

## Happy Friday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.

*Photo: Big Bus Tours Return to Sausalito*

*Note: The Tips now has its own [email address](#) to forward ideas for content.*

# What's Happening

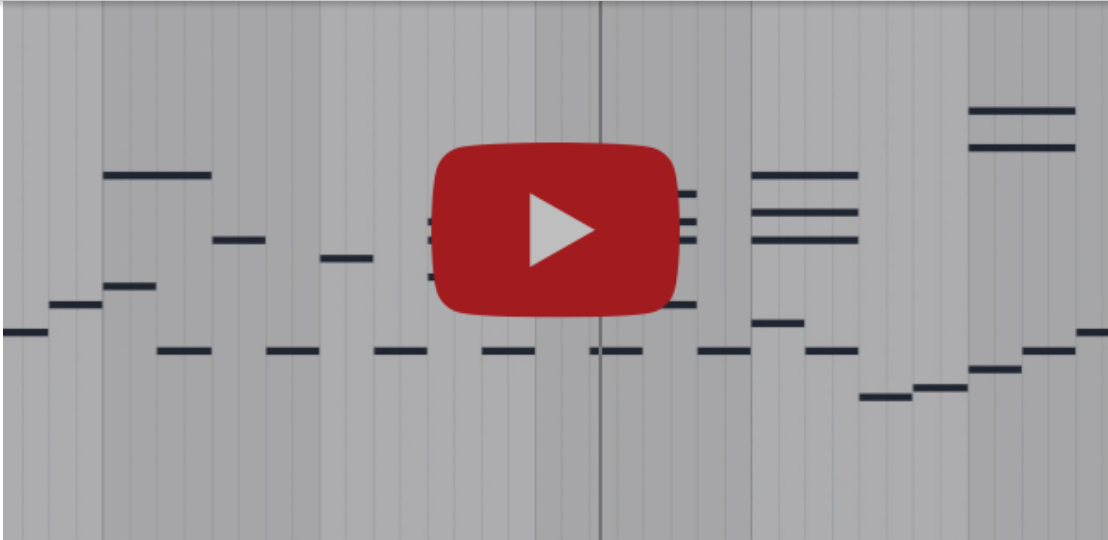
Monday: [Stretch & Strengthen with Rayner](#). 11-12

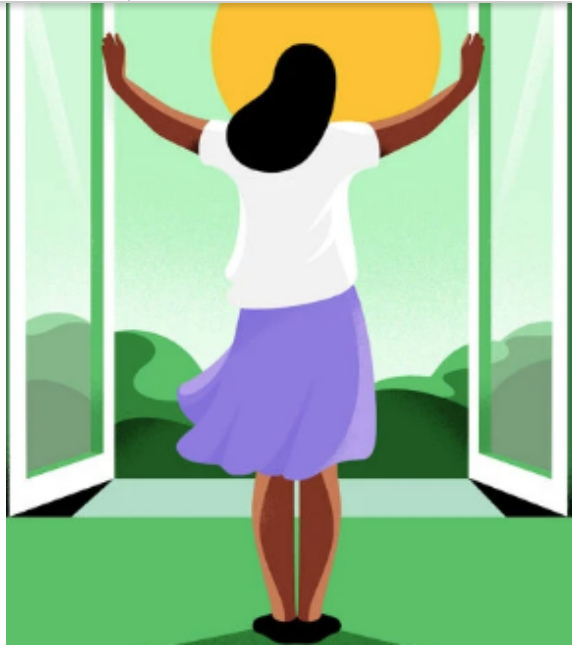
Monday: [Monthly Concert and Singalong](#). 4-5



[Someone inverted every single interval in Beethoven's Für Elise, and it sounds wild](#)

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## [Need a Reset? Take the 10-Day Fresh Start Challenge](#)

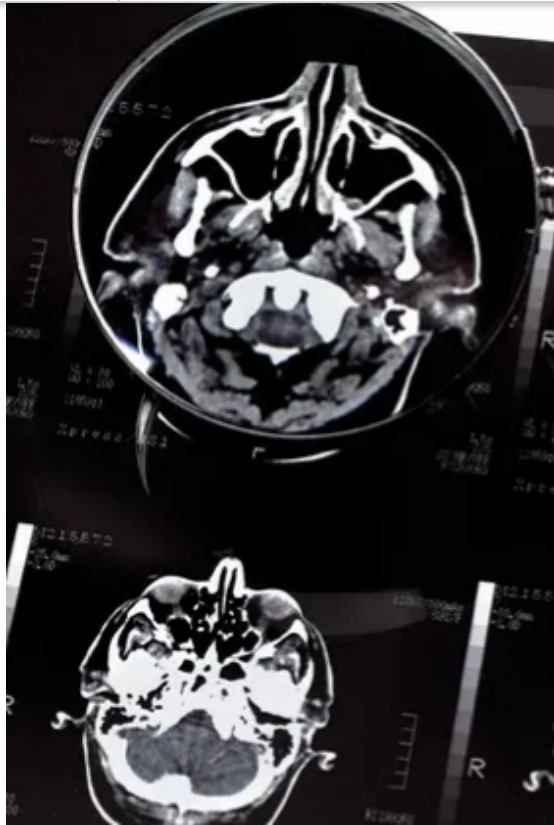
Studies show that moments of disruption offer a unique opportunity to set and achieve new goals.

*Although the pandemic is far from over, for many people, the lifting of restrictions and getting vaccinated means planning vacations and returning to more-normal work and school routines. It's exactly the kind of psychological new beginning that could prompt the fresh start effect, said Dr. Milkman.*

*"We have this opportunity with this blank slate to change our health habits and be very conscientious about our day," said Dr. Milkman. "What is our lunch routine going to look like? What is our exercise routine? There's an opportunity to rethink. What do we want a work day to look like?"*

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## [How UTIs can affect the brain](#)

**New research has revealed how the brain and the urinary tract are intertwined in unexpected ways**

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was someone else she'd rather spend time getting to know.

Bessie Coleman was the first African-American woman (and the first Native American woman) to ever hold a pilot license, and while Earhart is great, Noa saw something special in Coleman: herself.

Determined to learn more about this fascinating historical figure, Noa and her mother contacted the National Aviation Hall of Fame, where Coleman is honored. Amy Spowart, NAHF President and CEO, helped provide Noa with information to ace her project. Spowart said when she saw Noa dressed like her hero, proudly sharing her love of science and aviation, it was like seeing the future.

"This is it," Spowart said. "This is the whole reason the National Aviation Hall of Fame exists. How lucky are we to get to inspire the next generation of aviation greats?"

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For millions of Americans, the first chance to travel in more than a year is here. With international destinations still limited, why not visit one of the friendliest towns in the US?

Using data from traveler reviews, Expedia ranked the top 5 "most welcoming towns" across the country. They are:

1. Whitefish, Montana, a small town known for its outdoorsy adventures and proximity to Glacier National Park;
2. Sister Bay, Wisconsin, a charming town that's ideal for boaters and fishermen;
3. Manitou Springs, Colorado, where visitors can enjoy art galleries, restaurants, and boutiques. Adventurers can also check out the local hot-air balloon rides;
4. Easton, Maryland; and
5. Lihue, Hawaii, a picturesque destination with sweeping green valleys and excellent views of the Pacific Ocean.

Maine, Colorado, and Hawaii are apparently very friendly states, according to Expedia reviewers, with several towns from each making the top 20.



## [10 Years of Research Reveals That Listening To Nature Can Improve Your Overall Health](#)

Have you ever found yourself in a meditative state, listening to the calming sounds of nature, only to have an aircraft pass by overhead? It can be an instant stresser. Man-made noises like this can interfere with your overall experience out in nature and cause *hyperarousal*, impacting your behavior, physiology, and fitness. Additionally, jarring noises can lead to high blood pressure and other ailments. These negative effects are also true for animals—their ability to communicate, survey their environment, and find food and mates is impacted. A growing number of studies explore noise's negative effects on animals and humans alike, but could the same be true for the opposite? Could natural sounds actually have a positive impact? Have you ever found yourself in a meditative state, listening to the calming sounds of nature, only to have an aircraft pass by overhead? It can be an instant stresser. Man-made noises like this can interfere with your overall experience out in nature and cause *hyperarousal*, impacting your behavior, physiology, and fitness. Additionally, jarring noises can lead to high blood pressure and other ailments. These negative effects are also true for animals—their ability to communicate, survey their environment, and find food and mates is impacted. A growing number of studies explore noise's negative effects on animals and humans alike, but could the same be true for the opposite? Could natural sounds actually have a positive impact?

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