



Photo of this morning's frost by Joyce Alexander

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

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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 with Rayner the 1st and 3rd Mondays

December 4 - Trip to Christmas with CS Lewis - SOLD OUT

December 4 - Tales of the Trails

December 6 - SV and ESC host Marin Access: Your transportation options with Marin Transit

December 11 - Line Dancing Workshop

December 14 - Film Group

Mark your calendar! - SV Member and Volunteer Holiday Party

December 19th 3-5pm



Sausalito Village members celebrating this month

Lu Arenson - Jerry Berman

Larry Dark - Bill Finn - Lauri Flynn

Sandra Gary - Bob Haslam - Kayla Kahn

Roberta Maloy - Thelma Olgiati - Frank Pacoe

Samanta Renko - Jackie Reynolds - Barbara Rycerski

Betsy Stroman - Elizabeth Trepan - Lori Villars - Pat Wood

If you are an SV Member celebrating your birthday in December and don't see your name on our list, please let us know! It means we don't have that piece of information in our files, but would like to so we don't miss you in the future. Please email Wendy at SausalitoVillageConcierge@gmail.com



Looking for information on your transportation options?

Sausalito Village and Edgewater Seniors host Marin Access

WHEN: Tuesday, December 6th, 1:00pm-2:00pm

WHERE: Zoom

RSVP for zoom link: <https://sausalito.helpfulvillage.com/events/3662-marin-transit:-navigating-transportation-options>

Don't have a computer or know someone who does not? You can watch the zoom presentation at the Edgewater Senior Club Room downstairs in City Hall.

Join Marin Access Travel Navigator team for a virtual presentation hosted by Sausalito Village and the Edgewater Senior Club to learn about your transportation options.

A this presentation, you will learn about:

- Public transit options available in Marin County
- How to apply for and use Marin Access programs and services including taxi vouchers and paratransit
- Fare assistance programs for those with income barrier



The No. 1 thing that sets ‘SuperAgers’ apart from people with ‘weak memory skills’

Excerpted from CNBC.com

There is a group of people that longevity researchers call “SuperAgers,” who are in their 80s and beyond, but have the cognitive function of those decades younger.

So what sets SuperAgers apart from people who have weak memory skills? According to a 2021 study that followed SuperAgers over the course of 18 months, one key differentiator was that they kept learning new things throughout their life.

Think of the brain like a bank account. We make “deposits” — or new connections between our brain cells — by learning. Our memories are housed in these connections.

As we age, we naturally lose some of those connections. It’s like making a withdrawal every year. But the more deposits we make throughout our lives, the less our net worth is affected by these withdrawals.

One study found that adults with more years of education had more active frontal lobes when they took memory tests. Activity in the frontal lobe is associated with better memory.

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wrote and read often, they had memory scores on par with those with more education.

Approach learning the way you would with fitness training. You wouldn't go to the gym and only work out your forearms. Eventually, you would look like Popeye.

The same goes for the brain. Learning a new language, for example, works out different parts of the brain than a new sport or instrument does.

You can cross-train your brain by mixing mental and physical learning activities. Get out your calendar and plan different types of activities using this plan:

- **Day 1:** Learn something mentally stimulating, such as listening to a podcast or taking an online course.
- **Day 2:** Do something that requires learning through movement, such as a new sport, dance or yoga pose.
- **Day 3:** Be social. Grab coffee with a friend or go to a dinner party. Yes, social interaction is a form of learning that has been associated with staving off dementia.

No matter what it is, learning new things keeps your brain young. So if you discovered something you didn't know before from reading this article, you're already helping your brain age at a slower pace.

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Andy Dudnick will be playing holiday music on the grand piano and Candace and Elin will be leading a sing along.

Plenty of food, libations and of course raffle prizes galore. One ticket per attendee.

RSVP at SausalitoVillageRSVP@gmail.com

CARSS rides are available but must be scheduled by Friday, Dec. 17th, 5pm at 415-944-5474 or InfoCARSS4You@gmail.com

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12 Hazards in 10 minutes - good reminders for all of us!



Learn to like the most annoying person in your life

Excerpted from WSJ.com

You can learn to like someone you loathe. Really.

We often think shared similarities bond us—matched hobbies or interests, living in the same neighborhood, or having children the same age. But we can have lots in common and still dislike someone.

Research shows that what really makes us like a person, and helps us bond, is sharing an experience and feeling we're having the same response to it.

Psychologists call this I-sharing. ("I" as in "I get you.") Think of cheering on your favorite team with co-workers, singing along to a favorite song with your sister in the car, and laughing (or cringing) at the same jokes with friends at a comedy show.

Here are some science-backed strategies for learning to like someone who annoys you.

Give them a second chance

Make it a goal to get to know the person better.

Look for one thing you like and focus on that, suggests Kelly Rabenstein, a licensed psychologist in Charleston, S.C., and author of "Psychological Secrets for Emotional Success." Is the person kind or a good parent or eager to help others? Start there. Every time you feel yourself getting annoyed, focus on your goal of connecting and remind yourself of the thing you like.

Watch how you act

Start with empathy. Maybe the person's behavior reflects stress or disappointment you know nothing about. We feel more connected to others when we're compassionate, says Beverley Fehr, a professor of psychology at the University of Winnipeg, who studies close relationships. We also feel less resentment and anger.

Dr. Fehr recommends paying attention to how you treat the other person. Show your openness. Speak kindly, and watch your body language. (Uncross your arms!) Don't gossip—that enforces the negative. If you find something to sincerely compliment, do so.

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Occasional small talk won't cut it, psychologists say. You need to spend enough time together to get to know the person.

Move beyond the forced time together, say at work, and invite the person to hang out. People love an invite because it makes them feel appreciated, Dr. Rabenstein says. This makes them like the person who did the inviting more. (The psychological term is "reciprocal liking.") And if they like you more, you might reciprocate.

Choose bonding activities

Start with an activity you both enjoy. Attend a concert or game, or share a pizza.

To get to an I-sharing moment, pick something that makes you work for a common goal. Play on the same team at trivia night. Or plan a volunteer activity together.

And if all else fails, try something that makes you both laugh. Who doesn't like someone they've shared a good laugh with? And laughter produces oxytocin, a feel-good hormone.



SV Hosted Tales of the Trails

This month the focus will be on Oaxaca, Mexico

Sue Dunlap and Dñn Flory will present their slides and tell their

Contact Sue Dunlap at suedunlap46@gmail.com to reserve a spot and to receive the zoom link. Don't wait until the last minute!



The scientific reason mercury is often found in seafood

Excerpted from [TastingTable.com](https://tastingtable.com)

While the levels of mercury vary from fish to fish and your levels depend on the amount you're eating (as well as factors such as pregnancy and age coming into play), your consumption is something to be aware of. However, it's not a reason to stop eating fish altogether, per the FDA. That being said, have you ever wondered how an element on the periodic table you probably associate with dental fillings and thermometers ends up on your plate in the first

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According to Foodprint.org, mercury is found in nature in rocks, soil, and water, as well as in the atmosphere as a by-product of pollution. Once in the atmosphere, it falls and ends up in oceans and large bodies of water. Bacteria in the water turns it into highly toxic methylmercury.

Fish absorb the methylmercury from the food they eat and from water passing through their gills. The higher you move up on the seafood food chain, the higher the level of mercury. Tiny animals and plants known as plankton absorb the mercury. Smaller fish consume this plankton. Larger fish consume the smaller fish, and humans consume the larger fish. Older, bigger fish are more likely to have accumulated higher levels of mercury over their lifetime (via Vermont Department of Health Fish Consumption Advisory).

There is no way to reduce the amount of mercury in the flesh of fish or shellfish. Dangers of consuming too much mercury range from affecting fetal development to impacting your brain, spinal cord, and other organs. What's the best way to keep your consumption low? Stick to the lower end of the food chain and consume smaller fish and shellfish.

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Lots of holiday events in Sausalito this month

Updates, times, details and registration links [HERE](#)

This weekend

Saturday, Dec. 3rd: Breakfast with Santa, Gingerbread House Party
Kick-off, ICB and Varda Landing Open Studios

Sunday, Dec. 4th: Marin Symphony Youth Orchestra

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Is it Covid, flu or RSV? A few hallmarks can help distinguish among the illnesses

Excerpted from NBCNews.com

Here is a chart that can help:

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Symptom onset	Gradual	Sudden	Gradual
Muscle and body aches	Sometimes	Common	Sometimes
Cough	Common	Common	Common
Diarrhea	Rare	Sometimes*	Sometimes
Fatigue	Sometimes	Common	Common
Fever	Sometimes	Common	Common
Loss of taste or smell	Rare	Rare	Sometimes
Shortness of breath or difficulty breathing	Sometimes**	Rare	Common
Runny or stuffy nose	Common	Common	Common
Sneezing	Sometimes	Sometimes	Sometimes
Sore throat	Sometimes	Sometimes	Common
Headache	Sometimes	Common	Common



Wild cycling stunts performed throughout San Francisco



Totally booze-free bar at Ocean Beach

Excerpted from SF Chronicle

The shelves of bottles inside San Francisco's Ocean Beach Cafe look like they could belong in any store that sells wine, beer and spirits. Red blends and Chardonnays from the Napa Valley stand alongside aperitifs and other ingredients for cocktails.

But one core feature of the Outer Richmond cafe makes it unusual: None of the beverages it sells contains any alcohol.

Ocean Beach Cafe owner Joshua James started the business just one block away from its namesake beach early last year, hoping to share his own love for booze-free drinking with a growing community of like-minded people.

James is trying to capture some of the growing enthusiasm for beer, wine and liquor substitutes, many of which look and taste much like their traditional counterparts but without the intoxicating effects. Across the country, nonalcoholic beverage sales totaled about \$395 million from August 2021 to August of this year — a 20.6% year-over-year increase.

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Smith River at the California-Oregon border, James started working in the food and beverage sector right out of high school and got his first bartending job at age 23. He tended bar for many years in Hawaii but also worked in other states, the last of which was North Carolina, where he was compelled to reckon with his personal alcohol consumption.

After too many four-day benders and two-day hangovers, and losing employment because of his drinking, James said he decided in late 2019 to quit alcohol for one year. By February 2020, just as the pandemic was taking hold, he had moved to San Francisco to live at Friendship House, which provides residential substance abuse treatment for Native Americans. He spent several months there before moving to a sober house elsewhere in the city, where he said he was spontaneously inspired to start posting reviews of nonalcoholic beer and other beverages.

“One of my main focuses as a bartender was hospitality, blowing people’s minds (and) sharing really cool things that I found in my life,” he said. “Now I get to do all of that in the (nonalcoholic) world. I got to double up on something that I was so into in the first place.”

AUTHOR EVENT

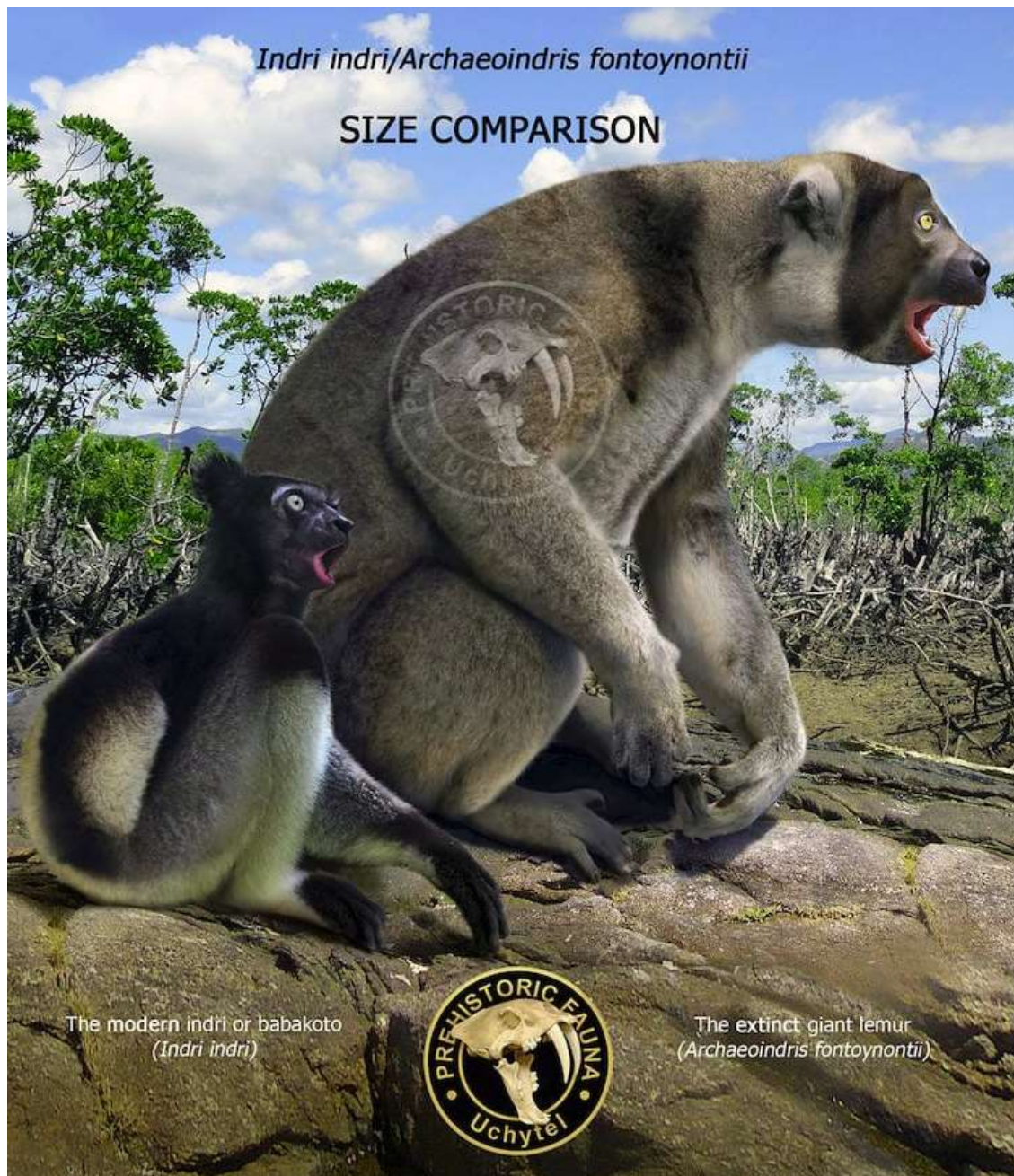
December 3rd, 3pm
100 Bay Street, Sausalito



The Writing Life -- He Said, She Said Wendelin Van Draanen & Mark Parsons

Meet this highly entertaining husband & wife team, both Random House authors, who will discuss their books and the writing life -- who, what, when, where & how to do it all. Come with questions; expect arguments. (After all, they're married!)





Illustrations of size difference in prehistoric animals

Excerpted from MyModernMet.com

Growing up next to a zoo, Roman Uchyteľ always had a passion for animals. Eventually, after graduating from art school, he married his professional

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recreations of prehistoric animals next to their modern descendants, taking care to note the vast size differences.

To create the digital illustrations, Uchytel takes a lot of time and care to get things right. “While reconstructing ancient animals the easiest way is to rely on a skeleton,” he tells My Modern Met. “And knowing the anatomy, you can fairly accurately recreate the animal. Having descendants is also a big help. And the hardest part is the coloration pattern. Although you can rely on the habitat here. In addition, we cooperate with many scientists and museums around the world that kindly provide us with skeletons or relevant information.”

The results speak for themselves. Delightful for both children and adults, these images are reminders of the megafauna that once roamed the Earth. While most of us are familiar with the large size of dinosaurs, did you know that giant ground sloths the size of elephants once inhabited South America? That makes them about ten times larger than the modern two-toed sloth. Or that the Megalodon, an enormous mackerel shark that went extinct about 3.6 million years ago, was three times larger than the largest recorded great white shark?

By making the comparison visual, Uchytel is giving a new perspective on these facts and figures. And, in the process, he's sparking curiosity about prehistoric life. He's hoping that Prehistoric Fauna sparks more dialogue and encourages people to preserve the small amount of megafauna that still exist.

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View more of the renderings [HERE](#)

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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.



Why Is 9/10 Added to Gas Prices?

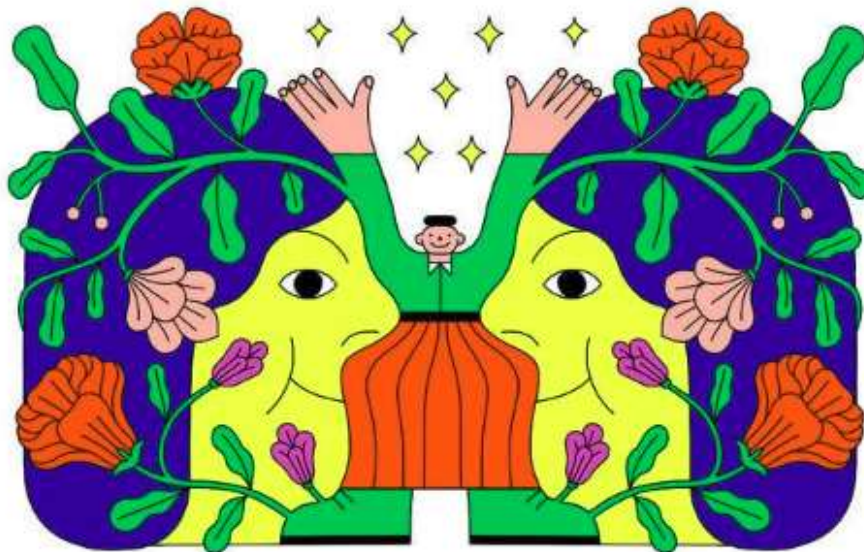
The practice of tacking 9/10 of a cent on the end of a gas price goes back to when gas cost only pennies per gallon and was a tax imposed by state and federal governments. Gas stations added the fraction of a cent on the end of the price instead of rounding up the price. Back then, a full penny would have been a budget-buster for customers. The federal tax was implemented in 1932 as part of the Revenue Act of 1932 and was supposed to expire in 1934 — except it never did.

Instead of ending the tax, Congress extended — and increased — it. The tax was intended to help provide funds for roads and infrastructure during the Great Depression. Around the same time, gas stations began to display prices of gas by fractions of a cent. So Americans just accepted the idea that the tax was simply that, a fraction of a cent. And it was at the time the tax was implemented because gas per gallon was about 10 cents, so the amount of the additional tax was quite insignificant.

However, gas prices have increased considerably, and the 9/10 tax remains. As of as of Jan. 1, 2022, the average of total state taxes on a gallon of gasoline was 31 cents and 33 cents on diesel, though some states like California pay as much as 58.8 cents per gallon in local taxes. Federal taxes add on average another 18.3 cents per gallon on gasoline and 24.3 cents per gallon on diesel. Still fractions of a cent, but the 9/10 figure to account for it is long outdated.

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Typewriter artist, James Cook shows you how it is done. Check out more of his amazing art at: <https://jamescookartwork.com>



The Opposite of Schadenfreude Is Freudenfreude. Here's How to Cultivate It.

Excerpted from NYT Wellness Newsletter

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...something extra, at first her heart sank. She had failed the same test weeks earlier, and she needed the credential to advance her career.

“My inner child got upset,” recalled Ms. George, a financial writer and educator from Philadelphia. But then, instead of stewing, she called her friend: “I told her I failed and admitted I was jealous,” she said. Ms. George knew that being upfront would defuse her envy, but she was surprised when it shifted her attitude so she could share her friend’s happiness, and experience her own, in turn. “I congratulated her and told her she inspired me.”

Finding joy in another person’s good fortune is what social scientists call “freudenfreude,” a German term that describes the bliss we feel when someone else succeeds, even if it doesn’t directly involve us. Freudenfreude is like social glue, said Catherine Chambliss, a professor of psychology at Ursinus College. It makes relationships “more intimate and enjoyable.”

Erika Weisz, an empathy researcher and postdoctoral fellow in psychology at Harvard University, said the feeling closely resembles positive empathy — the ability to experience someone else’s positive emotions. A small 2021 study examined positive empathy’s role in daily life and found that it propelled kind acts, like helping others. Sharing in someone else’s joy can also foster resilience, improve life satisfaction and help people cooperate during a conflict.

While the benefits of freudenfreude are plentiful, it doesn’t always come easily. In zero-sum situations, your loss might really sting, making freudenfreude feel out of reach. If you were raised in a family that paired winning with self-worth, Dr. Chambliss said, you might misread someone else’s victory as a personal shortcoming. And factors like mental health and overall well-being can also affect your ability to participate in someone else’s joy. Still, indulging in freudenfreude is worthwhile — and there are ways to encourage the feeling.

Read entire article [HERE](#)



Everything you need to know about Ear Seeding

Excerpted from Forbes.com

Since using prescription sleep aids come with its own set of potential side effects, many are turning to more natural and holistic solutions for falling (and staying) asleep to improve their quality of life. Enter: Ear seeding.

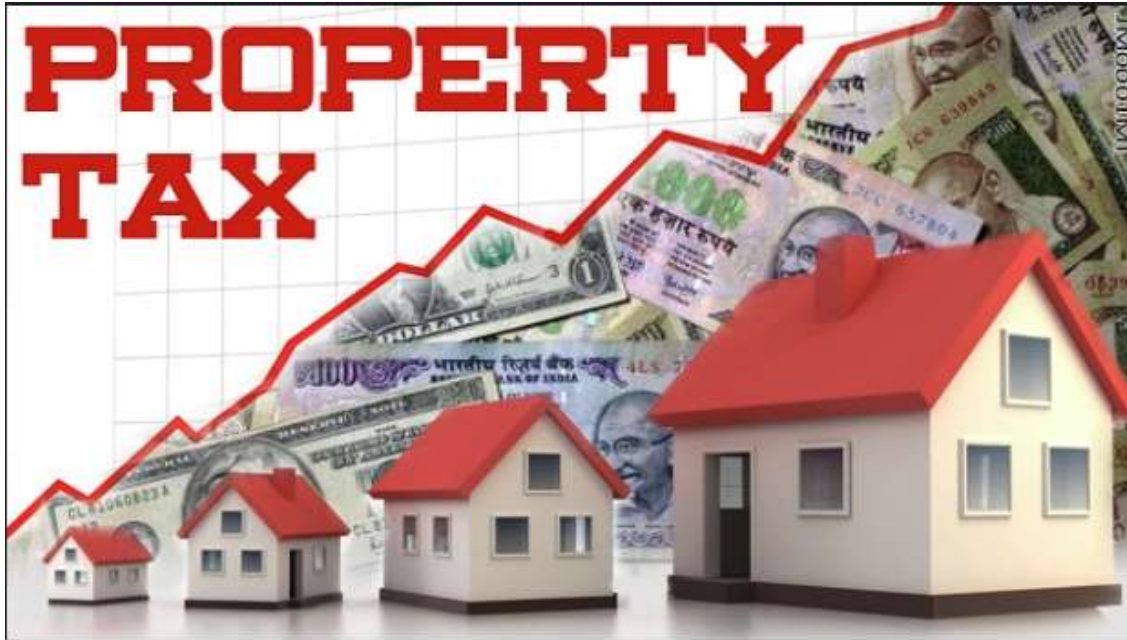
Rooted in traditional Chinese medicine, ear seeding is a type of auriculotherapy aka ear acupuncture. Instead of inserting thin needles, the treatment involves applying tiny seeds to specific pressure points on your ears to stimulate the acupoints without piercing the skin.

"Traditionally, ear seeds come from the flowering herb *Vaccaria* but nowadays, they are typically made of metal or ceramic," says Martin Seeley, CEO and resident sleep expert at MattressNextDay. Some versions are also available as gemmed or nude-colored beads that blend in with your skin tone. Waterproof adhesive or tape is used to stick them on your ears.

"When applied correctly, ear seeds can stimulate melatonin naturally," says Seeley. Melatonin is a hormone produced in your brain by the pineal gland that helps regulate your sleep/wake cycle.

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There is a corresponding auricular point for your pineal gland on your ear—located on the lower part of your tragus (the small cartilage projection that partially covers your ear canal), explains Seeley. Applying ear seeds to this point may help stimulate the production of melatonin consequently helping you sleep better, adds the sleep expert.



Reminder: Property Taxes Due by December 12

From Marin County Tax Collectors office

San Rafael, CA – The first installment of 2022-2023 property taxes becomes delinquent at 5 p.m. Monday, December 12. Marin County taxpayers are being asked to pay online, by phone or by mail, rather than in-person.

Property tax payments can be made online at www.marincounty.org/taxbillonline or by phone at (800) 985-7277. The Tax Collector's online and telephone payment service uses a secure internet portal and there is no service fee when paying with an electronic check (e-check).

For questions about property tax billing, contact the [Tax Collector](#) staff at (415) 473-6133 or by [email](#). Questions about

Parcel tax exemption information and forms are available at marincounty.org/propertytaxexemptions or can be obtained directly from the district that offers the exemption. Parcel tax exemption eligibility and filing deadlines vary by district and are administered by those districts, not the Tax Collector's Office. Income based parcel tax exemption applications must be submitted annually before tax bills are prepared.

The State Controller's Office (SCO) will accept [Property Tax Postponement](#) (PTP) applications until February 10, 2023. To be eligible for PTP, a property owner must:

- be at least 62, or blind, or have a disability;
- own and occupy the home as your primary place of residence;
- have a total household income of \$45,810 or less;
- have at least 40% equity in the property; and
- not have a reverse mortgage.

Go to the [SCO website](#) for more information. Call 1 (800) 952-5661 or [email](#) the SCO with questions about payment postponement.

**So, you think our property tax rate is high?
Check out the 10 highest in the U.S.**

State Property Tax Rate

New Jersey	2.47%
Illinois	2.24%
Connecticut	2.13%
New Hampshire	2.13%
Vermont	1.90%
Wisconsin	1.78%
Texas	1.75%
New York	1.72%
Nebraska	1.68%
Rhode Island	1.57%



Hundreds pose nude on Australian beach to raise awareness for skin cancer

Some 2,500 people took off their clothes on Saturday to pose for U.S. photographic artist Spencer Tunick at Sydney's Bondi Beach in an effort to raise awareness about skin cancer.

Tunick, known for staging mass nude photo shoots at world landmarks, used a megaphone to direct attendees into several poses on the beach before many took a naked dip in the ocean.

The New York-based artist collaborated with a charity on the naked art installation in a bid to raise awareness about melanoma, Australia's fourth most common form of cancer.

Tunick's Instagram post explained that the participants had gathered in nothing but their skin, "watching the first rays of light creep over the horizon of Bondi Beach, standing with respectful strength, honouring all those who've been killed or done battle with our 'national cancer,' knowing that we will be the generation to stop it."



Photo courtesy of Fire Safe Marin

DECEMBER: Plan Your Fire-smart Landscape

Make a fire-smart plan. Consider existing plants, budget, and how

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maintainance you are willing to do. Start by understanding the three defensible space zones. The idea is to decrease the energy and speed of a fire by eliminating continuous, dense vegetation vertically and horizontally. Defensible space allows a safer space to defend property. Plant spacing and maintenance is key.

Zone 0: 0 to 5 feet from the house. This is the most critical area. Minimize combustible materials and separate plants with non-combustible materials (concrete, brick, rocks, decomposed granite, gravel). Eliminate combustible plants and mulch within 5' of structures, especially under windows.

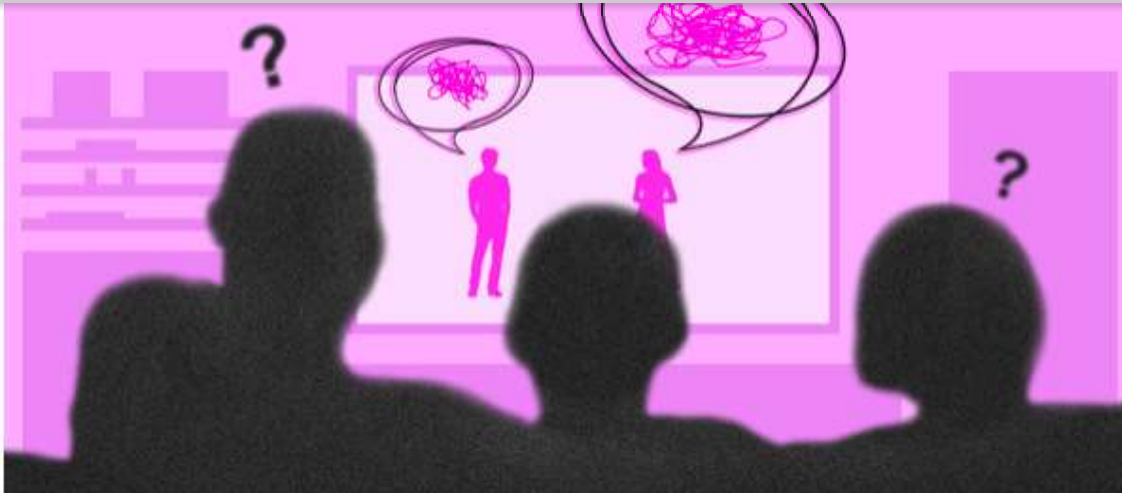
Zone 1: 5 to 30 feet from the house. Separate plantings and garden beds with hardscape and provide ample plant spacing to slow the spread of flames. Select plants that are easy to maintain that do not produce excessive debris or contain volatile oils.

Zone 2: 30 to 100 feet from the house. Here, you can use larger shrubs and trees planted in widely spaced groups or "islands." Consider the mature size of plants and shrubs to maintain spaces.

FOR MORE FIRE-SMART LANDSCAPING INFORMATION, VISIT THE UC MARIN MASTER GARDENER WEBSITE: www.ucanr.edu/ucmarinmgfiresmart



How to fold a fitted sheet like a champ



Can't Hear What Actors Are Saying on TV? It's Not You, Probably

Excerpted from Wall Street Journal

People tend to blame their flat-screen TVs for bad sound. The tube TVs of decades past had front-facing speakers that sent audio toward you, while new, super-thin models have speakers that are behind the screen or point downward, bouncing sound away from you. But your TV is just one of the culprits.

The rest of the problem lies within virtually every other step of the audio process, from a studio's production choices to the device used to watch the content.

Sound mixers combine all the sound in the video, including dialogue, music and background noises, into the audio we hear when we watch movies and shows. The professionals have advanced audio capabilities at their disposal, but they might not translate clearly on devices that aren't built to support state-of-the-art audio. For this reason, a movie designed to sound great in a giant theater might not sound the same on your smartphone—or your TV.

It can be hard to pinpoint whether sound issues are a result of production choices, poorly converted mixes or your own ears. Experimenting with speaker placement, your surroundings, new audio equipment and your device's settings can help.

Placing a soundbar on a stand below a TV helps better direct audio to your ears. If you are planning to buy a soundbar, make sure it has at least three

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That flat-screen TV with downward-facing speakers? Place it on a bare table or stand to give the sound something to bounce off, rather than hanging it on a wall. In a large room, try carpeted floors and thick curtains to absorb noise and contain the sound.

Some TVs come equipped with features that reduce loud noises or boost dialogue. Samsung TVs have an Amplify feature, LG TVs have Clear Voice II, and some Roku TVs have Dialogue Enhancement or Speech Clarity, depending on your setup. You can find these in the settings menu of your TV.

Playing around with settings could help you find one that works. Still, there is no guarantee the tweaks will make “Tenet” sound crisp.

If you are watching TV with others and need an audio boost, you can pair certain earbuds to your TV to pipe sound straight to your ears. You can link two pairs of AirPods to Apple TVs if you are watching alone or with one other person. Google and Apple offer accessibility features that let you use your phone as a speaker. Place it by your TV and pop in earbuds to hear the audio through them.

When watching video alone on your mobile device, certain earbuds such as AirPods offer surround-sound level quality that can improve audio.

If dialogue still sounds muffled, you might want to explore hearing aids. They are now available over the counter.

And if all those options don’t work, you still have captions to make sure you don’t miss a thing.

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1970 video on how computers work....very retro!

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SAUSALITO, CA

Gate 5 Clay

A CO-OPERATIVE CERAMIC STUDIO

HOLIDAY PARTY AND SALE SAT, DEC 3

12 NOON - 5PM - RAIN OR SHINE

STUDIO ARTISTS

Hillair Bell
 Barbara Binns
 Donna Bragg-Tate
 Julianne Havel
 Byrdie Keeler
 Tami Kelly
 Danielle Kinnen
 Sheri Liebscher
 Gordon Morris
 Cheri Nielson
 Jill Powell
 Sarah Ruhs
 Sally Seymour

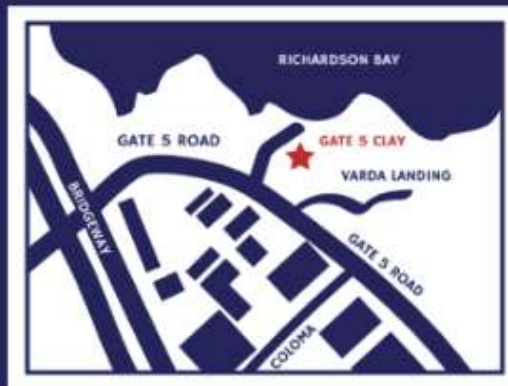
Please join the festivities at
Gate 5 Clay's annual holiday
party and sale:

**FUN, FOOD AND UNIQUE
HANDMADE CERAMICS.**

247 GATE 5 ROAD, SAUSALITO CA



LINK TO MAP



FRIDAY PUZZLE

A few puns for the puzzle this week:

- 1) What days are the strongest?
- 2) What word becomes shorter if you add two letters?
- 3) What word starts with E and ends with E but only has one letter in it?

Answers at the bottom of the newsletter. Thanks to Flo Hoylman for sending this in.



Deal, According to Experts

Excerpted from Prevention.com

Yes and no. To fully understand that, it's important to explain how COVID-19 tests get an expiration date in the first place. "When tests are developed, the company will assess the test over time to make sure it's performing with the quality standards intended," says Thomas Russo, M.D., a professor and the chief of infectious diseases at the University at Buffalo in New York. "Whatever time frame they assess it for is the expiration date that will go on that test."

This "doesn't necessarily mean that the test won't perform for a longer period of time," Dr. Russo says—it's just the amount of time that the test has been assessed for and what is authorized or approved by the Food and Drug Administration (FDA).

Older tests are more likely to have shorter expiration dates because there were time pressures to get tests out earlier in the pandemic, when they were first developed, and only so much time since they had been created to test how long they were good for, Dr. Russo says. "However, companies kept assessing the tests over time," he says.

As a result, "many manufacturers have received shelf life extensions by the FDA," says infectious disease expert Amesh A. Adalja, M.D., a senior scholar at the Johns Hopkins Center for Health Security.

The FDA has a [list](#) online of authorized home COVID-19 tests, along with links to "updated expiration dates" so you can check to see if your test's expiration date has been extended.

"If you have a test and it's 'expired' based on what the package says, it may or may not be the most correct expiration date," Dr. Russo says.

If the test has truly expired "you are more likely to get a false negative," says Jamie Alan, Ph.D., associate professor of pharmacology and toxicology at Michigan State University. "The test might be negative because the reagents or 'ingredients' are past their shelf life and are not working as they should," she explains. "They are likely good past their expiration date, although how long I cannot say with any degree of certainty."

If you have symptoms of COVID-19 and the only test you have at home is expired, Alan says you could try it. "If you get a positive, you are probably

Why do COVID tests expire? COVID tests contain specific reagents (aka ingredients) that react with the virus, or lack thereof, from your swab, Alan explains. "These ingredients do not work forever," she says. "This is true for medications, lab materials, and food."



The Surprising side effects of wearing a bra

Excerpted from HealthDigest.com

In 1914, a woman named Caresse Crosby experimented with what would become the first modern bra in the United States. It consisted of a pink ribbon and two pocket handkerchiefs. This design inspired bras as we know them today.

Bras fulfill an important function: They act as support for the structure and weight of the breasts. While this garment does a whole lot of good, it can impact your body in negative ways.

You can reduce the negative effects it can potentially have and reap all the benefits instead if you buy the right size. In order to do that, you either need to

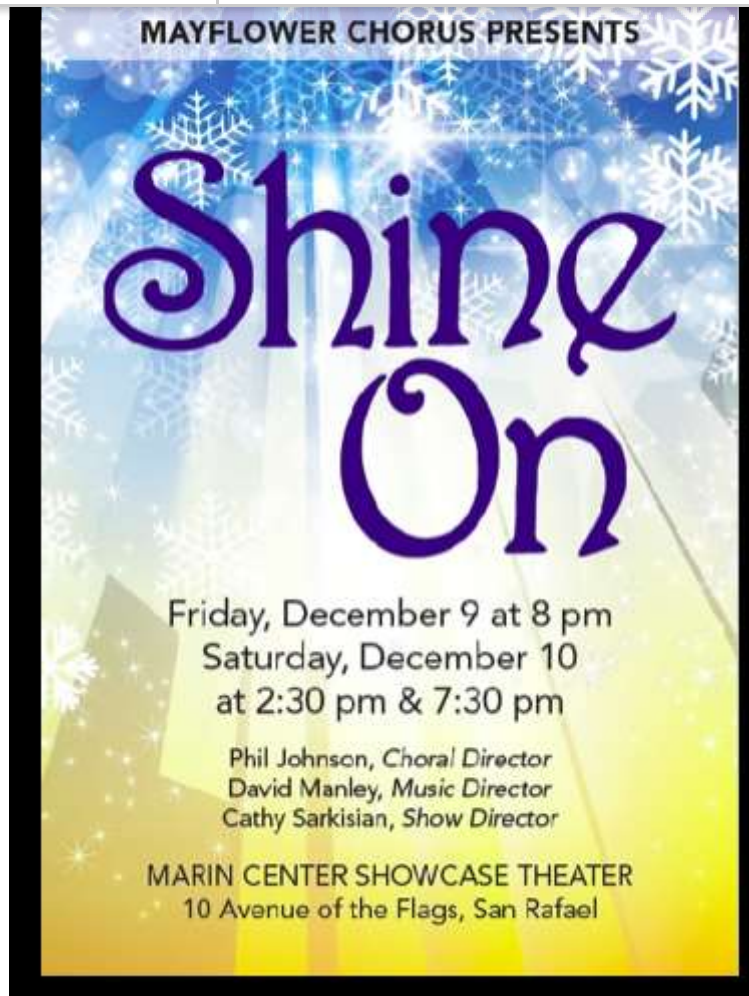
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[HERE](#) to learn about fittings and more detail about the negative effects listed below.

- 1) Fungal infections and body acne
 - 2) Skin irritations
 - 3) Sore neck and shoulders
 - 4) Breathing issues
 - 5) Can restrict breast tissue from growing and cause sagging
 - 6) Wearing at night can negatively impact sleep cycle
 - 7) Could cause acid reflux
 - 8) Could cause headaches/migraines
 - 9) Could cause reaction from bra fabric
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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

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Friday, December 9, 8pm

Saturday, December 10, 2:30pm & 7:30pm

General Admission - \$29 (Marin Center fees included)

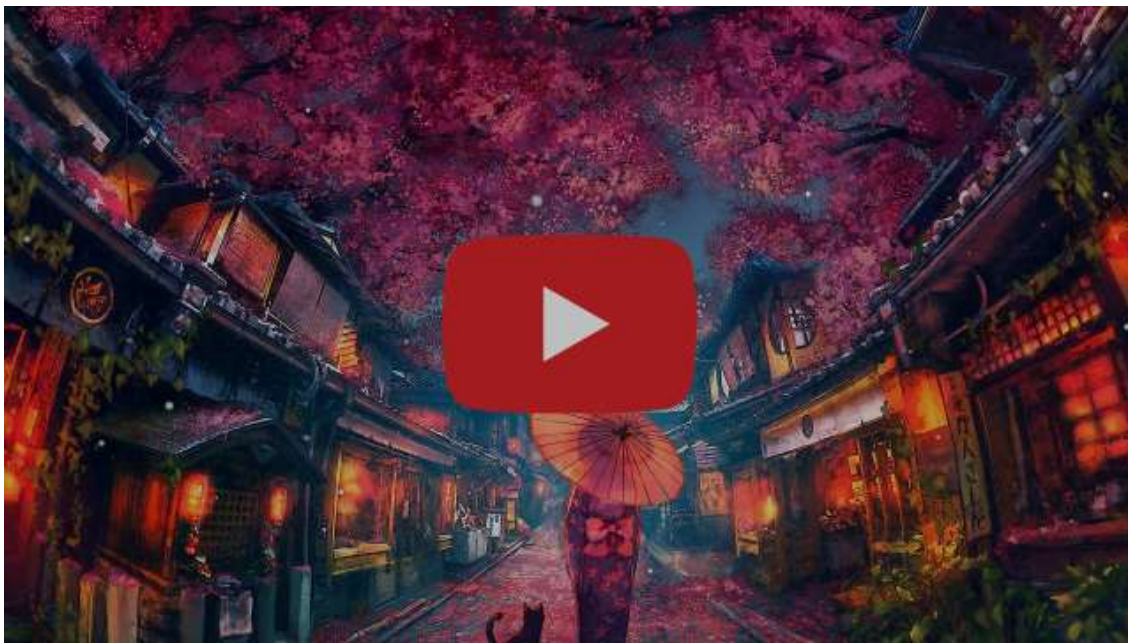
Seniors (60+) & Students (13-18) - \$23 (Marin Center fees included)

Children 12 & under \$12 (Marin Center fees included)

Showcase Theater

Mayflower Chorus presents its annual winter

Showcase Theater. Within the illuminating traditions of the holiday season, we sing songs that celebrate the glitz, glitter and fun of Christmas and Hanukkah, lifting our spirits to shine, shine, shine! toward a better future.



Japanese flute and string music 3 hours

FRIDAY PUZZLE

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- 1) Saturday and Sunday, the others are weekdays
- 2) Short
- 3) Envelope

Have a puzzle to share? Send it to SausalitoVillageTips@gmail.com



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