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Photo by John Oppenheimer

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 for SV hosted events in the coming 2 weeks:

Stretch and Strengthen the 1st and 3rd Mondays

November 13 - Line Dancing Workshop

November 16 - Dying to Know: Navigating Mortality hosted by AFS

November 16 - SV Film Group

November 17 NEW DATE: Seniors at Home

November 18 - Order an Emergency Grab and Go Bag deadline



SV Hosts zoom presentation by Seniors at Home

NEW DATE: Thursday, November 17th, 10am-11am

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Open to all, spread the word!

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.



Young Bar-Tailed Godwit Sets World Record for Longest Continuous Flight

Excerpted from MyModernMet.com

The 5-month-old bird—tracked by satellite data—did not stop once during its long journey.

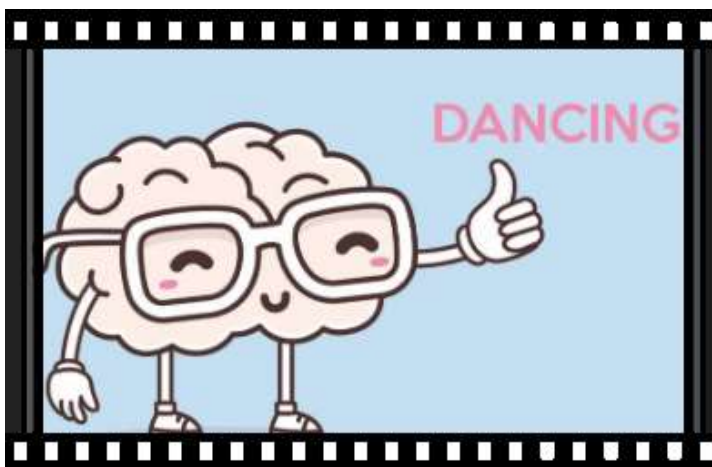
The bar-tailed godwit, known scientifically as *Limosa lapponica*, is a

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warmer weather. This particular juvenile left Alaska, where it and other young birds had lingered for weeks after their adult peers departed. The young birds fattened themselves for the journey. In fact, the species is even able to shrink its organs to pack on the necessary stored energy.

The record-breaking flight stretched 8,426 miles, and took the bird 11 days and 1 hour. The satellite data indicates it did not stop once across this incredible journey. It smashes the previous record set last year by another bar-tailed godwit, 4BBRW, at an impressive 8,100 miles. The Pūkoro Mirānda Shorebird Centre in New Zealand, announced this record had been “blown out of the water by this young upstart.” The center had previously made tea towels commemorating last year’s miraculous flight, but it would seem new commemorative merchandise is in order.

Read the entire story [HERE](#)



Working Your Brain and your Body with teacher Laurie Reemsnyder NEW START TIME!!

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

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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.

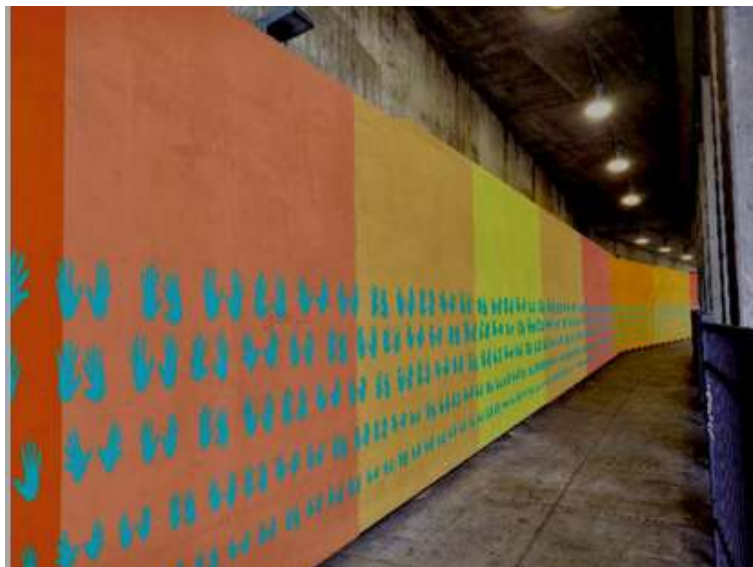
Open to all, geared to seniors.

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



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

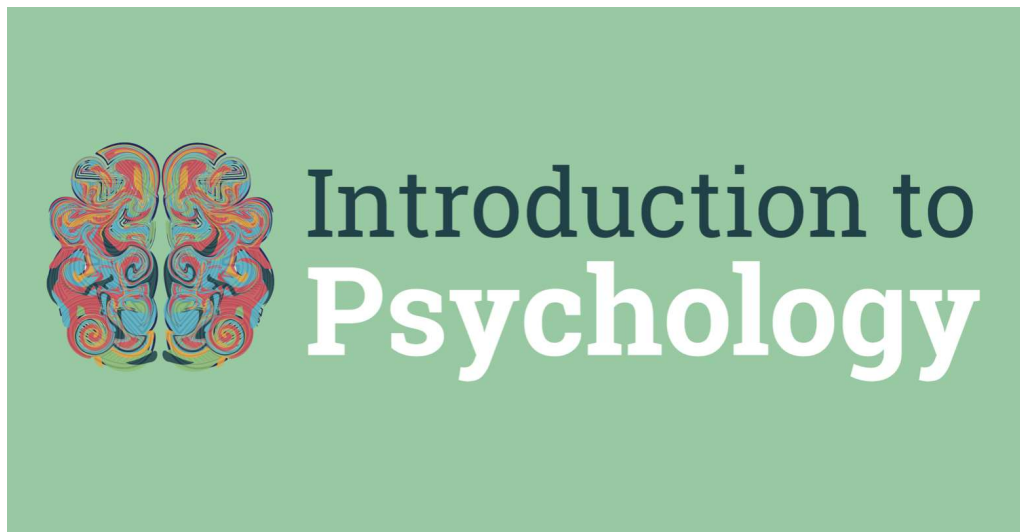
TUNNEL BETWEEN MARIN CITY & SAUSALITO
100 Block of Drake Avenue
Marin City, CA 94965

[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.



Free Introductory Psychology classes at top universities

Yale University: Introduction to Psychology

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country, through its free online introduction to psychology course. Dr. Daniel Bloom, a prominent Yale psychology professor, teaches the course, and approximately 1 million students have taken it through Coursera. This 15-hour course delves into the concepts of perception, communication, learning, memory, decision-making, persuasion, emotions, and social behavior. In addition, the course covers cognition, development, and language. Enroll [here](#)

University of Chicago: Understanding the Brain: The Neurobiology of Everyday Life

Psychology and neurobiology are two disciplines that study how the neurological system generates behavior. The nervous system, perception and vision, hearing, mobility, and abstract functions are among the topics covered in this course, which is offered at the University of Chicago and takes roughly 28 hours to complete. Peggy Mason, a professor of neuroscience at the University of Chicago, is the instructor, and enrollment is open-ended. Students will integrate their knowledge of neurobiology into their understanding of how we see the environment, manage our bodies, and communicate with others. You can enroll [here](#).

Carnegie Mellon University: Introduction to Psychology

Carnegie Mellon University is hosting the Introduction to Psychology course. This course emphasizes human behavior and the mind, but it also includes memory, personality, wellness, psychological diseases, and research methodologies.

The course is divided into 16 parts that include text, videos, exercises, and exams. The course lasts roughly 14 weeks, and the institution recommends that students finish at least one unit per week. You can enroll [here](#).

MIT: Introduction to Psychology

Through its open courseware platform, the Massachusetts Institute of Technology provides a free online Introduction to Psychology course. An MIT neuroscientist and well-known authority on cognition, John D. E. Gabrieli, offered this course at the undergraduate level. In addition to exploring how the mind and brain interact, the course covers

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and psychology.

Although the course is self-paced, it has resources, including lecture videos, examinations with answers, and additional notes from the instructor. Enroll [here](#).



Frommer's best places to go in 2023

In no particular order:

Virgin Islands

Japan

San Sebastian/Bilbao, Spain

Camp Hale—Continental Divide National Monument, Colorado

Yucatán Peninsula, Mexico

Karnataka, India

Athens, Greece

Oahu, Hawaii

Maratea, Italy

Uruguay

Macon, Georgia

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[London City, Canada](#)
[Vilnius, Lithuania](#)

Read the details of each destination [HERE](#)



Sausalito City Council

Congratulations to Jill Hoffman and Joan Cox on winning the two open seats for City Council. We would also like to thank retiring Council Member, Susan Cleveland-Knowles for her years of service.

Have you watched the City Council Members in action? With the Sausalito City Council meetings on zoom, you can watch in the comfort of your home. They are really informative!

Below is some guidance provided by the City of Sausalito on how to participate.

The **Sausalito City Council** holds its regular meetings on Tuesdays and listed on the City website. Click [HERE](#). Meetings are currently being held via Zoom and convene at approximately 7:00 p.m., unless otherwise noticed. Agendas for regular meetings will be available online at least 72 hours prior to each scheduled meeting and 24 hours for special meetings.

Access to Zoom Meetings:

- To participate by phone, call 1-669-900-6833 and enter the meeting ID 5421451805#. Your phone number will appear on the screen unless you dial *67 before dialing the numbers above.
- If you want to comment during the public comment portion of the agenda, you can use the "Raise Hand" function in Zoom or you can Press *9 if you are calling by phone. The city clerk will select you from the meeting cue. Please be patient while waiting in the cue.
- If you do not want to speak during the public comment portion of the agenda, you are also encouraged to submit email correspondence to cityclerk@sausalito.gov.

The next meeting will be held on Tuesday, November 15 at 7:00pm. A discussion about **under-grounding utility wires** is on the agenda for this meeting, so if this topic is of interest to you, make sure to mark your calendar and participate in the process.



Tai Chi for Arthritis and Fall Prevention (ages 60+)

This is a FREE virtual online program for Marin County older adults of all abilities ages 60+. This course is conveniently taught in-person via Zoom and participants must have access to the internet and a computer or tablet with a webcam. Classes are led by Tai Chi for

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Classes begin November 20th – Register through Sausalito Parks and Rec [HERE](#) or phone 415-289-4152

Beginning November 20, 2022 - Beginning and Continuing

Meeting 1 x per week for 16 weeks

Sundays, 10:00am-11:00am (no class December 25 or January 1)

Beginning January 10, 2022 - Part 2 Intermediate

Meeting 2 x per week for 8 weeks

Tuesday and Thursday 11:30am-12:30pm (no class February 2)

For Questions Contact: agefriendlysausalito@gmail.com or call (415) 331-1393

Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services* and by Marin County Parks



Want to donate one of your gently used coats to a new home?

SV will pick it up at your door for the High Flying Foods Coat Drive NEXT Friday

SV Volunteer, Kathleen Maher will pick up your coat for donation NEXT FRIDAY between the hours of 11:00am and 1:00pm. COATS ONLY. And, please make sure they are in good condition with no stains, holes or other damage.

High Flying Foods has partnered with the non-profit, One Warm Coat, and will be making sure your donation goes to a much needed home.

Contact Wendy at SausalitoVillageConcierge@gmail.com or 415-332-3325 to be put on the list for pick up next Friday, November 18th.



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

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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.

OPTIONAL TRIP to 7 Stars Holistic Healing Cannabis Dispensary (<https://www.7starshhc.com>) across the street from 99 Ranch Market for those interested. Not interested? Keep shopping and eating at Pacific East Mall and everyone will head back at 2pm.

Questions? Email SausalitoVillageRSVP@gmail.com



Service Dog Program Dedicated to Helping Veterans with PTSD Gives Hope: 'He Saved My Life Many Times Over'

Excerpted from People Magazine

As an Army reservist called up for active duty and deployed to Iraq in early 2008, Joshua Whitney survived an attack 10 months later that left shrapnel in his left leg — but it was the memories of the attack that he couldn't recover

"I just stayed in the house, didn't talk to anybody," says Whitney, now 38, of Danville, Illinois. "My kids never knew whether I was going to be a nice dad or if I was going to be yelling or screaming."

Whitney, who works in accounting for the Veterans Affairs Department in Danville, had known about the power of service dogs and their ability to help, but he couldn't afford the cost.

Then in January 2017, Dave Hughes, a Coast Guard veteran, told him about a new program he founded to pair veterans with service dogs: [Mission K9 Warrior](#). A month later, the nonprofit matched Whitney with a black lab named Harleigh, who is trained to sense Whitney's anxiety and anger, then jump on him, nudge him, or lay on top of him to keep him calm.

"I've told Dave this before: He saved my life, and Harleigh saved my life, many times over," says Whitney, whose relationship with his wife and children has improved tremendously since the pup's arrival. "I could never really ever repay Dave for that."

Read the rest of the story [HERE](#)



Thanksgiving Turkey Dinner delivered to your door on Thanksgiving morning

Open to all seniors in Sausalito

Dinner will be prepared by Mollie Stones and will include:
Turkey and gravy

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Vegetable
Cranberry sauce
Roll
Slice of pumpkin pie

If you receive a fee waiver from Sausalito Village for your membership dues, you are eligible for this meal for \$15.

Email SausalitoVillageRSVP@gmail.com to sign up and we will let you know how to pay. Thank you!

Vetted volunteers from Sausalito Village and CARSS will be making the deliveries.

RSVP and pay: https://sausalito.helpfulvillage.com/events/3666-thanksgiving-turkey-dinner-delivered-to-your-door_-rsvp-by-11_21



How to clean a burned pot to look as good as new

Excerpted from ReadersDigest.com

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popular cleaning hacks, most of the items you need to restore your favorite cookware are probably already in your pantry or cleaning supply stash. (Yep, you've just stumbled upon yet another of the many uses for vinegar and benefits of lemon.)

Whether you want to incorporate cookware care into your regular cleaning schedule, tackle the task when you clean your kitchen or do it whenever you notice scorch marks, we have the expert tips you need to know how to clean a burnt pot or pan. The best part? With the right tactics and tools, you can clean scorched cookware without a whole lot of elbow grease.

What you'll need: Vinegar, baking soda and a scrub brush

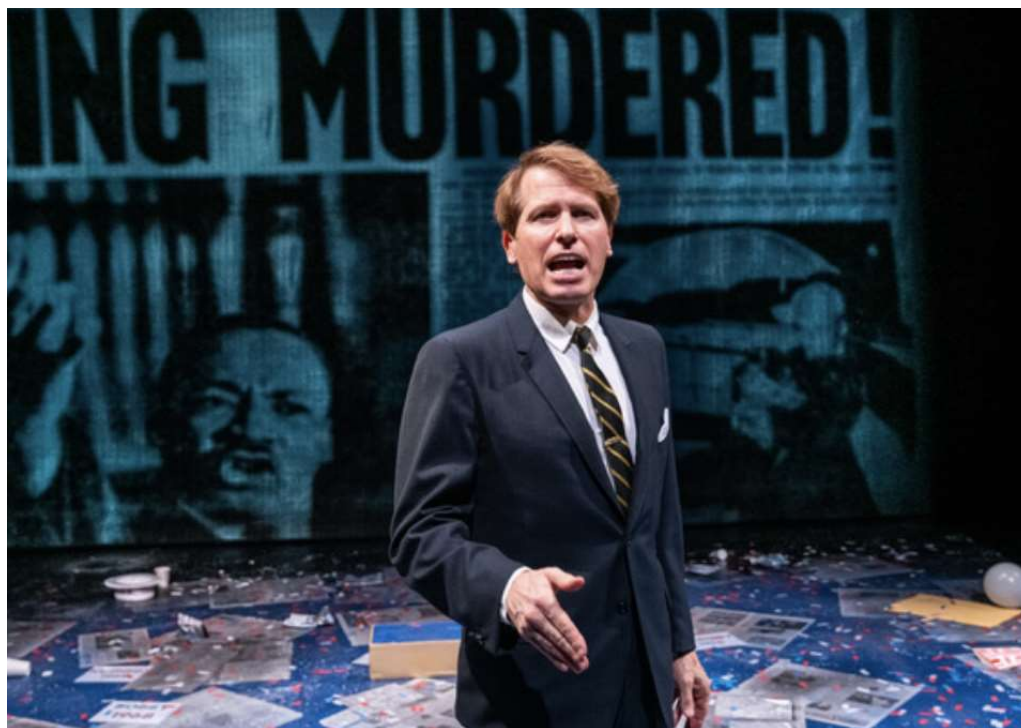
What to do:

1. Add equal parts vinegar and water to your pot.
2. Bring the mixture to a boil.
3. Once it's boiling, turn off the heat and add two tablespoons of baking soda.
4. Allow the liquid to simmer for 15 minutes.
5. Rinse out the water, then scrub at the burn, which should be loose by now.
6. If the stain is very tough, you may have to repeat the process or add a bit of dish soap to the liquid solution.
7. When the stain is gone, dry the pot with a microfiber cloth, and it will be as good as new.

Pro tip: "For stainless steel pans only, you can use a ball of aluminum foil to help scrub away the stain," Sokolowski says. Add hot water and dish soap to the pan, allow it to cool and then rinse and scrub with the aluminum foil.

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AMAZING balancing act!



AARP Theater: 'Kennedy: Bobby's Last Crusade'

📅 Sunday, Nov 20, 2022

🕒 7:00 p.m. ET • 6:00 p.m. CT • 5:00 p.m. MT •

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FREE Online event. AARP membership not required. [REGISTER](#)

Watch this captivating solo play about Bobby Kennedy's short, electrifying run for president in 1968.

About the Event

This solo play portrays Kennedy during his campaign for president in 1968. Follow Bobby from his announcement that he would enter the race to his last speech at the Ambassador Hotel. The play combines many of his famous speeches with private apprehensions and some of the more personal moments of his time on the campaign trail.

To register for the event, click REGISTER and follow the steps on the performance's page. Please note you must sign in to your AARP.org account or create an account to register. AARP membership is not required to create an account. You will receive a reminder on the day of the event or you can visit the event page where you registered to watch.

For more information, contact Find Fun with AARP at findfun@aarp.org.



New Study Says Baby Talk with Cats Actually Works

Excerpted from Animal Rescue Site blog

A recent study conducted by French researchers points to baby talk as being a good way to converse with your cats. Let's face it, most of us are guilty of baby-talking to our pets, anyways. We can't help it. Pets are like our kids, so it would make sense that that's how we'd engage with them. Now, you don't have to feel silly or guilty about it if you get caught doing it. Just point to the research and go about your day.

According to the [study](#), the researchers conducted three rounds of testing using 16 felines. During the trials, they discovered that cats are more apt to respond to their pet parent's voice than that of a stranger. Additionally, it's believed they can tell when that parent is directing the message directly to them. It boils down to their ability to distinguish between their human's cat-directed "baby-talk voice" and the normal voice they use when speaking to other humans.

Of the 16 felines that took part in the study, all of them were house cats. Due to this, there was some question as to whether that might have some influence on why the cats wouldn't react to voices from unknown persons they have no ties to. After all, they have little

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Conducted in the cat homes to avoid stress behaviors that might impact the results, the felines had a number of sentences spoken directly to them in baby talk and adult talk and the baby talk elicited better responses each time. So, the next time they ignore you, employ a higher pitched voice and see if they acknowledge you.



The James Webb Space Telescope reveals new secrets hidden within the Pillars of Creation

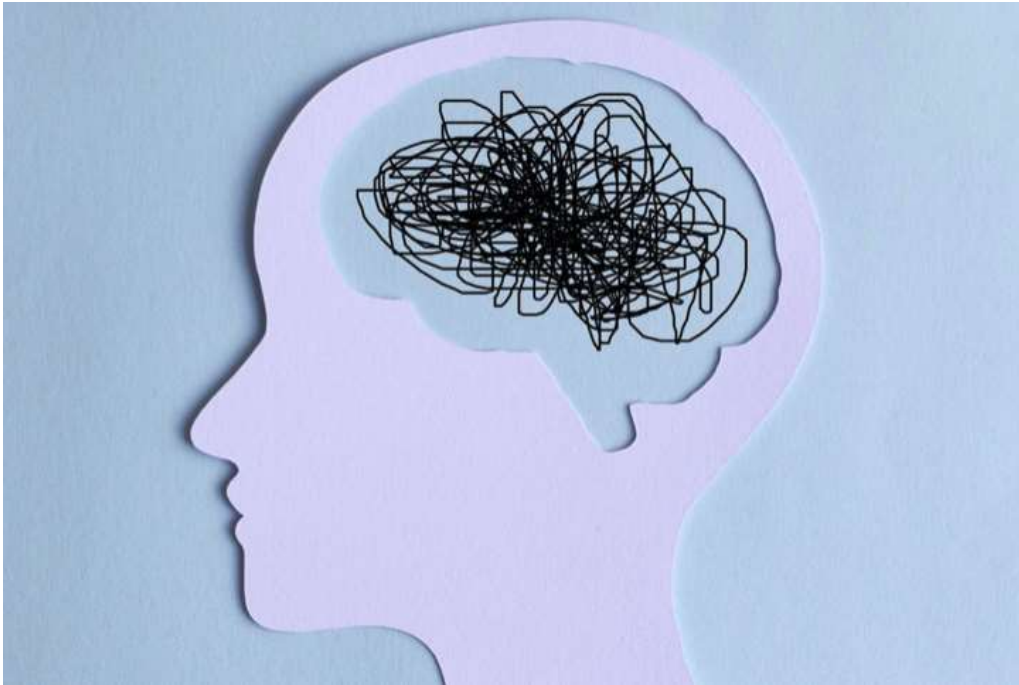


Emergency GO Bags offered by SV Emergency Preparedness Committee for Members and Volunteers

SV's Emergency Preparedness Committee is creating Grab and Go Bag essentials that can be purchased including your choice of a backpack or rolling bag.

Items include a solar- handcrank radio plus phone charger, 12 in 1 Multi tool, toiletries, emergency kit, mylar blanket, emergency bar/water, etc. Value is \$80 but will be subsidized for members/volunteers who can purchase one for \$60.

To reserve your bag, which will be delivered in late November,



Automatic negative thoughts: what they are and how to deal with them

Excerpted from Stylist.com

“Depending on our experiences in life, particularly as young children, our brain will have a general overall or underlying tone and this shows up as automatic thoughts,” explains Jacqueline Carson, a clinical hypnotherapist, and psychotherapist. “If our experiences have been negative or if we have been subject to a trauma, for example, those stored memories, sensory experiences and linked emotions will prompt automatic negative thoughts.”

While one isolated negative thought may not seem like a big deal, being flooded with these thoughts over and over again can begin to influence your behaviour – which in turn can take a toll on your mental health. For example, if you have an ANT that tells you “I’ll never be

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new opportunities. This can then become a cycle, transforming that ANT into a fuel that exacerbates poor mental health.

However, just because you have ANTs, doesn't mean you're stuck with them forever. It's why cognitive behavioural therapy (CBT) focuses so heavily on challenging ANTs – once you recognise ANTs and start to challenge them, you're in a better place to break that cycle and develop new, helpful core beliefs.

To get started, Carson recommends focusing on where your ANTs are coming from. "Start by acknowledging these thoughts but not believing them. Are you fixated on the past? Do you worry about the future? Are you prone to pessimism? Know that these are not really you – they come from the deep-rooted subconscious – and there are things you can do to change how you feel and think. The mind and body are bidirectional."

Continue to read the article and how to make changes [HERE](#)



Stretch and Strengthen with Rayner is on zoom every first and third Monday of the



Why sparkling water is bad for your teeth....but not as bad as soda

Excerpted from WomansWorld.com

To understand why drinking lots of carbonated water could negatively affect my teeth, author Jenna Carlucci reached out to Dr. Filza Jamil, DMD, of Lotus Smiles Dentistry. “Tooth enamel starts to weaken in an acidic environment,” Dr. Jamil tells Woman’s World. “A pH level of 5.5 or lower can begin this chemical process of tooth demineralization. While tap and still waters are generally in a safe neutral range around 7, the average pH of cold, carbonated waters is 4.5. Sparkling waters also lack the added benefit of fluoride, a mineral which has been shown to promote the strength of tooth enamel and fight tooth decay. As your teeth lose the protection of the hard outer shell of enamel, they are less resistant to bacteria and at higher risk of cavities.”

While sparkling water isn’t the worst drink for your teeth, it’s important to be mindful of how much you consume, and what kind.

The American Dental Association notes that citrus-flavored beverages tend to have even higher acid levels. Drinking citrus-y seltzer can further increase the risk that you damage your tooth enamel.

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can worse when it comes to oral health. Sugary drinks are far, far worse for the long-term health of your teeth as they can not only be even more acidic than sparkling water — Coke and Pepsi are at a pH of 2.5,” she says. “The high amounts of sugars present in these drinks will encourage the growth of sticky cavity-causing bacteria in the mouth. Bacterial plaque can build up very quickly and increase the risk of gum disease and tooth decay.”

It’s better to drink it in moderation, over shorter periods of time, and with meals. “I would suggest to drink it over a 10-to-15-minute period rather than over long periods, and/or drink seltzer with a meal,” she adds. “This will encourage saliva production, which can neutralize the acid in your mouth. Moderation is better for both your teeth and GI health. Continue to drink regular, fluoridated water as your main source of hydration to stay healthy and keep you smiling.”



If you shop, dine or stay in Sausalito between November 25th - December 31st, bring your receipt to the Chamber Visitor Center and enter our drawing.

Prizes include gift certificates from \$25 - \$100. All you need to do is put your name and phone number on each receipt. Enter as many times as you like. Supporting local businesses enhances and builds a stronger community.

Shopping local is a win-win!



Trip for SV Members and Volunteers

Sausalito Village purchased 12 tickets at half price and will provide carpooling from City Hall by vetted volunteer drivers. Open to Active Members and Volunteers.

Sunday, December, 4, 2 pm matinee

RSVP/Pay [HERE](#) (SV Members/Volunteers only, \$36)

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

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.

**Tickets Must be Purchased via Eventbrite
No Tickets Will Be Sold At The Door**



Purchase Bingo tickets [HERE](https://www.eventbrite.com/e/fall-bingo-tickets-417249272807) on Eventbrite



The making of the tallest sand castle



Shopping, for anything... including groceries. Shopping used to be fun. Now it is a chore.

Loud places. Like bars and parties and stuff like that.

There is nothing I want to see, nor no food I want to eat, enough that it justifies my standing in line for an hour. Nothing.

8 Things that don't always get better as you age

Excerpted from Upworthy.com

1. Lines

We just don't want to do them anymore and there honestly doesn't seem to be a good reason to stand behind strangers for who knows how long. Unless the line is for handing out a bundle of crisp hundred-dollar bills or giving out free trips to a deserted tropical island, standing in line seems like a waste of time to a lot of people in the comments.

2. Loud places

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you want to stay away from loud noises, especially if they're

unnecessary. Sure, the occasional concert will be the exception, but that's because you've mentally prepared for the excess noise from the moment you thought about purchasing the tickets.

3. Sex scenes

There was once a time where sex scenes were embarrassing. Once puberty hit, they became embarrassing but interesting. As an adult, you're mostly just wanting the main characters to hook up so they can get it out of the way and move the story along.

4. Overscheduling

For some reason, teenagers and young adults schedule themselves down to the last millisecond of the day. If there's an hour of nothing, they will fit something in that spot. But once you get older, you're doing great to leave the house for work every day.

5. Darn teenagers

Ha! Some of us have really turned into Mr. Wilson from "Dennis the Menace," yelling at kids to get off the lawn. To be fair, Dennis was a pretty awful child that had an affinity for harassing his middle-aged neighbor. But for some commenters, teenagers doing loud teenage things are enough to make them huff fog onto their window while staring through the blinds.

6. Staying out late

There's no place like home and staying out late reminds you of just how comfortable your house is. I mean, it has all of the important things, like comfy clothes, a couch that has a perfect butt imprint from years of Netflix marathons and exactly zero other people that live there.

7. Dating

It seems that dating is just as awful today as it was 10 years ago, except now you're a decade older with less patience and far less will to put on real pants. Everyone is swipe happy and there doesn't seem to be a standard way to say "not interested" that doesn't involve disappearing on someone you once spent time with.

8. Alcohol

Drinking in excess loses its appeal for many of us after a certain age. It takes much longer to recover from an evening at the local pub and if

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time, you could be having a hangover for three days.

The list of things that actually don't get better with age seems to be endless, with more than 24,000 comments on the question. It makes you wonder: If we knew then what we know now, would we still been in such a rush to grow up? I think not.





This One Item Has More Bacteria Than Anything in Your House

Excerpted from Handyman.com

Spoiler alert: It's not your toilet seat. Learn which other common household item harbors the most bacteria, and what you can do about it.

Kitchen sponges proved the ideal breeding ground for microbes because of their nourishingly warm and moist environment, coupled with the food remnants plastered on its surfaces. The porous nature of kitchen sponges and their liquid-absorbing capacity makes them the ideal storage space for tiny living organisms.

Even if you're rinsing the sponge and using some soap afterward, it's hard to fully eradicate the vibrant party of bacteria and fungi reveling in those nasty sink-dwellers. Even after sanitizing the sponges, new bacterial colonies inevitably resurfaced.

Your best bet? Tossing your sponge into a vat of bleach solution. It's potent enough to kill anthrax spores, which can reduce your risk of catching something. But to stay on the safe side with much less fuss, the experts recommend switching out your kitchen sponge weekly.



How Women's Perfect Body Types Changed Throughout History



How To Care For Orchids So They Rebloom Again, According To An Expert

In an exclusive interview with House Digest, Liz Will — a Master Gardener through Michigan State University Extension, certified garden coach, and garden consultant at Learn to Grow Gardens — gave us all the necessary information that will ensure your orchid thrives over and over again. "Orchids bloom once per year, on average, and then enter a period of dormancy in which they don't bloom," she explains. "Caring for your orchid properly during this time is essential to be sure that it blooms again."

Patience

With any kind of plant, patience is often the name of the game. It can take weeks or, more commonly, months for those you're lovingly tending to actually grow and produce blossoms — and orchids are no different. In fact, they require a little more patience than other plants because of the uniquely annual pattern of their lifecycle. Orchids aren't the type of plant that you tend to in one season and then ignore throughout the rest of the year. You'll want to make caring for your orchid a part of your constant routine if you want to be able to enjoy the beauty of the flower for a long time.

Water

Will has two go-to strategies that she relies on. "One way is to soak your orchid in a bowl of water every week or two," she continues. "Alternatively, you can water orchids with the ice cube method. To do this, be sure the roots are covered with a layer of bark chips or moss. Once per week, place three ice cubes on top of the bark chips or moss, avoiding any plant roots."

Fertilizer

there are a few important considerations for when you're fertilizing orchids, and what exactly you're using to do so. "To fertilize orchids, use a 20-20-20 liquid fertilizer and use at ¼ strength, once every two weeks," advises Will. "You can also purchase fertilizers specifically for orchids, and follow the directions on the package." That's a surefire way to cultivate the conditions in which your orchid will thrive.

Light

"Orchids need bright indirect light, which means they need bright light, but not directly in the path of the sun's rays," she notes. In terms of where in your home you should place your orchid, she advises that "a

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perfect. And, there's even a handy way to check if you're doing a good job getting your orchid the light it needs. "If your orchid's leaves are bright green, it's a good indication it's receiving adequate light," adds Will.

Temperature

As you may well know, temperatures can often spike during the day and then drop at night, meaning that keeping your orchid in the same spot isn't always the best choice, even if it gets the best sunlight during the daytime. You want to be responsive to those changes in temperature that could potentially trigger your orchid. "This can be achieved by moving it closer to a window in the winter, or outside in the summer," Will continues. "Bring your orchid back into the warmth during the day, and place in indirect light. When a new flower spike appears, you can keep your orchid in its warm daytime spot."

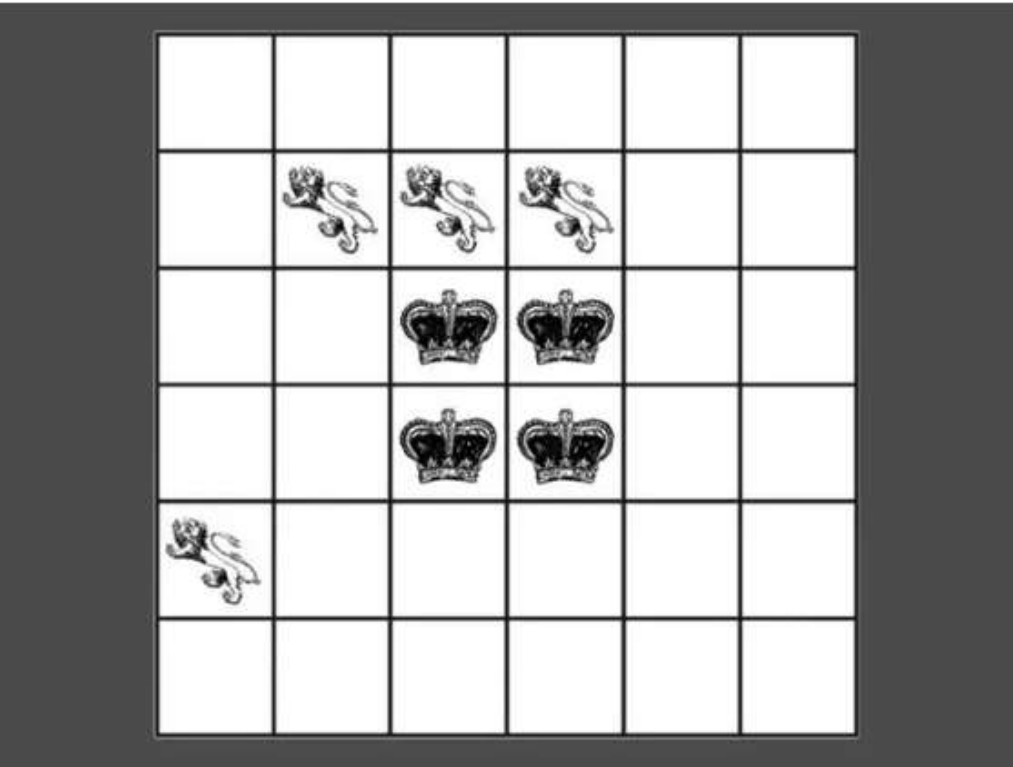
If you have multiple orchids, it may require a little extra monitoring and shuffling of pots, but you'll be rewarded for your efforts by plants that happily bloom over and over again.



Check out this 79year old female weight lifter

FRIDAY PUZZLE

Split the grid into four identical regions, such that each region contains a lion and a crown.



Answers at the bottom of the newsletter.



Would you pay \$1 million to live aboard this 753-foot 'sustainable' megaship?

Excerpted from CNBC Storylines.com

If you love cruises and the idea of living out the rest of your days on a luxury megaship sounds like paradise, you'll want to start saving up for 2025.

That's when Miami-based residential shipbuilder Storylines plans to launch its new 753-foot megaship filled with 547 private residences that it says will bring in an estimated \$1.5 billion in sales. Storylines bills the cruise ship, called the MV Narrative, as "the world's first environmentally sustainable private residence ship."

The residences, which range in size from 237 to 1,970 square feet, are on sale now — and they aren't cheap. Storylines says the residences cost between \$1 million and \$8 million, with ownership lasting for the "lifetime of the vessel," which the company estimates as roughly 60 years.

For a shorter and cheaper buying opportunity, you can try to land one of the "limited number" of residences with 24-year leases that start at \$647,000 for the total duration of the lease.

The residences range from one- to four-bedroom living spaces, and most of them come with balconies to overlook the surrounding seas and various ports of call. People who live on the MV Narrative will get to circumnavigate the globe every three years. Sailing from the ship's home port in Croatia, the ship will spend up to five days in major ports around the world. [Sample itineraries](#) on the Storylines website tout stops from the Mediterranean to Australia and South America.



'Titus Andronicus' is the most gruesome work in Shakespeare's canon. Broadway World

Why are so many people delighted by disgusting things?

Excerpted from The Conversation.com

Psychological research suggests that disgusting stimuli both capture and retain your attention more effectively than emotionally neutral stimuli do.

According to media scholars Bridget Rubenking and Annie Lang, this likely happens because, from an evolutionary perspective, it seems that “an attentional bias toward disgust – no matter how aversive – would better equip humans to avoid harmful substances.” So although disgust can be an unpleasant feeling, the emotion has evolved to simultaneously seize people’s attention.

But disgusting things don’t just capture your attention; you can even enjoy them.

Psychologist Nina Strohminger suggests that the pleasurable features of disgust may be an instance of what has been called “benign masochism” – the human tendency to seek out seemingly “negative” experiences for the purposes of enjoying “constrained risks,” such as riding a roller coaster or eating extremely spicy foods.

According to Strohminger, it seems “possible that any negative feeling has the potential to be enjoyable when it is stripped of the belief that

So not only are you predisposed to be captivated by disgusting things, there's also a psychological mechanism that enables you, in the right circumstances, to enjoy them.

Celebrating and profiting off this attraction isn't a product of the digital age. It was even happening in Shakespeare's time.

The playwright's notorious tragedy "Titus Andronicus" contains as much gore as today's slasher movies. According to one estimate, the play stages "14 killings, 9 of them on stage, 6 severed members, 1 rape (or 2 or 3, depending on how you count), 1 live burial, 1 case of insanity, and 1 of cannibalism – an average of 5.2 atrocities per act, or one for every 97 lines."

The human emotion that shields you from harm equally allows you to take a perverse pleasure in the very things from which you need to be protected.



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Group Of Black Americans Makes History By Climbing Mount Kilimanjaro

Excerpted from BlacksInNewsNetwork.com

A group of Black Americans just made history after successfully trekking up Mount Kilimanjaro.

The "Wisdom Walkers," a group of 11 Black men and women ranging from ages 47 to 73, became the oldest to climb Mount Kilimanjaro, which hails as Africa's highest peak standing over 19,000 feet tall.

It took the 11 Black Americans seven days to reach the top of the mountain through the Machame route. They were guided by the premiere mountain outfitters, Tusker Trail.

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and we were happy for the challenge, happy for the comradery, and happy for the people at Tusker Trails that helped us get up the mountain," **Sharon Goods**, a Wisdom Walker from the Washington, D.C. area, told *WJLA*.

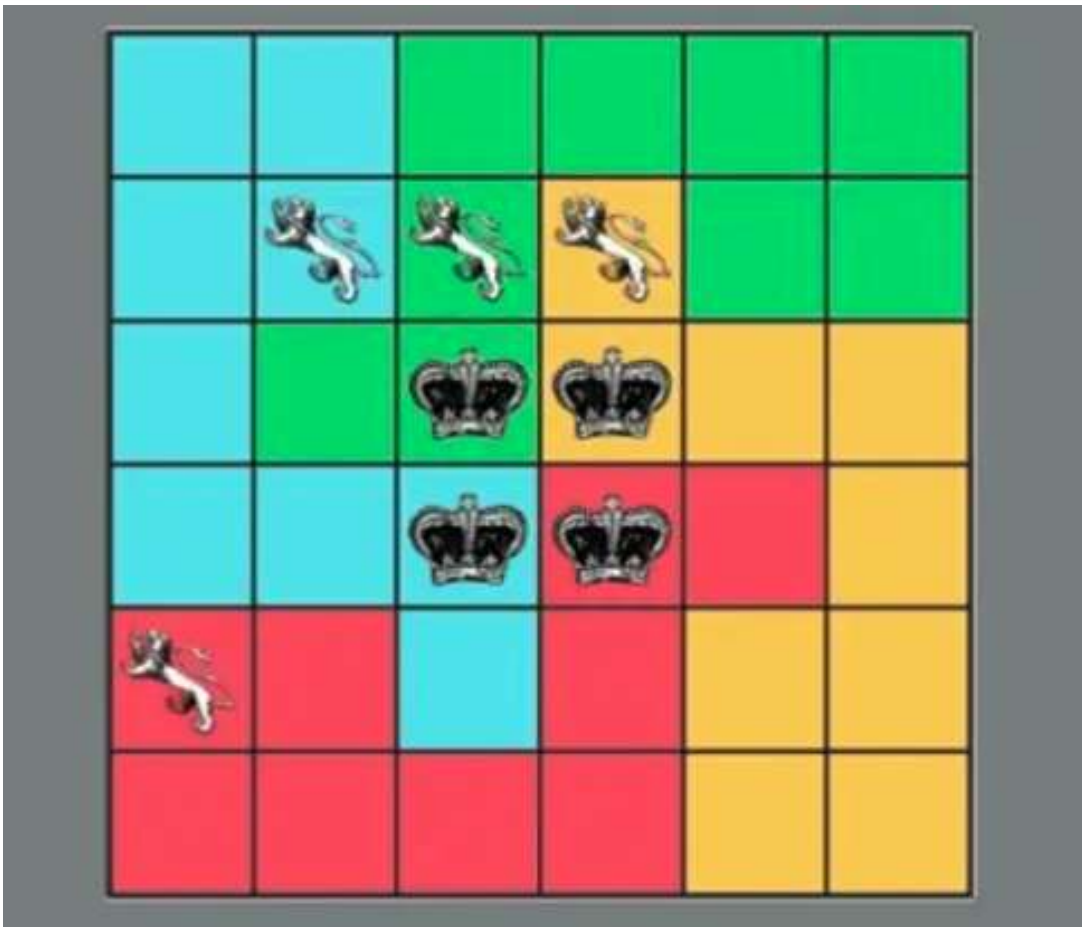
According to *WJLA*, Goods is now the oldest African American woman to reach Mount Kilimanjaro's peak.

For nearly 10 months, the Wisdom Walkers said they trained in preparation for the climb. The group hopes their trek up Mount Kilimanjaro inspires other Black Americans of all ages to follow their dreams.



10 hours of upbeat music



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