

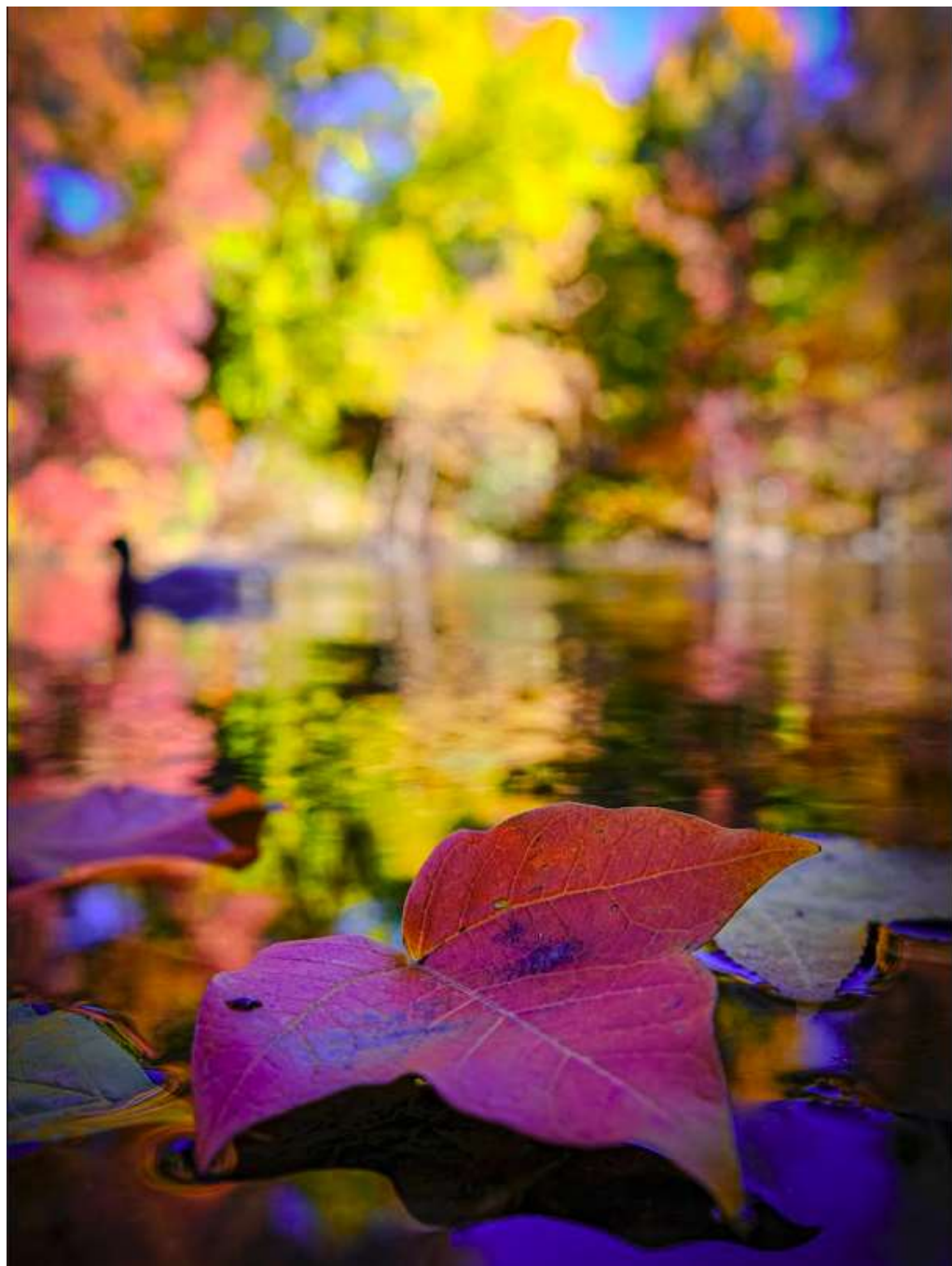
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Photo by Katie Godowski

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:



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:

TODAY! - SV hosts ESCOM presentation

November 6 - CHANGE YOUR CLOCKS!!

November 8 - Rides to election polls for all Sausalito residents

November 13 - Line Dancing Workshop (also Nov 27)

November 14 - SV hosts Seniors at Home

November 16 - SV hosts Film Group



Happy November Birthday SV Members

Sonja Hanson - Ann Heurlin - Sue Dunlap

Gail Hurley - Carla Berman - Tony Cook

Mary Ann Dietrich - Anne Bomford - Kimery Wiltshire

If you are an active Sausalito Village member and you don't see your name here, please let us know! It means we do not have your birthdate in our database. We don't want to miss wishing you a happy birthday in the future. Email SausalitoVillageConcierge@gmail.com

David Wain Coon, Ph.D., President, College of Marin



SV Hosts presentation to learn about ESCOM - open to everyone!

(Emeritus Students College of Marin)

WHEN: TODAY!! 4pm

WHERE: On Zoom

Zoom link for presentation:

<https://us02web.zoom.us/j/89305440599>

Emeritus Students College of Marin (ESCOM) is a pioneer provider of lifelong learning in Marin County and beyond. We have been offering engaging programs for active adults that connect, educate and entertain for almost 50 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!

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First ever Election Day blood moon is coming Tuesday

Excerpted from Space.com

Early on Election Day morning, early risers will have an opportunity to observe the November Beaver Moon undergo a total eclipse.

This will be the second lunar eclipse this year; the last one took place on May 16, 2022([opens in new tab](#)). You may want to try and catch this

The lunar eclipse coming our way next Tuesday morning favors the western half of North America and the Hawaiian Islands (where the moon will appear almost directly overhead at mid-eclipse). Along the Atlantic Seaboard, the moon will set while it begins to emerge from total eclipse. For central and eastern Asia, Indonesia, New Zealand and Australia, the eclipse will be happening on Tuesday evening as the moon is rising.

Total Eclipse of the moon. Nov. 8, 2022

Eclipse event	EST	CST	MST	PST
Penumbra first visible?	3:48 a.m.	2:48 a.m.	1:48 a.m.	12:48 a.m.
Moon enters umbra	4:08 a.m.	3:08 a.m.	2:08 a.m.	1:08 a.m.
Total eclipse begins	5:16 a.m.	4:16 a.m.	3:16 a.m.	2:16 a.m.
Mid-eclipse	5:59 a.m.	4:59 a.m.	3:59 a.m.	2:59 a.m.
Total eclipse ends	6:41 a.m.	5:41 a.m.	4:41 a.m.	2:41 a.m.
Moon leaves umbra	----	----	5:49 a.m.	4:49 a.m.
Penumbra last visible?	----	----	6:09 a.m.	5:09 a.m.

Read more about the coming eclipse [HERE](#)

“May your
choices reflect
your hopes, not
your fears.”

-Nelson Mandela



Need a ride to cast your vote? Call CARSS

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



Why am I always cold?

Excerpted from Stylist.com

Everyone's body has a slightly different reaction to cold and some people feel cold more often than others, which is known as cold intolerance.

There are many factors that contribute to this, including:

- Overall body size can impact how cold you feel, as smaller people have less cells in their body that produce heat

energy faster

- Being active not only warms the body immediately but can have a long-term effect on temperature regulation
- Older people also tend to have a slower resting metabolic rate, so may feel the cold more

These factors do mean that gender is a big divider, as women are generally smaller than men and carry less muscle mass.

Interestingly, we feel this disparity internally too. “Estrogen and progesterone, which change throughout the menstrual cycle, affect how quickly our blood vessels constrict to the cold. So depending what part of the menstrual cycle you’re in, you might find your hands and feet get colder, affecting your overall temperature perception,” says Dr Eglin.

Don’t panic if, like me, you have hands like ice cubes on a summer’s day. “It is a very typical thing, particularly for women, as our hands are really good for regulation,” says Dr Eglin. Our hands have a large surface area but a small volume and are filled with lots of blood vessels very close to the surface of the skin. “They’re very good for losing heat and so therefore, when you’re slightly cool, the blood flow shuts down,” she says.



What is the diamond on a tape measure? How to use this clever feature

Excerpted from HandymanGuide.com

These black diamonds are included on your measuring tape to help you when you're anchoring a piece of furniture, hanging something heavy, or remodeling your house. You should find six studs placed 16 inches apart from each other for every 8-foot segment on your wall.

This is why you can see red numbers highlighted every 16 inches. When using your tape measure, you can note where the studs are by marking these placements with a pencil and using the red numbers. Here is where those mysterious black diamonds come in: these markings represent the middle of the studs.



Working Your Brain and your Body with teacher

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3:30 - First 30 minutes, 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.

4:00-5:00 - Starts the dance party! We'll do mostly one wall dances at least the first few workshops, but adjust based on who is coming. Students are welcome to come for just the review or just the dancing, or all of it. 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, November 13 and 27. 3:30pm for basic step review, 4:00pm for dancing

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



SV Hosts zoom presentation by Seniors at Home

WHEN: Monday, November 14th, 10am-11am

RSVP for zoom link: <https://sausalito.helpfulvillage.com/events/3642>

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Join JFCS' Seniors At Home Rebecca Paul, Esq., director of fiduciary services, and Michelle Javid, manager of business development, as they provide an overview of services offered to help you live independently and safely at home. You will learn about the role and duties of a fiduciary and how to appoint one through JFCS.

This is a great opportunity to hear about these important programs and get your questions answered.


EXTENDED

THE LEGACY OF MARIN CITY EXHIBIT
HAS BEEN EXTENDED TO NOV. 7TH

A CALIFORNIA STORY




A HOUSING STORY



• Bartolini Gallery - 10 Avenue Of The Flags, San Rafael, Ca 94901


• Marin Civic Center - Floors 1 & 3, 3501 Civic Center Drive, San Rafael, Ca 94901

MONDAY - FRIDAY • 9 am - 5 pm




PERFORMING
STARS

Reading Arts, Theatre and Community



COUNTY OF
MARIN



MARIN
CENTER

FOR MORE INFORMATION: CONTACT [PERFORMINGSTARS.ORG](https://performingstars.org) • 415.332.8316

<https://mailchi.mp/sausalitovillage/sausalito-village-tips-of-the-day-7876890>

13/47

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Some of the Sausalito Village members who took the SV Trip last Monday to see the 'Legacy of Marin City' exhibit curated by Felecia Gaston (pictured center.) Make the Bertolini Gallery your first stop, it is really fabulous!



"The House I Live In" by Frank Sinatra



New FDA Report Lists 7 Cereals That No Longer Qualify As “Healthy”

Excerpted from thebreastcancersite.com

In order for a cereal to be deemed healthy by the FDA, it needs to contain the following:

- * 3/4 ounces of whole grains
- * no greater than 1 gram of saturated fat
- * no greater than 230 milligrams of sodium
- * no greater than 2.5 grams of added sugars

The FDA has been looking into these new standards after the White House Conference on Hunger, Nutrition, and Health. They are trying to improve nutrition and physical activity as well as to reduce diseases associated with diet by 2030.

Here are some of the cereals that were considered healthy at one time but are now not included on that list.

1. Raisin Bran
2. Corn Flakes
3. Honey Bunches of Oats Honey Roasted
4. Frosted Mini Wheats
5. Life nutrition



SV Hosted Trip to Richmond's 99 Ranch Market in Pacific East Mall and optional stop at 7 Star Holistic Healing Cannabis Dispensary

WHEN: Tuesday, November 29th, 10am - 2pm-ish

Open to Sausalito Village Members and Volunteers

RSVP: https://sausalito.helpfulvillage.com/events/3648-sv-trip-to-99-ranch-market_pacific-east-mall-and-optional-trip-to-7-stars-holistic-healing-dispensary

Have you ever been to a 99 Ranch Market? It is an unforgettable experience - a gigantic grocery store that will transport you (not literally!) to Asia. The selection is fresh and affordable. Check out the website [HERE](#)
And sample weekly Shopping Ad [HERE](#)

The Richmond store is in the Pacific East Mall.

Lunch on your own at the Pacific East Mall. Click to see the mall eateries and stores directory [HERE](#)

Transportation will be provided in carpools by vetted volunteer drivers. We will meet at Dunphy Park at 10am.

interested. Not interested? Keep shopping and eating at Pacific East Mall and everyone will head back at 2pm.

Questions? Email SausalitoVillageRSVP@gmail.com



Olympic Diver Tom Daley Says He Owes His Gold Medal to Knitting

Excerpted from Inc.com

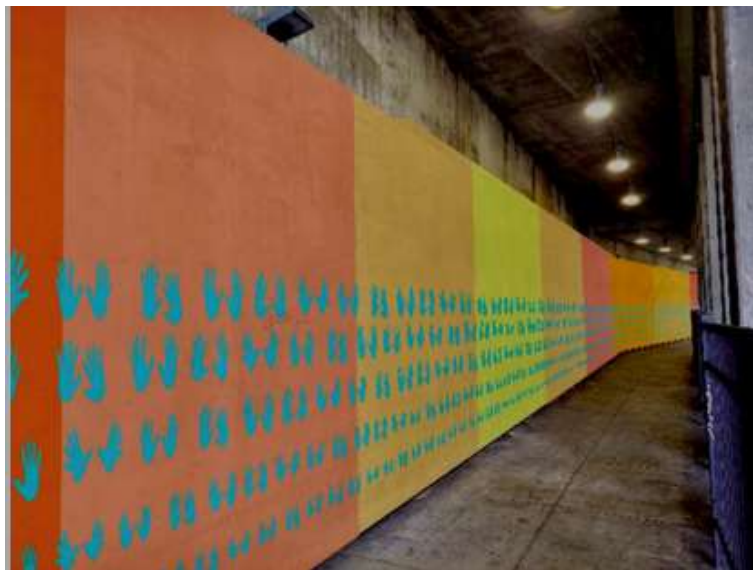
The sight of a chiseled athlete in a Speedo concentrating on a scarf between events was obviously adorable to fans watching on TV. But in a recent interview with *The Telegraph*, Daley said his knitting was much more than a way to pass the time and add a little human interest to the depopulated sidelines.

"The fact you only get one opportunity every four years is super intense, which is why knitting really helped. It took the stress out of it," Daley explained. "I honestly think I owe the Olympic gold to knitting."

"Perfection wins you gold medals, and I think what knitting has taught me is that mistakes can teach you so many lessons. With diving I was always so worried about making mistakes that I didn't try to push forward -- because I was worried that if I made a mistake it would set

Given Daley's brilliant performance at the games, it's clear that knitting really did help him beat the pressure of the world stage. Science suggests this isn't just a quirk of Daley's. A pile of research shows that hobbies of all kinds can help anyone beat stress, increase their resilience, and perform better at their chosen endeavors.

In the short term, hobbies can act as a buffer against stress because they function, essentially, as a form of mindfulness. If you're focused on not dropping a stitch, you're not fretting about messing up your reverse four and half somersaults. That concentration calms and recharges your mind. Several experts, like authors Adam Grant and Oliver Burkeman, have written about hobbies' ability to dampen stress in this way.



SAVE THE DATE! November 19th

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SAVE THE DATE-RIBBON CUTTING & CELEBRATION

SATURDAY, NOVEMBER 19 FROM 1:00 PM
TO 3:00 PM PT

TUNNEL BETWEEN MARIN CITY & SAUSALITO
100 Block of Drake Avenue
Marin City, CA 94965

[RSVP](#)

The Steering Committee invites the community to celebrate the completion of this long-awaited project on Saturday, November 19 from 1-3 p.m. (rain date November 20). There will be refreshments and a musical parade through the tunnel linking our Sausalito and Marin City communities.

Members of the Steering Committee are Carolyn Revelle; Sonja Hanson, Sausalito Foundation; Felecia Gaston, Performing Stars of Marin, Dr. Shirley Thornton, Arts + Foundation; and Susan C. Shea, former Sausalito resident and non-profit fundraiser.

More information about the project is at allourchildrenunited.org.



Royal Caribbean unveils world's largest cruise ship - see for yourself in this video



What Those Ridges On Your Fingernails Really Mean

Excerpted from [glam.com](https://www.glam.com)

Vertical nail ridges are a normal result of the loss of moisture that occurs during the human aging process. Generally, they are not a cause for concern outside of cosmetic value (per Mayo Clinic). Horizontal ridges, on the other hand, are a rarer phenomenon that can indicate several different health issues. Deep horizontal nail ridges, also called Beau's lines, are often a sign that your nail growth has been interrupted.

According to the Cleveland Clinic, this interruption can be caused by an injury to the nail's root, an illness or infection, severe stress, a skin condition that affects the nail area, a vitamin or nutrient deficiency, or a loss of blood flow to the nail. Any acute illness that causes a high fever can inflict enough stress on your body to interrupt nail growth. Growth can also be interrupted by chronic diseases like diabetes or hypothyroidism.

In addition, Beau's lines are a classic symptom of a protein or zinc deficiency. While it's commonly believed that people who eat a vegan diet struggle to eat the recommended amount of protein, zinc is actually more likely to be lacking in a plant-based diet (via Healthline). So if you notice horizontal ridges and you are vegan or have not sustained a finger injury or high fever recently, it's time to see a doctor

Specialized in child and non-emergencies is more likely to recognize local lines than your primary care provider.

Read the entire article [HERE](#)



Emergency Grab and Go Bags offered by SV Emergency Preparedness Committee for Members and Volunteers

SV's Emergency Preparedness Committee (SVEPC) is creating Grab and Go Bag essentials packaged in a 17" backpack or 20" rolling bag - your choice. This event is open to SV Members and Volunteers only.

Items include a solar- handcrank radio plus phone charger, 12 in 1 Multi tool, toiletries, emergency kit, mylar blanket, emergency bar/water and more.

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Value is \$80 but will be offered to SV members and volunteers for the reduced price of \$60. One per person please. Reserve and pay for yours now [HERE](#)

Photo of some of the items in the bag:



SVEPC will be hosting a community wide Grab and Go Bag presentation on Monday, November 28th at Campbell Hall, 3pm. The committee will talk about the importance of a Grab and Go Bags for evacuations and emergencies, review the different essential components, and talk about 'personalizing' your bag.

Members and Volunteers who reserve a bag will be able to pick them up at this event.



November Fire-smart Tips from the UC Master Gardeners

This month, focus on Plant Spacing in the Defensible Landscape

Plant spacing, size control and maintenance are more important than type of plant.

- Space trees so that at maturity their crowns are 10 to 15 feet apart or more.
- Avoid planting trees in rows or hedges.
- Avoid planting woody shrubs or trees within 5 feet of your house.
- Space trees, shrubs, and grasses into plant islands. Separate groupings of plants with hardscaping to slow the transmission of fire.
- Maintain adequate vertical clearance between top of shrub and lower tree branches (~3x shrub's height) to avoid creating a fuel ladder.
- The steeper the slope, the more space to leave between plants and trees.

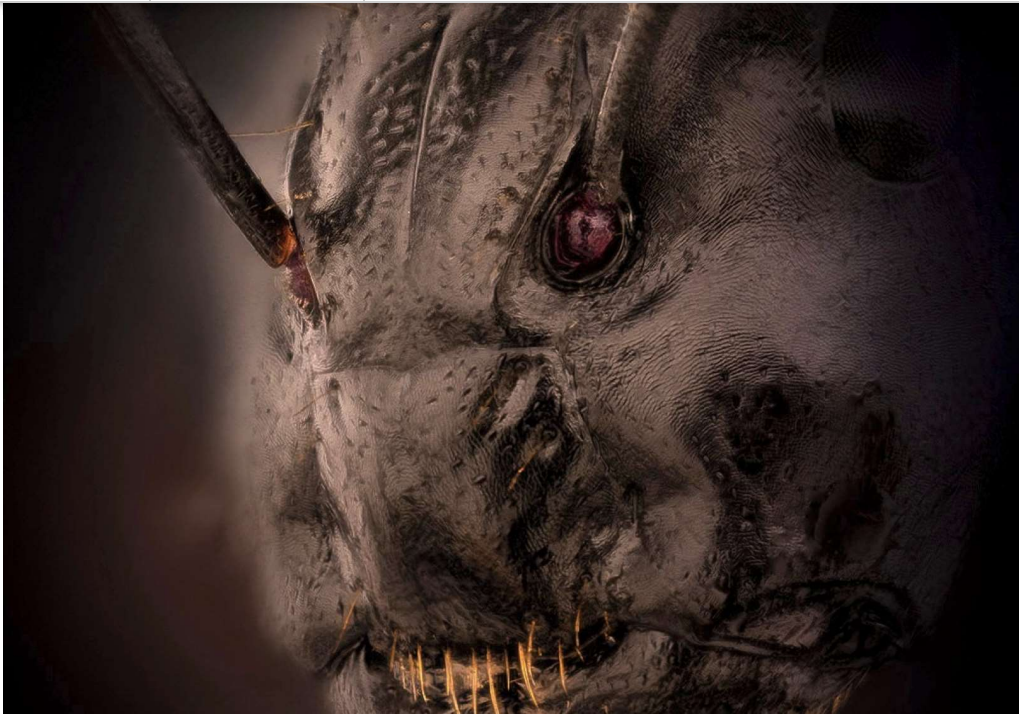
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MARIN MASTER GARDENER WEBSITE.

<https://ucanr.edu/ucmarinmgfiresmart>



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



Close up of an carpenter ant's head....beautiful or scary?

Excerpted from The Washington Post

There are an estimated 20 quadrillion ants all over the planet, except in Antarctica — a bummer, considering the continent's name.

But a close-up shot of a carpenter ant that started making the rounds last week bears almost no resemblance to the cutesy, cartoonish faces brought to life in films like Disney/Pixar's "A Bug's Life" or DreamWorks' "Antz." Instead, the image by Lithuanian photographer Eugenijus Kavaliauskas is reminiscent of a horror movie, with the carpenter ant's antennae poking out of eerie red circles and its jaw looking like an alien's saber-toothed grin.

The zoomed-in photo actually makes the ant look a bit more menacing than it should. For instance, the red spheres in the ant's seemingly sneering face aren't its eyes, which are hidden in the shot; they're where its antennae start. And the sharp-looking things coming out of its jaw are actually teeny-tiny trigger hairs, used to communicate and sense the environment around them.

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rather early, it would have been almost cute," said Anne Marston, a National Science Foundation graduate research fellow with the University of Florida's department of entomology and nematology. "I swear some ants can be really cute and fuzzy!"



Join us for SV Movie Group November 16th

This month's selection is "The Good House"

Starring Kevin Kline and Sigourney Weaver

SPECIAL THIS MONTH: including discussion with SV

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Directors of the film

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 the event at the Lark Theater (limited time) or on Prime Video (currently \$19.99) OR join us for free in person viewing at the Sausalito Presbyterian Church Hall at 2pm. The film is 1 hour 44 minutes.

Discussion will be both in person and on zoom at 4pm.

Register for the event [HERE](#)

Click [HERE](#) to watch the trailer



How to Donate Smarter this giving season

Excerpted from Good Housekeeping

To find the best charities to donate to, first ask yourself what you really care about, what problems keep you up at night or what issues your kids talk about. Then do an online search for each topic — such as homelessness or racial justice — adding words like “charity,” “review,” “rating,” and yes, “scam.” If, for instance, you Google “homelessness,” “charity” and “review,” Charity Navigator will pop up with a list of nonprofits that address that issue, the rating it assigns to each, plus a link to an in-depth analysis of the charity’s finances and impact, among other measures. When considering a donation to a crowdfunding site, make sure you know (and trust) the person who’s posting the cause and asking for contributions, since crowdfunding sites don’t confirm where the money goes. If it’s for a nonprofit, run its name through the vetting organizations’ sites as well.

Watch your giving method

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extremely wary of a charity before contributing money. Start with giving by check or credit card and if doing so online, verify “https” is in the web address when entering your payment information. That way you can track your statements to confirm you’re only charged the amount you agreed to donate. And if you’re hounded by unwanted solicitations, sign up with the FTC’s [National Do No Call Registry](#); it’s also where to report those who don’t follow your wishes.

Use your online resources

Finally, know that a number of organizations are here to help you determine whether a charity is using funds in the way givers intend. Using at least one of the following organizations can help augment your research:

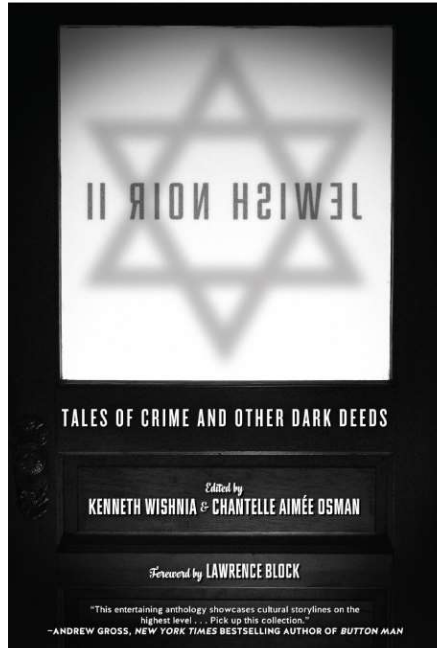
- The [IRS](#) lets you check if contributions to a nonprofit are tax deductible, if you itemize on federal Form 1040, Schedule A (some political donations, for example, are not).
- See if your state has a [charity regulator](#), to make sure the nonprofit is registered to do business there; this is especially important to weed out unscrupulous phone and mail appeals.
- Charity Navigator’s [“Hot Topics”](#) page lists natural and man-made causes in the news, and organizations addressing them that are ranked as “extraordinary at what they do,” and where your dollar “will go the furthest.”
- Search the database on [GuideStar](#), now part of [Candid](#), for Form 990s, paying attention to revenue spent on programs versus fundraising, and also to find nonprofits by name or location.
- The BBB Wise Giving Alliance’s [Tips for Donors](#) covers a slew of giving categories, including car donations, sweepstakes and child sponsorships.

Upcoming Events at Sausalito Books by the Bay

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Author Event

100 Bay Street, Sausalito

sausalitobooksbythebay.com | 415.887.9967


Jewish Noir II is unique collection of twenty-three stories by Jewish and non-Jewish literary and genre writers. The stories in this collection include many "teachable moments" about the history of prejudice and the contradictions of ethnic identity and assimilation into American society. Join us for readings and discussion with co-editor, Kenneth Wishnia, and three other contributors!

Friday, November 4
6 PM

Reading & Discussion

Jewish Noir II

Kenneth Wishnia
Eileen Rendahl
Steve Wishnia
Terry Shames



Unless otherwise indicated all events are open to the public and there is no charge to attend.

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Author Event

100 Bay Street, Sausalito

sausalitobooksbythebay.com | 415.887.9967

Sausalito artist Debbie Patrick and her writer husband Jim bring us the MOST delightful children's picture book. Artemous LeMouse lives in a museum and restores famous works of art! A fun and engaging, creative book -- a wonderful way for kids to learn about great works of art and the stories behind them. Debbie will be demonstrating her storybook painting and helping kids draw their own masterpieces! Lemonade & graham crackers on the house!

Saturday
November 5th
11 am

Storytime

Debbie & Jim Patrick
*Artemous's Brush
with Adventure*



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Author Event

100 Bay Street, Sausalito

sausalitobooksbythebay.com | 415.887.9967

MARIN WRITERS CIRCLE

Wednesday -- November 9 -- 6 PM

Readings & Insights into the Writing life



Cindy Knoebel, John Barnard, Jolie Kanat, Steve De La Pena, Evelyn Messinger, Jeannie Barroga, Hilary Maslon, A.T. Lynne, Marc Krizack

Now in its fifth year, the Marin Writers Circle provides local writers with a supportive forum in which to share their work. The Circle, founded under the auspices of the Sausalito Library, has hosted emerging and award-winning writers, poets, essayists and memoirists.



ARTIST RECEPTION

100 Bay Street --Sausalito , CA



Thursday
November 10th
6 PM

To Sausalito and



paintings by
Paula Monsef



Come meet the artist whose work will be showcased on our gallery wall through December

Sausalito resident Paula Monsef’s captivating watercolors and oils are where real images meet flights of fancy. Paula lived and worked in the Middle East as well as Paris, before raising a family in Marin, where she has worked as a teacher and administrator in art-related enterprises. She has a degree in Art Education from the University of Washington, an MA in Creativity and Arts Education from San Francisco State University, and recently took a deep dive into drawing and painting at College of Marin with Richard Miller, Jack Scott and Suzanne Lacke.



David Sedaris on coming out all over again



21 Underrated landmarks of the Bay Area

Excerpted from the SF Chronicle

There are two kinds of landmarks: the ones that get put on postcards, and the less-heralded ones that Bay Area residents know just as well — if not better — as they travel through the region.

Landmarks like the “South San Francisco The Industrial City” sign, which has never appeared in a snow globe, but marks the gateway to S.F. coming from the South. Or the Hunters Point Crane, a ubiquitous sight on both sides of the bay which really should inspire more tattoos.

Our 21 underrated landmarks in the Bay Area include a roller coaster, a prehistoric house and an ice cream sandwich factory. They’re important for our sense of direction, our sense of nostalgia or just an emotional boost — knowing we’re a little closer to home.

Flintstone House

Built as an experimental domed structure in 1976, the so-called Flintstone House on the hillside facing Interstate 280 in Hillsborough has charmed generations of children traveling northbound over the freeway on the Doran Memorial Bridge.

Current owner Florence Fang has leaned into the vibe, painting the domes orange and purple, buying every dinosaur she can, and fighting

Pacifica Taco Bell

The world's greatest Taco Bell is also an important marker along Highway 1, a sign for travelers heading north that they've reached Pacifica, a few miles from the Babylon ahead that is San Francisco. New fast food restaurants aren't allowed on beaches in the Bay Area, but this ski lodge-like wooden building was grandfathered in decades ago. Surfers can order from a walk-up window right off the beach. There's a fireplace inside and alcoholic drinks.

It's also easily visible from 10,000 feet. KQED Arts & Culture Senior Editor Gabe Meline started a tradition where we send each other photos of the restaurant when traveling by airplane. Long live Pacifica Taco Bell.

Medusa Roller Coaster

Drivers heading west into Vallejo or east toward Sacramento are greeted by the bright neon green twists and loops of the Medusa roller coaster, spilling out near Interstate 80 like a radioactive monster's entrails.

Six Flags Discovery Kingdom has a lot of big rides, but Medusa is closest to the highway, to the point where you can hear the inverted riders' screams. It's also the second most fun roller coaster in the Bay Area. (The historic Giant Dipper in Santa Cruz still has the crown.)

Read about the rest [HERE](#)

A graphic with a colorful, low-poly background. It features a dark blue rectangular box with a white border. Inside the box, the words "FRIDAY PUZZLE" are written in white, bold, sans-serif capital letters. A white horizontal line is positioned below the text.

FRIDAY PUZZLE

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1. First Dollar Coin Made On Which Date?
2. According To Greek Mythology Who Was The First Woman On Earth?
3. Which Country Consumes The Most Chocolate Per Capita?

Answers at the bottom of the newsletter.



Why did red pistachios seemingly disappear?

Excerpted from TastingTable.com

Red pistachios aren't a specially grown variety. According to Nuts, dye is responsible for their vibrant color. Apparently, this practice dates back to the 1930s. The people of the pistachio's homeland weren't known to dye their pistachios particularly often, but exporters and producers of the product began to dye them red (via The Spruce Eats). The reason? They wanted to catch the eye of consumers and conceal blemishes on shells.

In 1979, scores of U.S. diplomats and other citizens were taken hostage in Iran, creating an international crisis that then-President Jimmy Carter was forced to handle. As noted by How Stuff Works, the effects of this were wide-reaching enough to affect something as small as the red pistachio. Carter responded with sanctions against Iran. Iranian imports were embargoed, red pistachios included, and the

Presently, there's a new top dog when it comes to pistachio-production. Nearly all American-market pistachios are grown in California, though Arizona and New Mexico also contribute. Moreover, modern harvesting processes reduced the likelihood of shell imperfections, so dye is no longer needed to conceal blemishes. Why bother staining customers' fingertips if you don't need to?



World War II Every Day with Army Sizes



10 Worst Habits for Your Heart

There's good news and bad news when it comes to your risk of developing heart disease, which is the leading cause of death in the U.S. Let's start with the bad. Several factors raise a person's risk for getting heart disease — a term used to describe a range of conditions that affect the heart — including some that can't be controlled, such as family history, and others that are more complex, like having access to good-for-you foods and safe, affordable housing.

That said, there's a lot you *can* do to prevent heart disease and, in certain cases, reverse it. Some of these actions, however difficult to achieve, are obvious: Get active, eat better, lose weight, and stop smoking. "Lifestyle changes are difficult for everyone," concedes Sabra Lewsey, M.D., a cardiologist and assistant professor of medicine at Johns Hopkins Medicine, "but they are profoundly important and can make lifesaving gains in your health."

Others are more surprising.

1. Being a couch potato
2. Drinking too much alcohol
3. Skimping on sleep
4. Opting for unhealthy foods
5. Living a lonely life
6. Smoking tobacco
7. Minimizing your mental health
8. Waiting to lose weight
9. Neglecting your teeth
10. Giving up too soon

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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The Best of Trevor's Accents - Between The Scenes | The Daily Show (23 mins.)



We all have different Covid comfort levels these days—here's how to manage those relationships

Excerpted from CNBC

Respectful of others

One of the biggest mistakes you can make is not being direct with others about your Covid comfort level, says [Jessica Borelli](#), a psychological science professor at UC Irvine.

A clear understanding of each other's boundaries can ensure that no one is accidentally placed in an uncomfortable situation, and inform the decisions you make when you see each other, she says.

Share both your preferences and the reasoning behind them, Borelli recommends. You might say you're uncomfortable going to a party because you live with an elderly family member, or you are comfortable going because socializing seems to help your mental health.

Find potential accommodations

Once you know someone's Covid comfort level, you can figure out potential accommodations to make.

That doesn't mean canceling your birthday party because of one friend who's concerned about Covid, or attending a mass gathering despite your high risk of severe illness. It means identifying ways everyone can participate without feeling uncomfortable.

Don't be afraid to decline, and prepare for potential disagreements

Accommodations can sometimes be difficult, and you might not find a way to make an event completely comfortable for everyone involved, especially if it sacrifices your own safety standards.

If you're still uncomfortable with a situation, don't be afraid to decline an invitation. Make the reason for your decision clear so they're not left guessing, and emphasize how much you still value your relationship with the other person, Borelli says.

Read entire article [HERE](#)



What do some of the most powerful people drink in the morning?

Excerpted from Popular Mechanics

Bill Gates

The Microsoft co-founder, who recently got knocked out of his rank as the wealthiest person in the world by Amazon CEO, Jeff Bezos, fuels up with an unorthodox beverage each morning — Diet Coke. "Once I'm at the office, I usually open a can of Diet Coke. Over the course of the day I might drink three or four," Gates wrote on his blog.

Howard Schultz

The Starbucks CEO starts his day with — what else? — fresh coffee. "I get up between 5 and 5:30, and naturally the first thing I do is make some coffee," Schultz told CNNMoney. What's his go-to brew? Espresso macchiato or one of Starbucks' Indonesian coffees, made in an 8-cup Bodum French press.

Barack Obama

Though Obama took time to grab a cup of coffee with Jerry Seinfeld while in office, he normally won't touch the stuff. Instead of java, the former prez opts for water, green tea, or orange juice ... but now that his eight years is up, we hope he's treating himself to some piña coladas on the beach.

Elon Musk

breakfast. When Musk can't fit a bite to eat into his morning schedule, he'll reach for coffee instead to get through.

Venus Williams

A high-caliber athlete like Venus Williams isn't stopping at Starbucks on the way to work. To put real power behind her racquet, Williams starts the day with an energizing smoothie made from Silk almond milk, banana, protein powder, and avocado.



The best Bay Area hiking trails

Excerpted from SF Chronicle

The Bay Area has a lot of hiking trails — 10,000 miles worth, according to one expert.

So which are the best ones? A team at The Chronicle set out to answer that by narrowing down the best Bay Area hiking trails based on data from AllTrails, a user-generated trail review site.

"I've rarely had so much fun sorting through a data set as I did with this AllTrails data," data editor Dan Kopf told me. "Already, I've taken a few of the top-rated hikes myself and they have been as wonderful as advertised."

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"Many of the top trails on AllTrails are actually just different versions of similar trails, and some of the very top-rated trails didn't actually have that many ratings," he said. "So we made a few decisions like not including overlapping trails, and filter to only trails with at least 100 ratings."

Check out the list of [10 best hiking trails in the Bay Area](#) here and see if your favorite trail made the cut. And accompanying the project is a first-person account from culture critic Peter Hartlaub on [experiencing the top-rated Dipsea Trail](#), and a feature by columnist Heather Knight on hiking the [best and worst San Francisco trails](#).



European robin perched on tree branch. Photo by Chris Smith

'Birda' app for your smartphone identifies birds

Excerpted from lights.talking.com

Do you enjoy birdwatching?

Millions of people worldwide do and for most people, it can be quite difficult to distinguish one bird from another.

It can even be difficult for the experts themselves. For both groups of people, the new Birda app hopes to take some of the mystery out of identifying birds while robbing neither of the joy of discovery. Birda uses your smartphone's camera to identify birds through the viewing lens using a range of criteria to make sure it is a positive match.

In addition to the identification features, Birda will keep track of birds you have spotted, as well as where. It's a pretty cool app all around that seeks to please both the birding community as well as newcomers and we're all here for it.

Best of all is that it is an app available for both iOS and Android devices. Looking down the road, we wouldn't be surprised to see this kind of thing incorporated into consumer cameras.



3 Hours Of Old School Gospel Songs That Will Warm Your Soul

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FRIDAY PUZZLE

Answers to todays puzzle:

1. 1794 - first dollar coin was made in Germany of silver. It is derived from the German word Thaler
2. Pandora
3. Switzerland, in 2018 consumed 87,000 tons of chocolate



For information about our programs, events, emergency preparedness, COVID resources, archived copies of our weekly newsletters, visit the continuously updated Sausalito Village [website](#).

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