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Photo by Ingrid Kreis - Evening before a big storm

Send your Bay Area photos to [SausalitoVillageTips@gmail.com](mailto: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](mailto:SausalitoVillageTips@gmail.com)

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## What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights for SV hosted events in the coming 2 weeks:

Stretch and Strengthen with Rayner the 1st and 3rd Mondays

December 24 - Holiday Dinner Delivered

December 26 - Line Dancing Workshop 3:30pm

December 29 - Line Dancing Class 4pm



One of the theories is that “Happy Christmas” became associated with the higher class, as “Merry Christmas” had the rowdiness of those from the humble parts of society. The late monarch, Queen Elizabeth II, used to wish the citizens a “Happy Christmas” in her annual broadcast. Many believed that she associated “merry” with boisterousness and intoxication.

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Britain encouraged the Christians to be happy instead of merry.

The famous English Carol also finds its place in the Charles Dickens novel 'A Christmas Carol' in 1843, which popularised the term "Merry Christmas". During that same time, Christmas cards too started using the same term. Gradually, over the course of time, "merry" became more popular. Now, the mere mention of the word automatically makes us think of Christmas celebrations.

Soon, "Merry Christmas" got widely accepted in the United States of America, while people in the United Kingdom still prefer "Happy Christmas".



## Free covid test kits are available - test before gatherings

- 1) **Pick up a test kit** at the Sausalito Library desk during open hours
- 2) **Have test kits delivered to your door** in Sausalito or Marin City by Sausalito Village volunteers. Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) to request your kits





What happens to the coins in the Trevi fountain?



## NY Public Library

Excerpted from BookRiot.com

New York City is the literary capital of the country, from the abundance of publishing houses based there to the vibrant writing culture. It also has some of the largest public libraries in the United States.

Here are the most-borrowed adult books from New York Public Library, including the Bronx, Manhattan, and Staten Island.

1. [\*The Midnight Library\*](#) by Matt Haig
  2. [\*Lessons in Chemistry\*](#) by Bonnie Garmus
  3. [\*The Lincoln Highway\*](#) by Amor Towles
  4. [\*Malibu Rising\*](#) by Taylor Jenkins Reid
  5. [\*People We Meet on Vacation\*](#) by Emily Henry
  6. [\*This Time Tomorrow\*](#) by Emma Straub
  7. [\*The Seven Husbands of Evelyn Hugo\*](#) by Taylor Jenkins Reid
  8. [\*Book Lovers\*](#) by Emily Henry
  9. [\*Verity\*](#) by Colleen Hoover
  10. [\*It Ends with Us\*](#) by Colleen Hoover
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## Last Holiday Event in Sausalito

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

Friday December 23rd - **Holiday Sing Along** at Cascais Plaza

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## Take these proactive steps to fend off the holiday blues

Excerpted from Lifehacker.com

Despite the season's reputation as a magical time of year full of love and happiness, the holidays can be tough for a lot of people. Sometimes it's clear why Christmas and the other end-of-year festivities are mentally taxing—like if you're grieving the loss of a loved one.

Other times, the cause of your holiday sadness is not as obvious: You just know that you're feeling down, while the rest of your family and friends appear to be enjoying themselves, and full of good cheer. And while you can't simply snap your fingers and feel jolly, there are steps you can take to proactively fend off your holiday blues. Here's what to know.

### Identify your triggers

Whether you're dealing with holiday anxiety or sadness, it helps to identify which people or scenarios tend to prompt the shift in your mental well-being.

If you aren't able to put your finger on specific triggers, the next time you start to feel down, pay attention to what you're experiencing in that moment: Are you with a certain person, or in a particular place? Is it a song or a scent? Is it seeing other people interact in a type of relationship you're not currently in?



## Set clear boundaries

According to Dr. Marc Kaplan, a psychiatrist at York Hospital in Maine, you should take the time to emotionally prepare for get-togethers with family and friends during the holiday season. This includes establishing and then communicating boundaries.

“Be yourself and focus on having a good time,” Kaplan said. “Decide how long you will be there, who you will interact with. Even with people you hope to avoid, you can think of one endearing memory about this person instead of seeing ‘this jerk.’ Think about boundaries.”

## Focus on being present, not perfect

There’s something about the holidays that can make people feel like no matter what they do, or how hard they try, it’s never enough. Don’t fall into that trap. Instead, make the decision to be mentally present when spending time with loved ones, and grant yourself permission not to give in to the pressure to be perfect.

From the Marin Public Health Department:

Any resident experiencing a mental health or substance use crisis can contact the 988 Suicide Crisis Lifeline by dialing 988, text “MARIN” to the Crisis Text Line at 741741 or go to [988lifeline.org](https://988lifeline.org).

Marin residents seeking behavioral health services can call the 24-hour, confidential Access Line at 1-888-818-1115. Marin BHRS provides outpatient, residential, crisis services, and hospital care addressing specialty mental health and substance use service needs of Marin Medi-Cal beneficiaries and uninsured residents.

Learn more about the [Marin County Suicide Prevention Collaborative](#) and attend their next meeting: “Together in Collective Care: Reflections and Action for Suicide Prevention” on Wednesday January 4, 2023. Marin HHS has also released a guide, [From Compassion to Action: A Community Guide for Suicide Prevention and Support in Marin County 2022](#).

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## Why is Christmas Day on December 25th?

Excerpted from HistoryHit.com

Christmas became one of the most important religious festivals in medieval Christendom, second only to Easter. Much of what we associate with Christmas today has its origins in the Middle Ages, including the name. We can also trace the date and some familiar elements like the crib scene to their early roots too.

Nowhere in the Bible are we offered a date for the birth of Christ. The Gospels of Luke and Matthew describe Jesus being born in Bethlehem, but they don't provide a date for the moment. So how did the early church settle on the 25 December? At the beginning of the third century, Clement of Alexandria explained the prevailing uncertainty around Christ's date of birth.

The first record of a Christmas celebration comes on 25 December in the year 336 in Rome. The reason that the date 25 December was settled on is easy to understand.

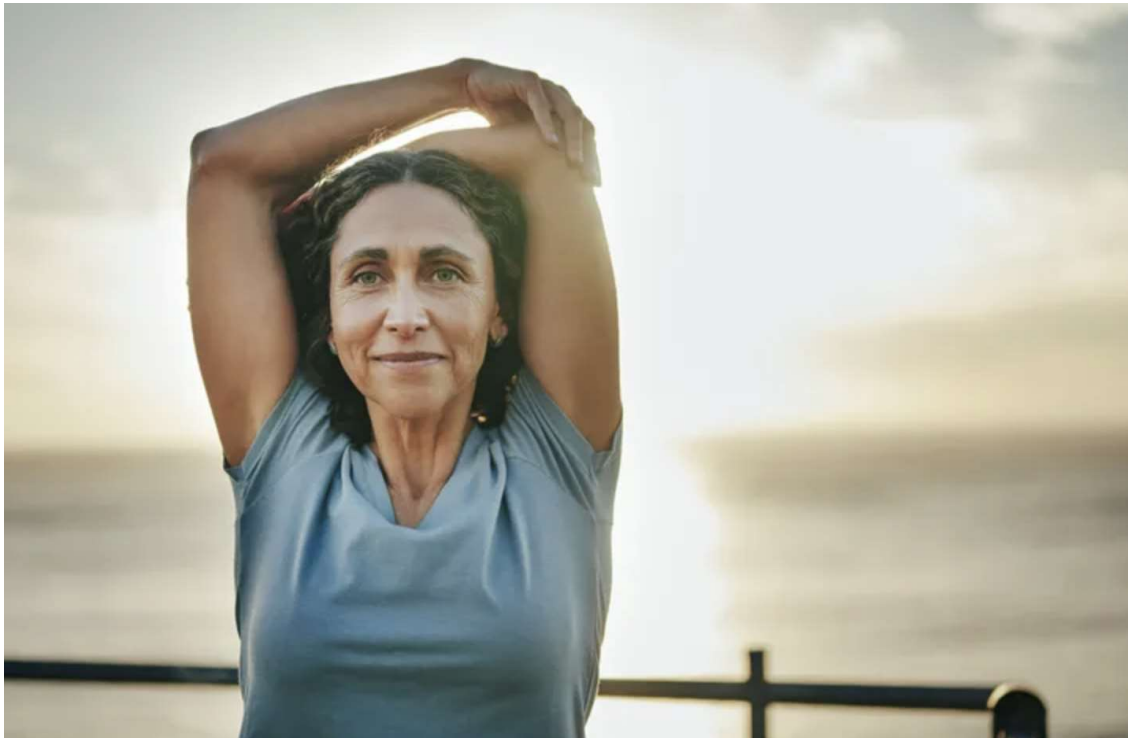
After the implementation of the Julian calendar in 46 BC, the winter solstice had been set at the 25 December. Solstice derives from the Latin word *solstitium*, combining sun and stand still. Christ was already being associated with light, the sun, and an end to perpetual darkness, so layering his birthday over a

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date was carefully designed to smooth Christianity's acceptance by the Roman Empire.

Mithraism was a growing religion in the late third century and focused on the idea of the unconquered sun. By absorbing this date as a focus for its celebrations, Christianity avoided setting aside the festivals of its rivals while associating Christ with renewal and the arrival of light. The effort to meld existing celebrations into Christianity followed a very Roman tradition of incorporating rather than destroying the important dates and celebrations of conquered regions and peoples. It is symptomatic of Christianity's birth within the Roman Empire.

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## Time Flies By As We Get Older. This Is Why It Feels That Way

Excerpted from [HuffingtonPostUK.com](https://mailchi.mp/sausalitovillage/sausalito-village-tips-of-the-day-7877022)

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we age, which makes certain periods feel like they go by quickly.

“Our perception of days, weeks, years and that kind of time seems to be especially influenced by our perspective: Are we in the moment experiencing it, or are we looking backward on time?” says Cindy Lustig, a professor of psychology at the University of Michigan.

She added that the perception of time is also influenced by memory and how much you’ve experienced. For an eight-year-old, a week is a big portion of their life. For an 80-year-old, a week is a much smaller portion of their life, which contributes to the feeling that it went by quickly.

A day in the life of a retired 80-year-old may feel like it’s going by more slowly than that of an eight-year-old who is busy at school. However, when both people look back on a month or a year, that period of time will seem like it went by faster to the older person.

This is for a number of reasons. For the 80-year-old, their life probably doesn’t look too different than it did when they were 78 or 79, “so, in that case, they’re looking back on fewer events,” Lustig says. “When you’re looking back, the less rich your representation is, the more it’s going to seem like the time went by quickly.”

In other words, our brains lump time together when the days or weeks are similar. So for an 80-year-old who largely does the same thing every day, the year is going to blend together in their mind and feel like it went by quickly.

The new and exciting things in a day are what make the days and months feel different, and thus set them apart in our minds.

Continue to read the full article [HERE](#)

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**Acceptance,  
Control and  
Loving Life**

a symposium  
featuring  
**B. J. Miller, MD**



You are invited to a symposium offered by Novato Village

***The Final Journey:***  
***Acceptance, Control, Loving Life***  
featuring B. J. Miller MD

**Thursday, January 12, 2023**

**Buck Institute for Research on Aging**

**10:30 to noon**

*Doors open at 9:30*

B. J. Miller, MD is an American physician, author, and speaker. Dr. Miller's career has been dedicated to moving healthcare towards a human-centered approach, on a policy as well as a personal level. Led by his own experiences as a patient, Dr. Miller advocates for the roles of our senses, community and presence in designing a better ending. His discussion about end of life will be more existential and include getting pleasure from time left. He sees patients and caregivers through his online palliative care service, Mettle Health [[mettlehealth.com](https://mettlehealth.com)]

ONLY \$10 FOR VILLAGES MEMBERS AND VOLUNTEERS • \$20 FOR OTHERS

This symposium is made possible by the **Kenneth A. Berg Living Trust**

**Reserve your ticket today!**

**Marin Village has offered Sausalito Village Members and Volunteers the same discounted ticket price of \$10**

Click to purchase your ticket: <https://marin.helpfulvillage.com/events/4800-the-final->



Carpools from Sausalito will be arranged, email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) to reserve a ride.

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## Who is the woman behind The Great Seal of the State of California?

Excerpted from Fox40.com

The Great Seal of the State of California has easily recognizable features such as a miner, grizzly bear and the word Eureka, but one of the images on the seal may not be that well-known.

In 1849, 48 delegates gathered for the Monterey Constitutional Convention at Colton Hall to resolve several issues and create the state's first constitution. During the same monthlong convention, the Great Seal was created.

Minerva's mythology states that she was the child of the Roman god Jupiter and the nymph Metis. Jupiter consumed Metis and Minerva was born inside of him, eventually bursting fully grown from his head. She is meant to represent California's immediate ascension to statehood, without having to be a territory first.

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## Be aware of holiday scammers this season!

Caller ID, texts, or documents sent by email may look official, but they are not. Fraudsters are calling to verify information about the 2023 cost-of-living adjustment for people who get benefits. Remember, this adjustment is automatic and a beneficiary does not need to verify anything. Social Security won't ask you to provide information or money to get your benefit increase. Know that how we do business with you doesn't change because it's the holidays. We may email or text you about programs and services, but we will never ask for personal information via email or text.

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use the telephone to contact you, but scammers may also use email, text messages, social media, or U.S. mail. Scammers **pretend** to be from an agency or organization you

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social security number or account. Scammers pressure you to act immediately. Scammers tell you to **pay** in a specific way.

Know what to look for and be alert. Scammers don't take days off and neither should you... when it comes to making sure you identify suspicious communications and report it. If you receive a questionable call, text, or email, hang up or don't respond and report it at [oig.ssa.gov/report](https://oig.ssa.gov/report). Scammers frequently change their methods with new tactics and messages to trick people. We encourage you to stay up to date on the latest news and advisories by following SSA's Office of the Inspector General on [LinkedIn](#), [Twitter](#), and [Facebook](#) or subscribing to receive [email alerts](#).

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King & Country perform Little Drummer Boy like never before

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## Who creates all of the hand painted signs at Trader Joe's?

Excerpted from TastingTable.com

The art-making responsibilities are given to team members who express a desire for more creative responsibilities. The assigned projects rotate frequently, and the stores' artists are given creative freedom when designing signs, product descriptions, and displays — as long as the finished pieces can be easily read by the general public.

Some of the sign artists use the opportunity to rekindle lost passion or kick-start creative enterprises of their own. One artist began to sell tea-stained prints online while working at Trader Joe's, notes Side Hustle School. And while many of the artists are grateful to have a creative outlet, make art, and get paid, some emphasize that the role is still work — and some days are harder than others (per Washington Post). According to Glassdoor, sign artists are paid an average of \$24 an hour.

The next time you visit a Trader Joe's location, take special notice of the care and creativity given to the hand-made displays. Those paintings might be different the next time you visit.



## How has human height changed over time

Excerpted from HowStuffWorks.com

Genetics partially influences height, but other factors, such as nutrition, also affect how tall you become as an adult. The average height of a population can indicate the health of its people since things such as childhood illness and poor nutrition during pregnancy and childhood can stunt a person's growth.

GigaCalculator examined human height trend data from the NCD Risk Factor Collaboration to see how average height has changed worldwide over time. NCD-RisC compiles height data in partnership with the World Health Organization, Imperial College in London, and from population-based surveys.

Neanderthals, our closest human relatives, lived in Europe and Asia an estimated 40,000-130,000 years ago, though evidence of their existence dates back more than 400,000 years. Based on what archeologists have been able to glean from historical research, males had an average height of 5 feet and 5 inches (1.7 meters), while females were small, at an average of 5 feet and 1 inch (1.5 meters).

Height and weight have not consistently increased together; early Neanderthals tended to be taller than those who came later, but their weight remained the same. Their short, stocky bodies gave them an advantage in colder climates. Their short lower leg and lower arm bones may also have given early Neanderthals an advantage when hunting.



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and minerals such as calcium and vitamin D a person gets in childhood, during their developmental years. Projected global population increases are also likely to lead to a manifold increase in the demand for animal-derived protein by 2050. Global protein consumption varies by region, making food scarcity an influencing factor in height and weight.

Studies have examined the relationship between height and body mass index with socioeconomic status. An analysis of data from the UK Biobank published in 2016 found that lower socioeconomic status correlated with shorter stature and higher BMI, though such associations differed between the sexes.

Shorter height and lower socioeconomic status appeared to be more strongly linked for men, whereas the link between higher BMI and lower socioeconomic status was paramount for women. These findings imply that taller people, especially men, are associated with higher attainment in education, employment, and income levels. However, lower income levels are associated more closely with overweight people — and within that subset, particularly women.

Read the entire article [HERE](#)



**Christmas In a New Light | Christmas From Above  
| Full Episode | National Geographic**



## 10 self-care activities that help reduce stress—and cost little to no money

Excerpted from CNBC.com

1. Light a candle that has a scent that you love
2. Burn scented oils in a diffuser
3. Warm up a dampened washcloth with a tea bag inside and place it around your hands, to mimic the Oshibori towel experience
4. Rub a smooth stone or rose petals to appreciate their texture
5. Listen to calming music
6. Sit outside and look at the clouds or listen to birdsong
7. Slowly eat your meals to savor the taste
8. Make a gratitude visit: write about someone who has positively impacted your life and visit or call them to read it to them
9. Recall a favorite memory and think about what you felt, saw, smelled and enjoyed during the moment
10. Look at old photos that bring you back to good times



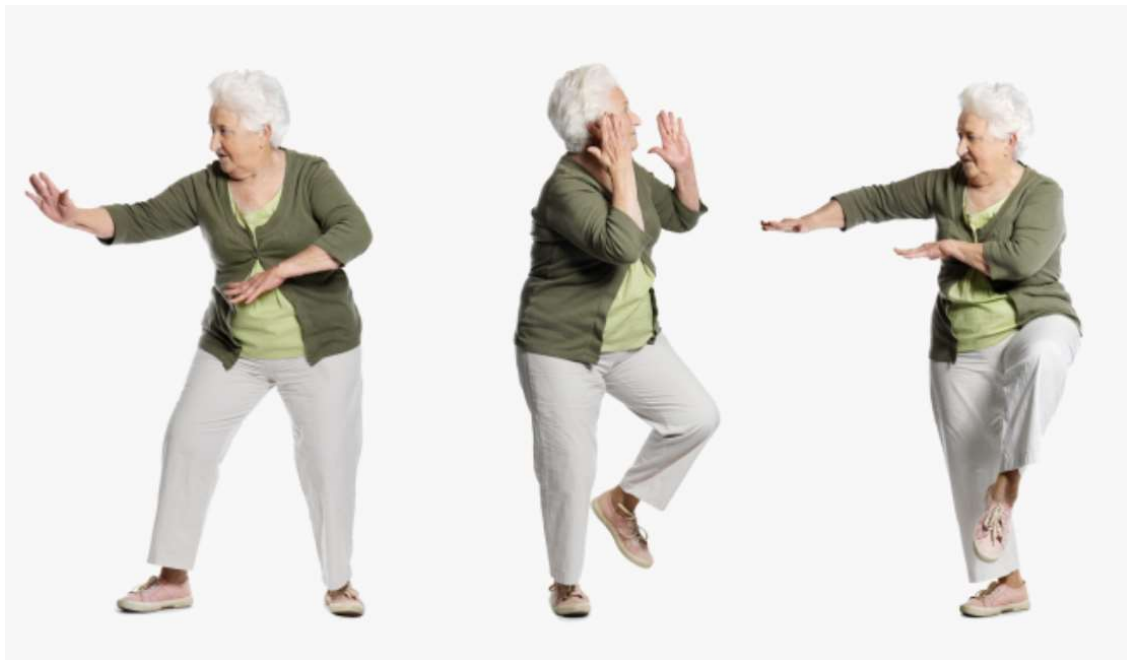
## Large eggs v. Extra large - what's the difference?

Excerpted from TastingTable.com

Most often, the difference in the size of a large egg and an extra large egg will not matter much in a recipe, making interchanging them generally acceptable. Choosing a small egg instead of an extra-large could create some differences in the recipe outcome, though.

Additionally, if the recipe calls for a large number of eggs, such as six or more, those small differences in size will add up quickly. In that case, stick with the recommended size specified in the recipe. In recipes that call for very precise measurements, you could use a digital food scale to give you a more accurate measurement.

A dozen large eggs weigh 24 ounces. That's about 1.75 ounces for each egg. A dozen extra large eggs must weigh 27 ounces or about 2.25 ounces per egg. That means, on average, an extra-large egg is about 0.5 ounces more than a large egg. By comparison, a dozen small eggs must weigh 18 ounces or 1.5 ounces per egg. There's a significant difference in size when considering the small size compared to the extra large (1.5 compared to 2.25 ounces).

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## Tai Chi for Arthritis and Fall Prevention Classes

**FREE for Older Adults age 60+ in Marin County .**

**New Beginning and Continuing level classes, start in January.**

**Registration is now open through Sausalito Parks and Recreation Adult Classes Portal. All Classes are on zoom and are led by Certified Instructors from Age Friendly Sausalito and Dominican University,**

**Register [HERE](#) and click on fitness-full series**

**Open to Older Adults in Marin County of all abilities**

**TAI CHI FOR ARTHRITIS AND FALL PREVENTION. Three new Classes for beginning and continuing participants start in January. Each class is taught over 16 sessions, meeting once per week for one hour.**

**Mondays beginning January 23, meets 5:00 pm to 6:00 pm**

**Wednesdays, beginning January 18, meets 12:30 pm to 1:30 pm**

**Saturdays, Beginning January 14, meets 9:00 am to 10:00 am**

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**completed the Tai Chi for Arthritis basic class. The class is taught over 16 sessions, meeting two times per week for one hour.**

**Tuesdays and Thursdays beginning January 10,  
meets 2 X per week from 11:30 am to 12:30 pm**

**For Assistance in Registering call (415) 289-4189. For Questions about the Tai Chi Classes call (415) 331-1393  
or email: [agefriendlysausalito@gmail.com](mailto:agefriendlysausalito@gmail.com)**

**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**

*\*(voluntary contributions are welcome, but there is no obligation to contribute and service will not be denied based on ability to make any contribution).*

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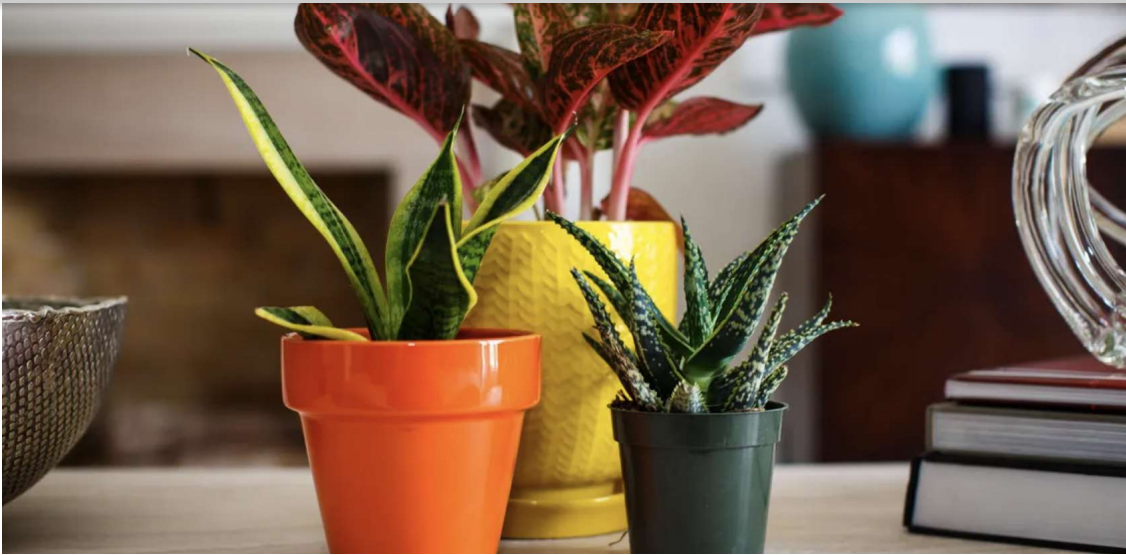
## Holiday Line Dancing Fun - Dec. 26h and 29th

Our Line Dancing teacher, Laurie, is on break from her work as a H.S. photography teacher and has scheduled in some extra classes over break!

**All are free and open to everyone.**

Check the SV events calendar in December for more information by clicking: <https://sausalito.helpfulvillage.com/events>

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## Traveling soon? How to keep your plants alive

Excerpted from CNET.com

These four quick and easy methods will help you plan ahead and prevent your plants from suffering while you're away. And even if you have a black thumb, these tricks are still for you.

Just a note: Only use these techniques for plants that need daily watering, like herbs, vegetables and other common houseplants. Your succulents would rather you let them be when you're out of town.

### 1. Try the traditional water wicking method

For this, you need a large water container (like vase or bucket) and some cotton rope. Cotton clothesline, available at most hardware stores, works great.

Cut a piece of cotton rope that's long enough to fit between the bottom of your water container and into your plant's soil. Take one end of the rope and push it several inches below the surface of the soil, close to the plant. Take care not to disturb the roots.

Rest the other end of the rope in the bottom of your water container and fill it with water. Make sure the rope touches the bottom of your container. The cotton rope will slowly wick water from the container into the pot, maintaining a constant level of moisture in the soil.

You've probably seen those glass watering globes you stick into a pot to water your plant. There's no need to buy them though, because you can easily make your own version.

Start with a clean and empty plastic bottle. For a small to medium container, a water bottle will work just fine. Drill several drainage holes into the bottle close to the top.

Before you head out on vacation, water your plant as normal. Fill the plastic bottle with water, and then quickly turn it over and plunge it into the first few inches of soil in the pot. Make sure the bottle is not too close to your plant and that the bottle is deep enough that the soil covers the holes.

The water will slowly leak out of the bottle as the soil dries out.

For larger pots, you can use an empty wine bottle. Just fill it up, place your thumb over the opening before turning it over and plunging it into the soil.

### 3. Give your plants a bath

For pots with good drainage, you can give them a bath while you're away. Well, sort of.

Fill up your sink or bathtub with a few inches of water and lay a towel inside to protect against scratches. Rest your potted plants in the sink and leave them there while you're gone. The soil will draw water up to the roots, keeping the plant hydrated for up to one week.

Take stock of the lighting conditions near your sink or tub -- if your plants need a lot of sunlight, don't keep them in a dark bathroom.

### 4. Turn a plastic bag into a greenhouse

This method seems unconventional, but it works well for longer vacations.

Get a clear plastic bag big enough to cover your plant and its pot. Add stakes to the pot to prevent the bag from clinging to the plants. Some say that the bag should absolutely not touch the leaves, but a little bit of contact is OK.

Water your plants as normal, being sure not to overly saturate them.

Place the plant into the bag, pulling the bag up and around your plant. Blow a bit of air into the bag before you seal it to help the bag balloon around your plant. It's just more insurance that the bag won't press up against the leaves.

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evaporates and drip it back into the plant.



**January 15 from 2-4:00 PM**

*Sausalito Women's Club*

*It's National Hat Day and you're invited!*

*Enjoy a presentation and round table discussion with local members of the USA Milliners' Guild, Sarah Fedaie, SF Millinery (San Francisco) and Laurie Berliner, Madge & Me Hats (San Anselmo).*

*Join us for an afternoon tea party and learn about the magic and artistry of fine millinery.*

*And of course, wear your favorite hat!*

Cost \$20  
RSVP to Holly Stewart by January 8, 2023  
[holly@hollystewart.com](mailto:holly@hollystewart.com)

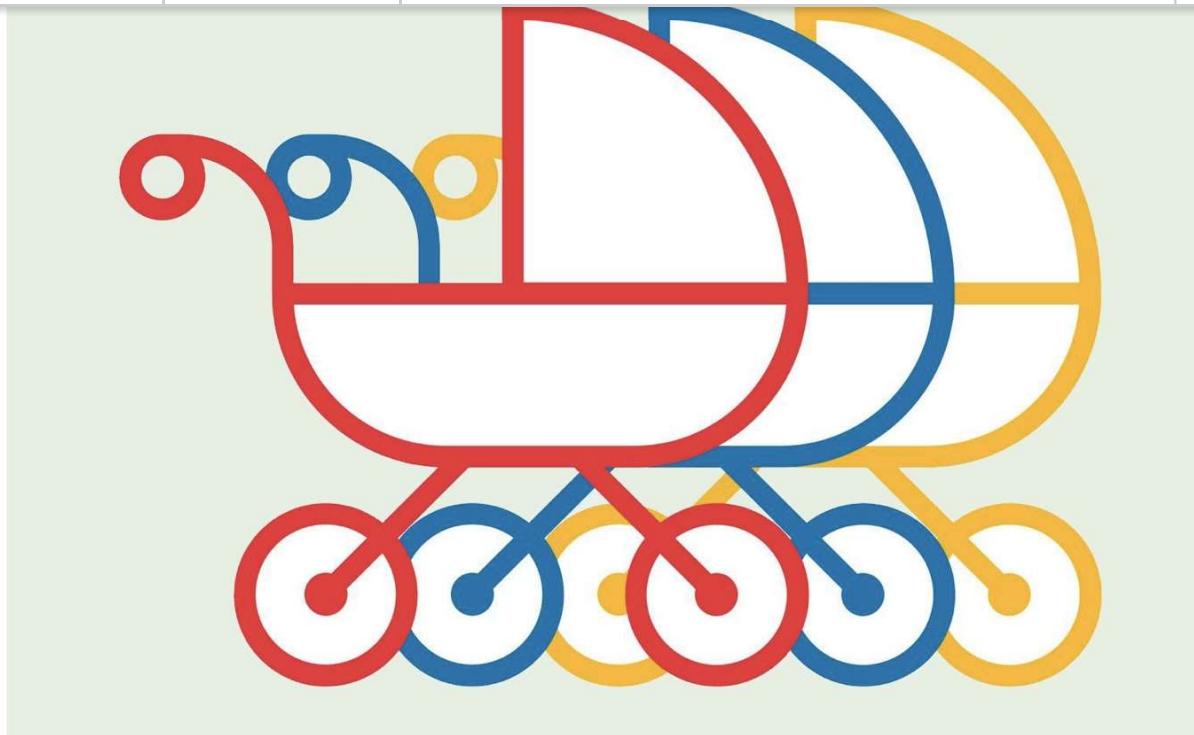


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## The Classic Hollywood Guide to how to react when you screw up a scene (Old Hollywood Bloopers)







In this printable logic puzzle, you'll discover what these expectant parents will name their triplets.

Ruby and Lewis are expecting...triplets! They already know what they will name their three children, but they aren't sharing the names until the babies are born. For now, this is all they'll say:

- All three babies are boys.
- Their names are six letters long and anagrams of one another.
- Their names include both of their parents' initials, but none of the other letters in their parents' first names.

What will Ruby and Lewis name their triplets?

Answer at the bottom of the newsletter.

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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.



## Put Down Your Phone: Why Presence Is the Best Gift You'll Ever Give

Excerpted from TinyBuddha.com

**“When you love someone, the best thing you can offer is your presence. How can you love if you are not there?” ~Thich Nhat Hanh**

The only thing worse than not listening to someone is *pretending* to listen.

Giving the vague murmur of agreement, or a quick nod to communicate “Yes, I’m listening, totally,” when really, we’re not.

Moments when we’re fully present with someone and it’s reciprocated, it’s like magic, like the rest of the world fades into the background.

### Eye contact

The eyes truly are the windows to the soul. Giving eye contact really lets people know they’re being heard.

### Listening to understand instead of listening to respond

We’re stuck in our heads if we’re listening purely to plan our response. Tuning into a person’s words and also how they say the words has greatly helped me to connect with people.

### Limiting distractions

Technology, off. The world can wait.

Remember the good old days when only landline phones existed and if you weren’t at home people would leave a message and patiently wait for a response? Bliss. Nowadays, we’re available on mobile, Facebook, Messenger, Instagram, Snapchat, email... the list goes on.

### Facial expressions

When you really listen to someone, you find you empathize with them so much more. Naturally your facial expressions will reflect this, communicating you understand how they’re feeling. We all wish to feel understood.



## What Do A.M. and P.M. Stand For?

### Excerpted from HowStuffWorks.com

Many parts of the world use a 24-hour clock — instead of 1 o'clock in the afternoon, someone in Turkey or Brazil might tell you it's 13:00 hours. But in places that use the 12-hour clock, like the United States, we use the concept of a.m. and p.m.

One of the inconvenient things about breaking your day into two 12-hour chunks numbered 1-12, which turn over at midday and midnight, is that it becomes necessary to tell somebody which chunk you're talking about — are we meeting at eight in the morning or eight at night? For this reason the two periods are called a.m., short for the Latin term *ante meridiem*, or "before midday," and p.m., which is short for *post meridiem*, or "after midday."

But why should we have to complicate things with a 12-hour clock when the 24-hour clock seems so much more straightforward and convenient? The answer to this has a lot to do with early clocks.

Later clockmakers used the circular model of the sundial to base the layout of their new technology. Although the first mechanical clocks in Europe, built for



eyes of pocket watch carriers.

Eventually clockmakers just threw in the towel and embraced a.m. and p.m., even though these designations didn't have much to do with the astronomical bodies anymore. However, by the late 19th century, starting with the Canadian Pacific Railway in 1886, more countries and military entities started telling time based on the 24-hour clock. With the exception of countries like the U.S., Australia, Canada and the Philippines, where the 12-hour system is officially used, most other countries officially use a 24-hour clock, although ancient habits die hard: If you ask someone in Ireland, China or France the time, they're equally likely to use a.m. and p.m.

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Palisades Tahoe is now the largest ski resort in California, with the opening of its new base-to-base gondola. This new addition makes it possible to explore all 6,000 acres of legendary terrain at Palisades Tahoe uninterrupted.



## Hike Mt. Tam with Jackie A Brief New Year Refresher

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2/1/4 miles

Join hike leader Jackie Kudler for a short scenic walk through woods and along ridgetops on Mt. Tam, which climbs the old Gravity trail from Mountain Home and back, affording glorious vistas of bay and city

Meet at 10 AM at Mountain Home Parking Lot

Plan for a 2 1/4 mile hike with 1 mile gradual uphill, 1 mile rolling, 1/4 mile steep downhill. This should take approximately 1 1/2—2 hours

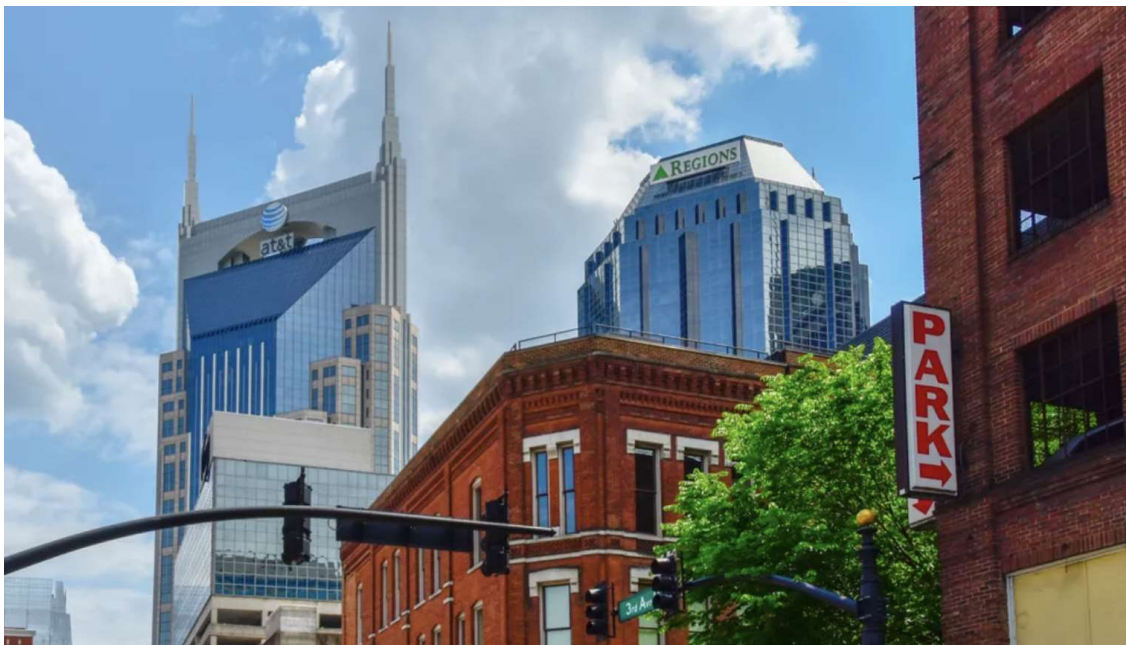
We will cancel in case of rain.

Pack water, snacks, maybe a light lunch.

Contact Jackie at [j77prospect@sbcglobal.net](mailto:j77prospect@sbcglobal.net) to RSVP, sign up for a carpool, and get specific directions for meeting place.

If you think you only will join us for part of the loop, bring your own wheels, so you can turn back whenever you choose.

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**This Tennessee City Is The Fastest-Growing City**

Excerpted from Rock103.com

## This Tennessee City Is The Fastest-Growing City In America

A new report ranking the fastest-growing cities in the U.S. shows that people are flocking to Tennessee.

Using data from the U.S. Census Bureau's 2021 American Community survey, *24/7 Wall St* compiled a list of the 20 metropolitan areas with the fastest-growing population in the country. From cities in the midwest to small Texas towns havens waiting to show off their southern hospitality, the report is filled with surprises, including one Tennessee town that was named No. 1. According to the site:

"Among the reasons why these cities are growing are booming local economies, lower cost of living, desirable places to retire, the vibrancy of the college-town experience, and warmer weather."

So which Tennessee city is considered to be the fastest-growing city in the country?

### Jackson

Located about halfway between Memphis and Nashville, Jackson topped the list as the fastest-growing city in America. From 2016 to 2021, the population of Jackson's metropolitan area grew 39.6% from 129,527 to 180,799. The town also had a 3.4% employment growth after the unemployment rate dropped from 4.8% to 3.7%.

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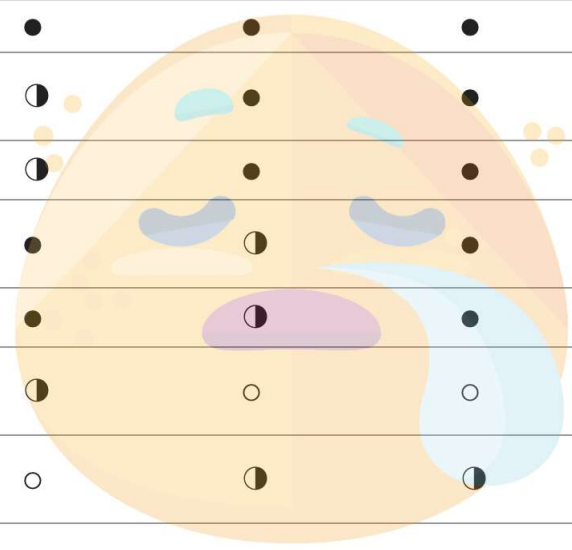
Stretch and Strengthen with Rayner is on zoom every first and third Monday of the month at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time.  
[www.SausalitoVillage.org](http://www.SausalitoVillage.org)

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○ Rare symptom ● Occasional symptom ● Common symptom



Symptom	Cold	Flu	COVID-19	RSV
Fever, chills	○	●	●	●
Headache	○	●	●	●
Cough	●	●	●	●
Body aches, muscle pain	●	●	●	○
Fatigue	●	●	●	●
Stuffy or runny nose	●	●	●	●
Sore throat	●	●	●	○
Loss of taste or smell	●	○	○	○
Vomiting, diarrhea	○	●	●	●
Loss of appetite	●	●	○	●
Sneezing	●	○	●	●
Difficulty breathing	○	○	●	●

Table: Jenny Kwon / The Chronicle • Source: Centers for Disease Control and Prevention, National Institutes of Health and World Health Organization

**REMEMBER: Need a Covid test delivered to your door? Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) or phone 415-332-3325.**



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## Frank Sinatra, Dean Martin, Elvis Presley, Nat King Cole, Bing Crosby Christmas Hits Classics Songs



**Answer to todays puzzler:**

Answer: Arnold, Roland, and Ronald.

Have a puzzle to share? Send it to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

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