according to Caitlin Clark, a food scientist and researcher at Colorado State University. “[This] happens when the food is left on a kitchen table, countertop, food delivery vehicle, etc., for too long at an unsafe temperature,” Clark explains, “which allows bacteria to replicate while the food is still warm.”

Refrigerator temperature is also crucial to prolonging the shelf life of leftovers. And, of course, that goes for all food,

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using a fridge thermometer, start at noon. If your fridge is too warm, your food will age more quickly, and it may spoil before these recommended times. Just a few degrees can make a big impact!”

If you don’t think you’ll eat your leftovers within four days, the Mayo Clinic recommends freezing them right away instead. That is definitely the case if you’re wondering how long chicken lasts—whether you’re dealing with raw chicken or cooked chicken.



Cat opera sung by these angelic altar boys



You Don't Even Realize These Products Have TRUE Lifetime Warranties

First, a quick dive into what a “lifetime warranty” is and isn’t. The word “lifetime” has no specific, legal meaning—it can mean anything the manufacturer wants as long as they explain it clearly in the small print. Typically, it refers to the life of the *product*, not *your* life—but even so, many companies have a specific definition of what a product lifetime actually is, and usually throw in additional restrictions—like defining what “normal use” means. In some cases, “lifetime” warranties are limited to just a few years, because that’s what the company sees as the useful lifetime of the product. As a result, the vast majority of “lifetime” warranties are actually pretty limited and not lifetime at all. Most warranties also stipulate that they don’t cover “wear and tear,”

But a short list of products have true lifetime warranties—if you own one of these products, you’re pretty set for (actual) life.

- **Cutco knives.** Own a knife from Cutco? No matter how long you’ve owned that knife, they’ll replace or repair it at no charge as long as the damage doesn’t stem from “unconventional use”—and even if you did break your knife trying to pick a lock or something, they’ll still replace it at half-cost. They also offer free sharpening for the lifetime of your knife.
- **Zippo Windproof Lighters.** Zippo will repair or replace a Windproof Lighter, no questions asked, whether its “5 years, 25 years, or 50 years old.” Note that this only applies to the Windproof model—other lighters have separate warranties.
- **Briggs and Riley luggage.** The company will repair your luggage to the best of its ability, no questions asked, forever. They don’t even require that you prove you bought the luggage. The only stipulation is that if your luggage is so old it’s been discontinued, they might have to use materials that don’t match the original.
- **Craftsman and Stanley tools.** Stanley offers a true lifetime warranty on its mechanics tools, and Craftsman offers one for its hand tools, most mechanics tools, and a selection of other tools. This means they’ll replace *any* of those tools at *any* time without even asking for proof of purchase. Other tools typically have a limited “lifetime” warranty, so be sure to check before assuming you can mail those rusty wrenches back for a fresh set.
- **Darn Tough and Feetures socks.** Darn Tough will replace your socks if they’re not “the longest-lasting socks you’ve ever owned,” which is a pretty broad requirement. They don’t require proof of purchase—just wash them, mail ‘em back, and get a new pair at any time. Similarly, Feetures will replace any pair of socks that wear out.
- **Osprey packs.** If you own a backpack from Osprey, they will repair it or replace it for free at any time—no questions asked.
- **Patagonia.** Unsurprisingly for a company whose founder just gave it away to fund efforts to fight climate change, Patagonia

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After a year, your refund will come in the form of store credit. If the product is damaged due to “wear and tear” they’ll still repair it for you, but at a “reasonable charge,” so be sure to check before you send it in.

- Read the rest of the list [HERE](#)

There are a lot of “limited” lifetime warranties out there, too—many of which are pretty robust and extremely valuable. But there aren’t many truly *unlimited* ones, so if you own something on this list, rejoice! Because you’re probably going to own it for a long, long time.



Sausalito Parks and Rec presents

Trick or Treat

October 31

5:45pm - Halloween Parade Johnson & Caledonia
6:15pm - Trick or Treat Robin Sweeny Park
6:30pm - Dog Costume Contest City Hall
6pm-8pm - Haunted House

SAUSALITO.GOV/HALLOWEEN

The poster features a purple background with yellow stars and black bats. In the center, a large yellow sun is partially obscured by the silhouettes of three children in costumes (a witch, a boy, and a ghost) walking across a dark landscape with tombstones. The text is in various colors (green, orange, white) and fonts.



Busting 5 common myths about water and hydration

Excerpted from NPR.com

Read the entire article with details of each myth [HERE](#). Below is a very shortened version:

Myth #1: You need to drink at least eight glasses of water a day.

In short: you don't need an app to tell you how much water to drink or guzzle a gallon of water a day – just trust your body to let you know when to drink water, says Hew-Butler.

Myth #2: Caffeine makes you dehydrated.

According to multiple studies, ranging from a 2003 review of

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...come to water ingestion in women, caffeine can be a mild diuretic in large amounts for people who aren't accustomed to it. But caffeinated drinks consumed in moderation provide the same hydration as non-caffeinated drinks.

Myth #3: We need sports drinks to replace salt and other electrolytes.

Bottom line? Your body will tell you when it's got a hankering for salt — so let your cravings be your guide.

Myth #4: Drinking water can help you lose weight.

Studies have shown that drinking water can help with weight loss if it's replacing sugary beverages like soda, sweet juices and sports drinks. In a study published in the *American Journal of Clinical Nutrition*, researchers asked a group of more than 300 overweight and obese individuals to replace such beverages with water for 6 months and found it helped reduce the subjects' weight by an average of 2 to 2.5%.

Myth #5: Dark-colored pee means you're dehydrated.

Just because your urine is dark gold, it doesn't mean your body is dehydrated. It just means your kidneys aren't releasing as much water in order to keep your blood's water-sodium level balanced. It would be more accurate to look at the concentration of sodium in our blood, she says, because our brain's sensors use that to decide how much water our bodies need.



Grave stone of comedian Rodney Dangerfield

For those who were Rodney fans, you will remember his famous line now engraved forever on his grave stone.

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Backyard Squirrelympics 3.0- The Summer Games



Trip for SV Members and Volunteers

Sausalito Village purchased 12 tickets at half price and will

Open to Active Members and Volunteers.

Sunday, December, 4, 2 pm matinee

RSVP/Pay [HERE](#) (SV Members/Volunteers only)

About Christmas with C.S. Lewis:

In the early years of his young adult life C S Lewis believed the story of Christ's birth was nothing more than feel-good myth. That all changed after a particular encounter with his great friend and fellow author, J R R Tolkien. Although both men loved mythology in general, Tolkien was convinced that the Jesus myth was the one true myth. That was the start of Lewis' journey from Atheism to Christianity. From that point on Christmas, for Lewis, took on an entirely different meaning.

Here we find him at his home near Oxford on Christmas Eve hosting a group of Americans who are Christmassing in England. They are about to experience an unforgettable assortment of Yuletide recollections which stimulates a whole range of emotions – curiosity, laughter, gladness and even some tears. Above all, they will discover how that encounter with Tolkien forever changed his Christmas celebrations.

[Watch a preview here](#)

Everything About Daylight Savings Time 2022, Including Why We Have It and When To Change Your Clocks

When did daylight savings time 2022 start?

Daylight savings time started back on Sunday, March 13, 2022, at 2 a.m. local time. This is when we experienced a "leap forward."

When does daylight savings time 2022 end?

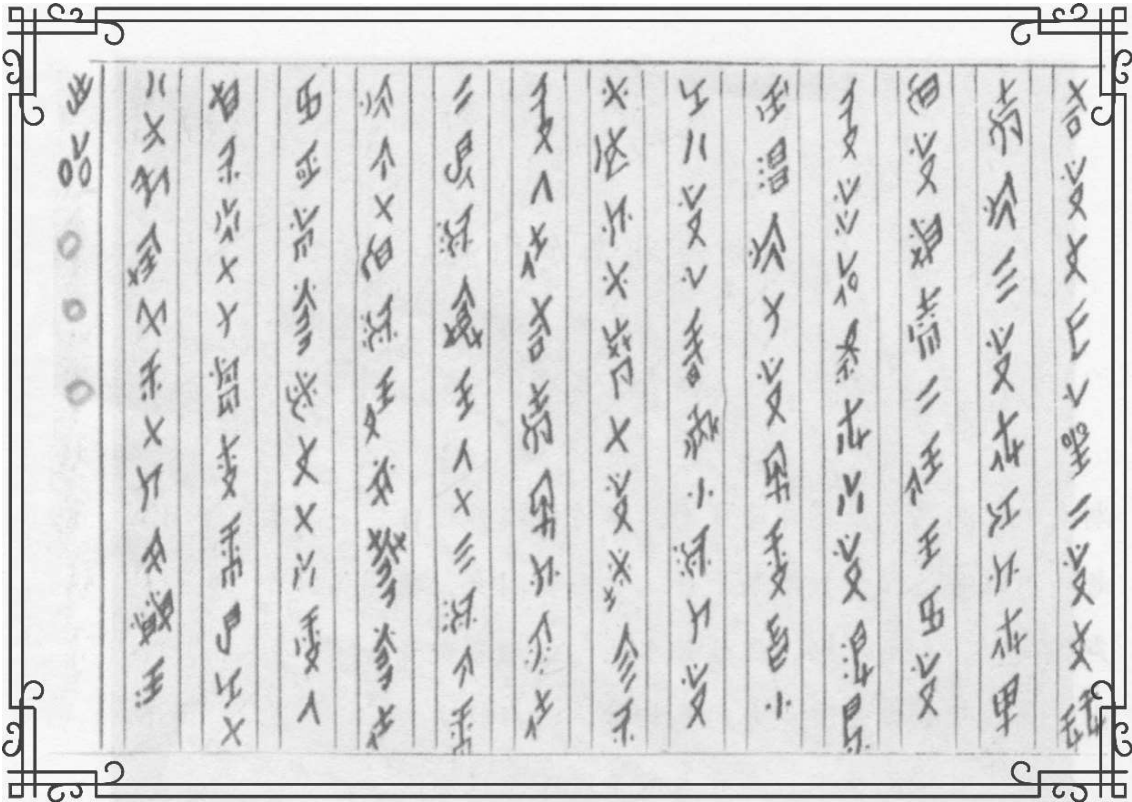
It will end at 2:00 a.m. on Sunday, November 6, 2022.

Will the clocks change in November 2022?

Yep! We will fall back on Nov. 6.



38 minutes



Discover Nüshu, a 19th-Century Chinese Writing System That Only Women Knew How to Write

Excerpted from Open Culture.com

Literacy in Chinese may now be widely attained, but it isn't easily attained. Just a century ago it wasn't widely attained either, at least not by half of the Chinese speakers alive. As a rule, women once weren't taught the thousands of logographic characters necessary to read and write in the language. But in one particular section of the land, Jiangyong County in Hunan province, some did master the 600 to 700 characters of a phonetic script made to reflect the local dialect and now called *Nüshu* (女书), or "women's writing."

In its heyday, Nüshu's users had a variety of names for it, "including 'mosquito writing,' because it is a little slanted and with long 'legs,'" writes Ilaria Maria Sala in a Quartz piece on the script's history. Its greatest concentration of practitioners lived in "the village of Shangjiangxu, where young girls exchanged small tokens of friendly affection, such as fans decorated with calligraphy or handkerchiefs embroidered with a few auspicious words."

Read entire article [HERE](#)



SV Volunteer Drivers NEEDED!

This autumn many of our volunteers are making up for lost vacations and we are short of drivers to take our seniors to medical appointments.

If you have been thinking about volunteering, now is the time, we need you more than ever!

If you enjoy spending time with older adults and would like to donate your time locally, please let us know. Volunteer drivers must have auto insurance and pass a criminal and DMV background check. Call 415-332-3325 or email SausalitoVillageConcierge@gmail.com to get started.

There is reimbursement available for rides so don't let gas prices keep you from volunteering.

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Watch the slideshow of the First Annual SV Emergency Preparedness Ice Cream Social 2022



Puzzle from MorningBrew.com

Three headlines and a lie

Three of these headlines are real and one is faker than successfully handing out granola to trick-or-treaters. Can you spot the fake?

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throwing climate protection she was actually the museum.

president

2. Marijuana company sued for not making customers high enough
3. A Kentucky man posed as a dead body on TikTok for 321 days.
Now he's going to be on CSI
4. Hobby Lobby founder gives away company, says he 'chose God'

Answer at the bottom of the newsletter.



What is vertical farming and is it our future?

Excerpted from The Statesman.com

Controlled environment agriculture (CEA), commonly known as Vertical Farming makes use of structures to grow crops vertically in indoor facilities. It not only majorly reduces the requirement for water but also increases yield and the ability to cultivate a larger variety of crops.

This technique of indoor farming facilitates the cultivation of all crops even those that are not suitable for the local climatic conditions.

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systems easily integrating into urban landscapes, reducing the length of supply chains. This style of farming uses LED lighting instead of sunlight and rain with controlled growing and nutrition systems. Also constantly monitored and adjusted factors of production such as temperature, lighting, nutrients, irrigation, and air circulation are done.

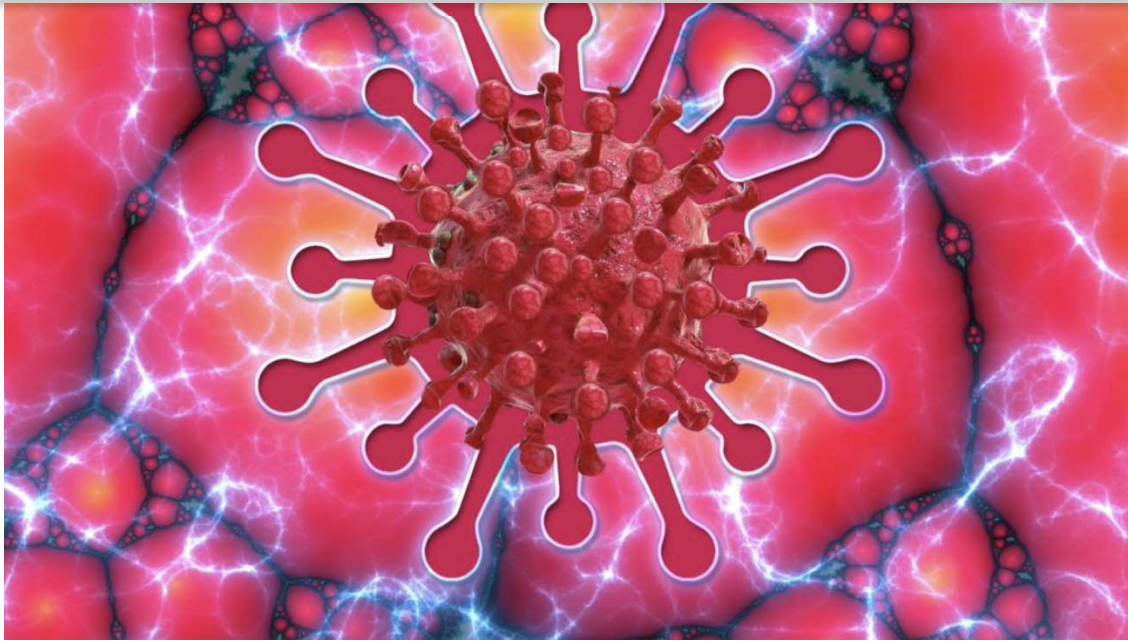
Vertical farming can be done throughout the year without fearing weather conditions. Crops can be easily grown in stacked layers in skyscrapers, warehouses, or shipping containers, among other receptacles as it pushes away reliance on skilled labor, high soil fertility, and water consumption.

The vertical farming system consumes 75 percent less raw material than traditional farming with just 60 watts of power daily to grow 150 kg of vegetables in a month. For obtaining this quantity, it needs just 7 m2 of space as compared to traditional farming requiring at least 70 m2 of land area. Also, the requirement of water would be just 10 L to produce 1 kg of vegetables due to recycling as against 300-400 L under traditional farming estimated by the Food and Agriculture Organization of the United Nations (FAO).

Recently, Dubai opened the 'World's largest vertical farm' that is set to produce more than 900 tonnes of leafy greens annually and will grow lettuces, arugula, mixed salad greens, and spinach, using less water than crops grown in fields.

Its two main advantages are growing more food in less space and eschewing pesticides.

Read entire article [HERE](#)



Is it covid? Symptoms by vaccination status

Excerpted from SF Chronicle. Read entire story [HERE](#)

Here are the top symptoms by each group, based on daily data gathered by the U.K.-based Zoe app.

Fully vaccinated

1. Sore throat
2. Runny nose
3. Blocked nose
4. Persistent cough
5. Headache

One vaccine dose

1. Headache
2. Runny nose
3. Sore throat
4. Sneezing
5. Persistent cough

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1. Headache
 2. Sore throat
 3. Runny nose
 4. Fever
 5. Persistent cough
-



Three Sausalito Sister Cities Annual Benefit Gala

WHEN: Saturday, November 4th, 2022, 6pm - 10pm

WHERE: Spinnaker, Sausalito

PRICE: \$200 per ticket

PURCHASE: https://www.eventbrite.com/e/sausalito-sister-cities-presents-come-fly-with-us-our-annual-fund-raiser-tickets-407531717337?mc_cid=7a6a3f7117&mc_eid=02f9b56e35

You will enjoy foods and wines from Sausalito's 3 Sister Cities. You can join in dancing to live music from *Revolver* on the Spinnaker dance floor. Bid high and bid often on our many special auction items.

Our annual event raises funds to support Sausalito's Sister City Programs. Activities include mentoring business women in Vina del Mar Chile. student exchanges with Sakaide Japan, and sailing exchanges and tours with Cascais.

Tickets for "Come Fly With Us" are limited. Buy early and reserve you seat.

Proceeds go to support the Sausalito Sister Cities, a 501c3 non-profit.



What you should know about hearing aids and over-the-counter hearing aids

Information compiled by Scott Price, Capitol Hill Village

The federal Food and Drug Administration (FDA) has authorized, beginning in October 2022, Over-The-Counter Hearing Aids (OTC HAs) for people with mild or moderate hearing loss. This is great news for senior citizens who have postponed buying hearing aids because of cost or other reasons.

However, this might also be a new territory for scams and fraudulent products. To start the discussion, please read below on the Types of Hearing Aids, which contains information from the FDA, Consumer Reports, and the Mayo Clinic.

The FDA regulation about OTC HAs is at

[aids](#)**Behind-the-ear (BTE) aids:**

Most parts are contained in a small plastic case that rests behind the ear; the case is connected to an earmold or an earpiece by a piece of clear tubing. This style is often chosen for young children because it can accommodate various earmold types, which need to be replaced as the child grows. Also, the BTE aids are easy to be cleaned and handled, and are relatively sturdy. Consumer Reports states that the majority (71 percent) of the hearing aids were mini-behind-the-ear types. In this group of aids, sound is sent to the ear through the tubing that connects the case to the receiver and a custom earmold worn in the ear canal.

Pros: Offers flexible features and considerable low- and high-frequency amplification, making it good for those with severe hearing loss. On larger, traditional models, controls are easy to manipulate and the telecoil mode is easily selected and used.

Cons: Some custom molds are visible. (Clear molds are not.) Vulnerable to sweat and wax buildup, but the tubing and mold are easily cleaned. The earmold must fit snugly and fill the entire ear canal, which can cause a plugged-up feeling.

Mini-Behind-the-Ear Hearing Aids (mBTE):

Fit behind/on the ear, but are smaller. A very thin, almost invisible tube is used to connect the aid to the ear canal. Mini BTEs may have a comfortable ear piece for insertion ("open fit"), but may also use a traditional earmold. Mini BTEs allow not only reduced occlusion or "plugged up" sensations in the ear canal, but also increase comfort, reduce feedback and address cosmetic concerns for many users.

Pros: Comfortable, barely visible. Prevents a plugged-up feeling (especially when using an open ear tip, which is appropriate if you can hear well in the low pitches). Larger versions are easy to insert.

Cons: Wax and moisture buildup may limit the life of the receiver. Does not allow for significant amplification, especially in the low frequencies.

Traditional In-the-Ear Hearing Aid (ITE):

All parts of the hearing aid are contained in a shell that fills in the outer part of the ear. The ITE aids are larger than the in-the-canal and completely-in-the-canal aids, and for some people may be easier to handle than smaller aids.

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easy to insert. Cons: Some people consider ITE units to be more visible, and the telecoil might not be as powerful as those on BTE hearing aids because it is smaller in size.

Receiver-in-canal (RIC) and receiver- in-the-ear (RITE):

Similar to a behind-the- ear hearing aid with the speaker or receiver that sits in the ear canal. A tiny wire, rather than tubing, connects the piece behind the ear to the speaker or receiver and typically has a less visible behind-the-ear portion, has directional microphones, has manual control options and may be available with rechargeable battery.

Open fit: An open-fit hearing aid is a variation of the behind-the-ear hearing aid with a thin tube or the receiver-in-the- canal or receiver-in-the-ear hearing aid with an open dome in the ear. This style keeps the ear canal very open, allowing

for low-frequency sounds to enter the ear naturally and for high-frequency sounds to be amplified through the hearing aid. This makes the style a good choice for people with better low-frequency hearing and mild to moderate high-frequency hearing loss. An open-fit hearing aid is often visible, doesn't plug the ear like the in-the-ear hearing aid styles, often making your own voice sound better to you, but may be more difficult to insert into the ear due to the noncustom dome.

In-the-Canal Hearing Aids (ITC)/ Completely-in-the-canal (CIC) aids:

These hearing aids are contained in tiny cases that fit partly or completely into the ear canal. They are the smallest hearing aids available and offer cosmetic and some listening advantages. However, their small size may make them difficult to handle and adjust for some people.

Pros: Barely visible, less of a plugged-up feeling because the aid sits deep in the canal. Larger units can include directional microphones, while CICs do not.

Cons: Discomfort is a problem for many, along with the concerns that are typically associated with completely-in-the-canal models. These models are susceptible to moisture, and the receiver is vulnerable to clogging from earwax. The battery tends to be small, so battery life is relatively short. May be challenging to handle and adjust.

Personal sound amplification product (PSAP):

Sound amplification only, i.e., volume control, and no filtering or directionality. Designed to amplify all the sounds around you within a certain radius, including background noise, wind, and other noises you may not want to hear.

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2 hours of continuous music



Answer to todays puzzle:

Soup Throwing was made up.



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