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Photo by Tricia Smith - Pelicans at Rodeo Beach

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

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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 in the coming week:

- August 30 - Beginning Line Dancing
 - August 25 - Intermediate Line Dancing
 - August 31 - Death Cafe
 - September 5 - Stretch and Strengthen with Rayner
 - September 6 - "The Follies" at SF Playhouse - FULL
 - September 7 - Hike with Jackie
 - September 7 - Supper Club
-



Hike the Coast with Jackie

WHEN: Wednesday, September 7, 10am start

WHERE: Meet at Tennessee Valley parking lot

Join hike leader Jackie Kudler for a lovely loop out of Tennessee Valley, which climbs the coastal slopes, opening broad sea, mountain and city vistas along the way.

Meet at 10 AM at Tennessee Valley parking lot.

Plan for a 5 1/2 to 6 mile hike with moderate to steep uphill and downhill. This should take approximately 3 hours.

We will cancel in case of rain.

Pack water, snacks, and perhaps a light lunch.

Contact Jackie at j77prospect@sbcglobal.net to RSVP and to sign up for a carpool.

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.



How is fog formed?

Excerpted from Science Focus

Fog is made up of molecules of water vapour, suspended in the air as tiny droplets of water but lingering close to the surface. Essentially, fog is just cloud that touches Earth's surface and it forms the same way that clouds do. High humidity is a major contributing factor to the formation of fog, and depending on the percentage (as well as temperature), fog can appear and disappear very suddenly.

Water in the vapour state is transparent and invisible. The warmer the air, the more kinetic energy it has, and so the more water molecules it can keep jostling around as vapour.

If warm air containing lots of water vapour cools down suddenly, the water molecules slow down too much and are unable to stay in vapour form. Instead, they clump together into tiny droplets of liquid water. The droplets are still small enough to hang suspended in the air currents, but now they appear opaque because light reflects off the air/water interface.

Fog occurs when air saturated with water vapour is cooled suddenly, and there are several different ways this can happen.

Click [HERE](#) to read about all of the types of fog



What does non-binary mean?

Excerpted from Oprah Daily

"Non-binary means existing or identifying outside the sex/gender binary, neither man nor woman, or being partially or a combination of these things," explains Lee Phillips, psychotherapist and certified sex and couples counselor. Being non-binary is an umbrella term for a gender identity. "Gender identity is an identifier someone uses to communicate how they understand their personal gender, navigate within or outside our societal gender systems, and/or desire to be perceived by others," adds Phillips.

Chelsie Reed, PhD, mental health counselor and author says it's helpful to think in simple terms for understanding non-binary. "Gender is the mind, and sex is the body," explains Reed. "Gender identity is a social construct of what we think is masculine or feminine and where we think we fit in those categories. Gender identity does not have to be connected to our bodies, it is more about how we feel we fit in our community and society as a whole."

Read the entire article [HERE](#)

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New Supper Club date Wednesday, September 7th - Sign up now, 6 spots left!

This event is open to Members and Volunteers only. RSVP and pay [HERE](#)

The Supper Club is a great way to meet other members and volunteers in a casual setting and enjoy a home cooked meal. Here is more information:

Reverend Paul Mowry and his partner, Chef Joey Silverman are opening up the kitchen for a September Supper Club.

Members and Volunteers are invited to enjoy a complete meal (price is \$20) created by Chef Joey and served, hopefully, on the patio of Thompson Hall at Sausalito Presbyterian Church. In case of inclement weather, we will move inside. Let us know if you have any allergies/strict dietary restrictions. Joey will be choosing the menu according to what looks freshest at the markets.....translation - it will be a surprise until you get there.

BYOB or some to share.

Door to door Rides will be available as parking is only available on the street. Please contact Wendy to arrange a ride at 415-332-3325 by September 5th.



20 Popular Household Brands That are Behind Costco's Kirkland Products

Excerpted from Finance Buzz Network

Costco's in-store brand Kirkland Signature is used for any number of items, from food and drinks to household and cleaning items.

But what you may not know is that these products aren't necessarily made by Costco. In some cases, the warehouse retailer actually pays for brand-name products made by brand-name companies who allow Costco to relabel them as Kirkland Signature.

That's right: The next time you pull out one of the top credit cards for Costco shoppers and purchase a Kirkland product, you may be getting something even better than you imagined.

So which big brands are behind your favorite Kirkland Signature products? Here are a few that may surprise you.

- 1) Reynolds Wrap 2) Duracell 3) Jelly Belly
- 4) Bumble Bee 5) Huggies 6) Starbucks
- 7) Ocean Spray 8) Niagra water 9) Ito en green tea
- 10) Keurig 11) Sonova hearing aids 12) Chinet

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- 17) Perrigo infant formula 18) Bolthouse Farms juice
19) Palermo's frozen pizza 20) Warren products for Costco oil change

Read entire article [HERE](#)



5 tips from psychologists for avoiding social exhaustion as an introvert

Excerpted from Well and Good.com

1. Be honest about how you feel with friends and family members

Letting people know directly that lots of social time can be draining for you, or that it takes a lot of energy for you to engage in a social outing, can lift a huge

feels awkward, first writing down your honest thoughts about socializing in a journal.

2. Plan specific social and non-social days

It might seem counterintuitive at first blush, but grouping social outings or get-togethers on particular days can actually help mitigate social exhaustion in introverts. Instead, be sure to use that downtime for rest or restorative activities like playing with a pet, reading, or watching TV—all of which can help you recharge your social battery.

3. On social days, leave gaps between events for recharging

Even though grouping social outings on certain days can be a smart move, avoid stacking them *immediately* back-to-back, if possible. Instead, leave at least a 30-minute break between social obligations.

4. Align social activities with your values or interests

For introverts, any social activity brings with it a bit of social drain, but the effect will be significantly less if the activity reflects one of your core values. The same goes for any event that includes a personal interest—like a charity event for a cause you care deeply about, a movie outing if you're into film, or a sports game for a team you love.

5. Find a sense of privacy and calm around others

Sometimes, you might find that even with all the prioritizing and schedule-planning, you still end up at an exhausting event without an easy exit. In that situation, it may be helpful to use a breathing technique in order to reset and recharge even while surrounded by other people.

Read entire article [HERE](#)



Big changes coming to Medicare Part D

Excerpted from AARP.com

Out-of-pocket costs capped

The big news for beneficiaries is that beginning in 2025, the maximum amount they will have to pay out of pocket for prescription drugs each year will be \$2,000. Here are a few important details.

- This out-of-pocket limit applies if you get your prescription drugs through a stand-alone Part D plan that people enrolled in original Medicare sign up for, or if you access your Medicare through a private Medicare Advantage plan. Most of those MA plans also cover prescription drugs.
- The amount of the cap could change over time. If what Medicare Part D spends on prescription drugs per enrollee increases, that \$2,000-a-year cap could also rise.
- If your Part D or MA plan has a prescription drug deductible, that will count toward the cap. So if your deductible is \$100, once you've met that, your out-of-pocket costs will be capped once you've spent another \$1,900 that year. In 2022 the maximum deductible Medicare allows a Part D plan to charge is \$480 a year. Many plans have lower deductibles or even no deductible.

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enrollees will no longer have any out-of-pocket costs once they enter what Medicare calls catastrophic coverage. The way catastrophic coverage works in 2022 is that once an enrollee's out-of-pocket costs reach \$7,050, they have to pay 5 percent of their prescription drug costs, with no limit. But beginning in 2024, that 5 percent coinsurance requirement will be gone and enrollees won't have to pay anything for their prescription drugs for the rest of the year.

Another change to the Medicare drug benefit that begins in 2025 is the requirement that [Part D plans](#) offer enrollees the option of what is called smoothed cost-sharing. This means you can opt to have your out-of-pocket costs spread out over the year. This is designed to protect people from being hit with such a big drug bill at one time that it may discourage them from filling their prescriptions.

Premium increases limited

According to the new law, beginning in 2024 and continuing through 2029, Part D premiums cannot increase by more than 6 percent a year. In 2022 the national average Part D premium is \$33.37 a month. The amount of these premiums varies widely, depending on where you live and what plan you select.

Insulin charges curbed

Beginning in 2023, copays for a 30-day supply of any insulin that a Medicare drug plan covers will be capped at \$35. Note that Part D plans will be required to adhere to the \$35 copay limit even if an enrollee has not met their annual deductible.

The price could be lower if insulin becomes subject to negotiation with drugmakers. Given that, although the monthly maximum copay will be \$35 from 2023 to 2025, beginning in 2026 (the first year negotiated prices would take effect), insulin copays will be \$35 or 25 percent of the drug's negotiated price (whichever is less).

Many vaccines free

Starting on Jan. 1, 2023, Medicare enrollees won't have any out-of-pocket costs for vaccines that the Centers for Disease Control and

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Medicare Part B, which applies to doctor visits, diagnostic tests and other outpatient services, already fully covers some vaccines, including flu shots, pneumonia vaccines, hepatitis B inoculations and coronavirus vaccines (initial shots as well as boosters).

But other vaccines, most notably the expensive vaccine for shingles, are covered under the Part D prescription drug plans, and many of those plans currently require enrollees to share the cost of those shots. The new law eliminates that cost-sharing.

Read entire article [HERE](#)

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Peer Counselors



Are you 55 or older and looking for a volunteer commitment that will provide the opportunity for personal growth?

The Marin County Senior Peer Counseling program is seeking committed, compassionate volunteers to provide supportive counseling to older adults in Marin.

The Marin County Senior Peer Counseling Program will offer its seven-week training session beginning September 13, 2022 and continuing every Tuesday from 9:30 a.m. to 12:30p.m.

The program provides supportive counseling to older adults in Marin County. Volunteers will receive education on issues of aging, training in basic counseling skills, and information on community resources.

Trained volunteers make weekly contact with clients and help them deal with aspects of aging while providing emotional support and practical resources to help comfort and empower them. These visits take place in the clients' home whenever possible or by telephone or virtual platform. Weekly group supervisions led by a mental health professional provide volunteers with support to be successful in their role.

For more information or to request an application, please contact Pam Roman, MFT at Proman@marincounty.org

Enrollment is limited!

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IT'S WEIRD BEING
THE SAME AGE
AS OLD PEOPLE.



You will never guess the inspiration behind the shape of coca cola bottles

Excerpted from Mashed.com

In 1915, the company held a contest among a select group of glassmakers

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...lying broken on the ground. The winner was a company so confident in the distinctness of the design it came up with that it went to the trouble and expense of applying for a U.S. patent for it. That the patent was granted on November 16, 1915 based on the bottle's unique design. Several months later, in early 1916, a committee composed of bottlers and Coke officials came to the same conclusion, selecting the Root Glass Company's design and leaving one to wonder whether they knew the real inspiration for the Coca-Cola bottle shape?



See those cocoa-bean pods? Now, squint a bit at the green one, and see if you don't start to notice the resemblance to ... a Coca-Cola bottle. Right? Well, not the whole bottle so much as the portion below the neck, where the label goes. And not so much the color, which is brighter than Coca-Cola's trademark Georgia Green (formerly German Green). But, oh, those grooves! Root Glass Company's grooved design of the original Coca-Cola bottle took its inspiration from the vertical grooves that line a cocoa-bean pod. And why a cocoa-bean pod? Turns out that Root's design team was under the misimpression Coca-Cola was made with cocoa beans, according to the Coca-Cola Company.

Coke bottle was given trademark protection in 1961, which it desperately needed at the time since its patent had expired. While lawyers for Coke led with the "distinctively shaped contour" of the bottle, what really won over the Patent Office was a study that showed that as far back as 1949, 99% of Americans could identify a Coke bottle by its shape, alone.



The history of Birkenstock shoes



Beware of these scams!

Excerpted from citibank.com

How they work: Scammers capitalize on the popularity of dating sites by establishing online relationships with victims. Once they gain your friendship and confidence, they ask for money or private, sensitive information.

What to do: Only accept friend requests from people you know, and be careful with online friendships. Hit delete if your “friend” asks too many personal questions or requests to borrow money.

2. Grandparent cons

How they work: Someone posing as a relative (like Dottie’s “grandson”) sends an email or calls you saying he or she is in trouble and needs you to wire money right away. The scammer asks you not to tell anyone and directs you to a neighborhood location to transfer or send the funds.

What to do: No matter how convincing it sounds, don’t fall for this tale of woe. Notify police immediately and provide them with the details for wiring the money, if you have it.

3. IRS frauds

How they work: Beware of calls, letters and emails from fake IRS agents about bogus tax bills. They use the authority of the agency to scare their victims into verifying personal information, such as your Social Security number or birth date, or providing or confirming financial information like your bank’s routing number or a credit card number.

What to do: Hang up if you receive such a phone call. The IRS will never ask for such information or for any payment over the phone or in an email. If you receive a letter from the IRS, do not call the number on the letter. Instead, do a quick online search for the phone number of the IRS, and call that one to find out if the letter is valid.

4. Telephone scams

How they work: Scammers call selling fake products or pretending to be customer service representatives. What they’re really after is your financial and personal information. They’re masters at dialogue and will try to keep you on the phone to win your trust.

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say anything over the phone and consider placing your number on the [National Do Not Call Registry](#). Better yet, stop answering the phone. The Federal Trade Commission report cited the telephone as the method of contact for 70% of fraud reports that listed a contact method.

“If you don’t know exactly who is calling you, let the phone call go to voicemail,” says Amy Nofziger, director of regional operations at the AARP Foundation. “The majority of people we work with are victimized over the phone. Scammers won’t usually leave messages, but people who have a legitimate reason to contact you will leave a message.”

5. Lottery/Sweepstakes hoaxes

How they work: Someone contacts you about winning the lottery or a sweepstakes. And, to claim the prize, the caller asks you to pay a processing fee by sending money, paying with credit card or debit card from your checking account. The caller may also ask you to confirm personal information like your credit card account numbers, birth date or Social Security number.

What to do: Don’t fall for this one — legitimate promotions never ask you to pay to receive a prize. Report this to your local authorities.

6. Email/Text plays

How they work: These scams inform you that a company’s website has been hacked or that the company needs to update your information. You get directed to a fake website that looks official and very similar to the real one, and are asked to enter your password or re-enter personal information.

What to do: Only click on links within emails from senders you know. When in doubt, contact the company directly using the phone number on a statement or on their website.

7. Fake fundraisers

How they work: Scammers know that people are particularly generous around the holidays, so they often pose as representatives with a charity or other organization seeking donations. They typically ask that you give money by using a credit card or a direct debit from

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the cause is urgent and needs your immediate attention.

What to do: Be certain you are interfacing with the charity when donating over the phone or online, whether it's to police organizations or a cancer-fighting cause. To be on the safe side, consider looking up the group's physical address and mailing your donations directly.

8. Delivery gimmicks

How they work: A person poses as a florist and shows up at your door with a bouquet of flowers or some other gift someone "sent" you. But in order to collect the gift, you must pay a small handling fee (usually a few dollars), payable only by credit card.

What to do: A beautiful bouquet for a few dollars? What's the problem? Plenty, it turns out. In this ploy, the scammer "skims" your credit card information during what appears to be a normal transaction. Skimming refers to the act of capturing the information stored in a credit card's magnetic stripe. Criminals use a small device to steal that information when a card is swiped. Never accept any delivery that requires you to pay a fee unless you ordered it C.O.D. (cash on delivery).

Finally, if you do become a victim of a scam, don't feel ashamed. Report it to your local police and notify your bank and credit card companies immediately. And be sure to alert family and friends so they don't fall prey, too.

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

Do you know about ESCOM? Emeritus Students College of Marin

ESCOM is a pioneer in providing innovative use of community education for adults in Marin County and beyond for almost 50 years and has been cited as a national model by the National Institute of Education. There are no educational or financial requirements to participate...only a desire to learn and enjoy!

Book Club - Food Glorious Food Club - Great Courses Club - Friday Film Night - Reading Great Plays - Bridge Club - Astronomy Club - AND LOTS MORE!!

Check the website [HERE](#)

Check out the 'clubs' and events on the upcoming September ESCOM Calendar: [HERE](#)



This 10-Year-Old Art Prodigy's Latest Painting, Inspired by Picasso's 'Guernica', Will Benefit Ukraine

Excerpted from Robb Report.com

When Andres Valencia was five years old, his parents knew their son had a special gift. They were right. Just five years later at 10 years old, Valencia has accomplished more than many artists do in their lifetime. The contemporary artist had a solo showcase at Art Miami, made his solo gallery debut ("No Rules") in New York at Chase Contemporary, and has sold several pieces upwards of \$125,000.

He was sick one day and stayed home from school, shortly after the war broke out, which is when he heard on the news about the invasion of [Ukraine](#). Devastated by what he heard, Valencia took to the canvas. Thus, his piece, *Invasion of Ukraine*, was born. Valencia enjoys helping people with his art and wanted the piece to benefit the people of Ukraine. He has partnered with [The Klitschko Foundation](#), founded by Ukrainian heavyweight boxing champions and brothers, Wladimir and Vitali Klitschko, an on-the-ground foundation that provides humanitarian aid and is helping the Ukrainian people amid the horrific invasion by Russia. There will be 550 prints of the piece, priced at \$950, with 100% of the proceeds benefiting the foundation. The original work, which measures 48×60

Symbolism, Surrealism and Cubism styles combine in the painting, which depicts the horror of war. There is an eye weeping onto a Ukrainian flag with a broken heart and bullet casings, an assault rifle and Russian soldiers. In the center of the painting there are people on the ground trying to fight and the hand of the Ukrainian soldier depicts power, Valencia explains.

“I want people to know that Ukraine won’t give up and they’ll keep fighting,” Valencia says. “I want it to be known as the *Guernica* of today. [Picasso] made the painting for Guernica and didn’t want the people of Guernica to be forgotten.”



Read entire article [HERE](#)

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PERFORMING STARS PRESENTS
Thriving Kids, Parents and Communities™

MARIN CITY 80

BLUES 'n' SOUL PARTY IN THE PARK

100 BLOCK OF DRAKE AVENUE, MARIN CITY, CALIFORNIA

MONDAY, SEPT. 5, 2022 • 11AM - 7PM



Andre Thierry Accordion Soul



Vernon "Ice" Black Orchestra



Margie Turner Presents
"Women Singing the Blues Revue"



West Coast Caravan
of Blues All-Stars



Pastor Michael Robinson
and the Spiritual Keys



A FREE COMMUNITY CONCERT

LIVE MUSIC • ARTS & CRAFTS • YOUTH ACTIVITIES • LOCAL FOOD VENDORS • CAR EXHIBIT

The event will launch the Marin City Historical and Preservation Society



PERFORMING STARS
Thriving Kids, Parents and Communities™





A Stanford Neuroscientist says this simple breathing exercise is like a kill switch for stress

Excerpted from Inc.

How to use the 'psychological sigh' to kill stress

The 'psychological sigh' is a big phrase for a simple change to your breathing rhythms. It looks like this:

- Two short inhales through the nose
- One long exhale through the mouth
- Repeat one to three times

Other experts have suggested adding some simple hand motions to this basic breathing pattern to distract your mind from racing thoughts and add to the stress-busting effects of the breathing pattern. You can read about this slightly more elaborate technique here, but both stress-busting tricks rest on the same principle: Longer exhales and slowed breathing act like a kill switch for your stress response.

So next time your heart is pounding before a big presentation, an important pitch, or a high-stakes meeting, remember Huberman's

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as easy as taking control of your breathing.

Read entire article [HERE](#)

BUY TICKETS NOW!

The World Premiere Performance
THE SPIRIT OF JOSEPH JAMES
James v. Marinship Corporation (1944)

This live production features music & historical footage.



This powerful theatrical performance features the story about Joseph James, a gifted singer, actor, and fascinating man who spearheaded the World War II legal battle in 1944 that resulted in a California Supreme Court decision in the fight to end racial discrimination in union representation in the Marinship Corporation.

SAT., AUG. 27TH & SUN. AUG. 28TH, 2022 • 2 P.M.
Showcase Theater Plaza • 10 Avenue of the Flags, San Rafael, CA 94901
TICKETS \$20 • MARIN CENTER BOX OFFICE tickets.marincenter.org
For more information, call 415.332.8316
Created, Written & Directed by Jahi, Microphone Mechanics in partnership with 393 Films
PRODUCED BY PERFORMING STARS of Marin



Uric Acid: What Is It and Why Should You Care About It?

Excerpted from Active Beat.com

Uric acid is a natural waste product. The Cleveland Clinic says, "It's created when the body breaks down chemicals called purines." Purines are naturally occurring chemical compounds in certain foods, including red meat and seafood.

Typically, uric acid travels to the kidneys and is expelled in urine. But some people don't eliminate enough uric acid. If excess uric acid builds up, then the source says gout and kidney stones can develop. According to the Mayo Clinic, roughly 1 in 5 people have high uric acid levels.

According to the source and the Mayo Clinic, specific risk factors include:

- Eating a high-purine diet
- Being overweight
- Having high blood pressure
- Using diuretics
- Drinking too much alcohol
- Having diabetes
- Having hypothyroidism

Gout and kidney problems, in particular, can go hand in hand with high uric acid levels. According to Medical News Today, gout is a form of arthritis where “uric acid builds up in the joints and tissue.” It can cause pain and swelling in toe joints, ankles, and knees.

Hyperuricemia (high uric acid in the system) isn’t a disease, but in some cases, there are potential risks if it’s left untreated. In addition to gout and kidney problems, the Cleveland Clinic says “high uric acid levels may eventually lead to permanent bone, joint and tissue damage.”

Adjusting your diet is another way to help manage high uric acid levels. With this goal in mind, [WebMD](#) suggests avoiding these high-purine foods:

- Red meat, pork, and lamb
- Seafood, especially shellfish
- Organ meats like liver
- High-fructose foods and drinks
- Beer and grain liquors

Of course, you should talk with your doctor before overhauling your diet. They can help determine if dietary changes make sense for your situation. Additionally, the source cautions that the effects of adjusting your diet are relatively minor compared to the effects of taking medication.

Read entire article [HERE](#)

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Stretch and Strengthen with Rayner will be back on Labor Day, September 5th, live on zoom 11am. Register on the SV Calendar for the zoom link if you are new to class.

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Palliative Care Volunteer Training



Our Palliative Care Volunteer Training Program Is Now Accepting Applications

We're pleased to announce the return of our Palliative Care Volunteer Training Program, which prepares volunteers to provide support to people with serious or chronic illness. Palliative Care aims to improve the quality of life for patients and their families by providing an extra layer of personal support and companionship.

Next month, we're offering a three-day training for individuals who would like to become a part of this special program. If you're interested in becoming a Palliative Care volunteer, we hope you'll join us.

Training Program Schedule

Wednesday, September 14, 7:00 – 8:30pm (via Zoom)

Sunday, September 18, 9:00am – 4:00pm (in person)

Wednesday, September 21, 7:00 – 8:30pm (via Zoom)

(Please note: Participants must attend all three sessions.)

Seniors at Home Palliative Care Volunteer Training Program

Learn more and apply for training [HERE](#)

Seniors at Home is a division of Jewish Family and Children's Services

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Hearing aids will now be available over the counter! Watch this PBS news report



A look at the world's skinniest tower

Excerpted from Associated Press

The 84-story residential Steinway Tower, designed by New York architecture firm SHoP Architects, has the title of “most slender skyscraper in the world” thanks to its logic-defying ratio of width to height: 1-to-23 1/2.

“Any time it’s 1-to-10 or more that’s considered a slender building; 1-to-15 or more is considered exotic and really difficult to do,” SHoP Architects founding principal Gregg Pasquarelli said. “The most slender buildings in the world are mostly in Hong Kong, and they’re around 17- or 18-to-1.”

The 60 apartments in the tower range in cost from \$18 million to \$66 million per unit, and offer 360-degree views of the city. It’s located just south of Central Park, along a stretch of Manhattan’s 57th Street known as “Billionaires’ Row.”

At 1,428 feet (435 meters), the building is the second-tallest residential tower in the Western Hemisphere, second to the nearby Central Park Tower at 1,550 feet (470 meters). For comparison, the world’s tallest tower is Dubai’s Burj Khalifa, which stands at 2,717 feet (828 meters).

Steinway Tower is so skinny at the top that whenever the wind ramps up, the luxury homes on the upper floors sway around by a few feet. To prevent the tower from swaying too far, the architects created a counterbalance with tuned steel plates. And while the exterior has the de rigueur reflective glass, it also includes a textured terracotta and bronze facade that creates wind turbulence to slow the acceleration of the building, Pasquarelli said. About 200 rock anchors descend at most 100 feet (30 meters) into the underlying bedrock to provide a deep foundation.

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FRIDAY PUZZLE



Five friends (Allegra, Ben, Clara, Flora, and Zach) are each allergic to something different: pollen, shellfish, bee stings, cats, or nuts.

- Allegra has a food allergy
- Ben can play with his kitten for hours without issue (or medicine).
- Clara's allergy is not related to animals.
- Flora has seasonal allergies.

Can you figure out who is allergic to what?

Answer at the bottom of the newsletter.



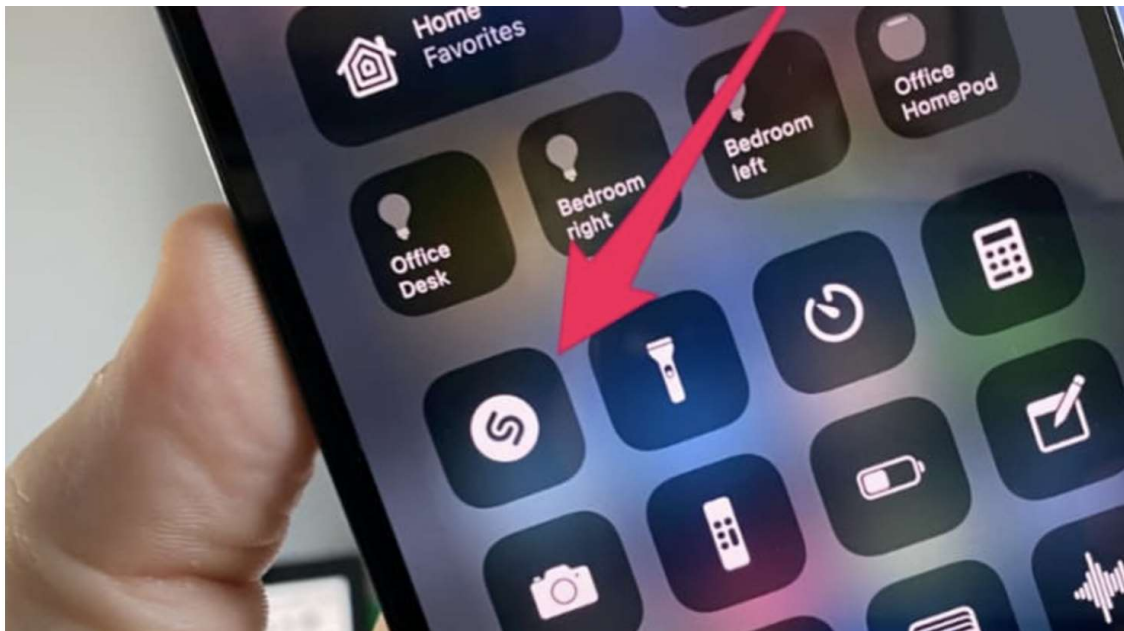
Where is the last Woolworth Diner?

Excerpted from Mashed.com

Nestled in sunny Bakersfield, California, among many modern-day restaurants both local and national, you'll find the last remaining Woolworth's Diner. Described by Eater LA as being located in an assuming antique mall, Woolworth's Diner definitely looks like a place stuck in time. There's a long, wooden wrap-around counter separating customers and fry cooks, a black-and-white checkerboard floor, and workers in white shirts take orders for hamburgers, fries, and milkshakes. In fact, Eater LA reports that nothing on the menu goes above \$10, making it a very affordable place to dine at.

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Regional pizza styles



Your iPhone can recognize any song with Shazam - here is how to set it up

Excerpted from MSNBC

Your iPhone has a useful feature you might not know about. You can identify the song that's playing on the radio at a bar, in your car or at a friend's house, all without having to open an app. All you have to do is swipe down and tap a single button. The Shazam button in the photo

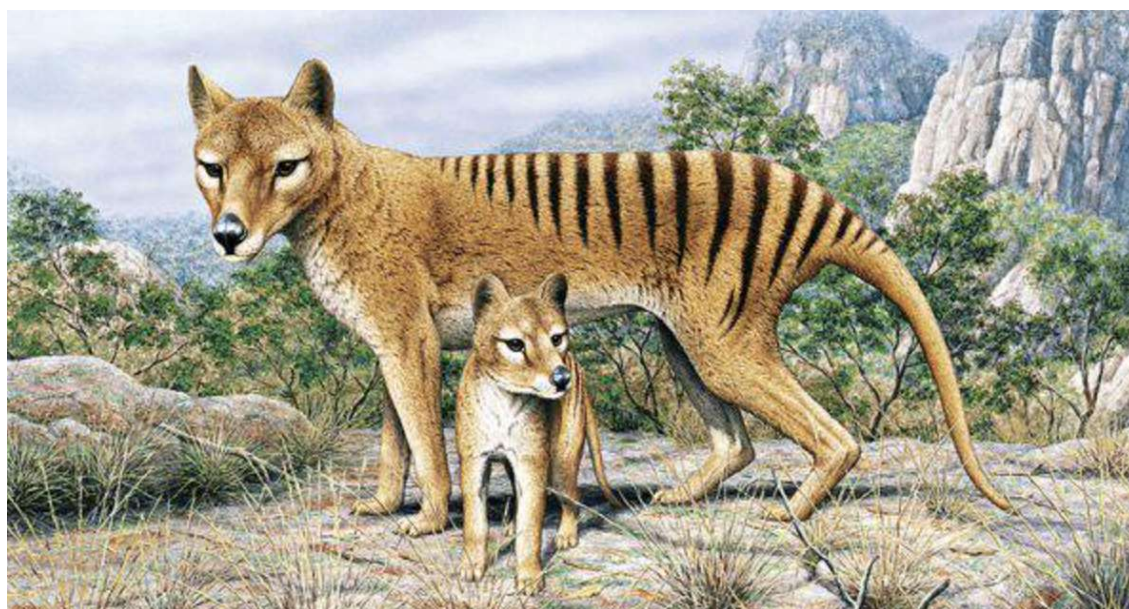
Here's how to set it up.

- Open Settings on your iPhone.
- Tap Control Center.
- Scroll down under "More" and tap the green '+' button next to Music Recognition.

That adds the music recognition function to Control Center, which you access by swiping down from the top-right of your screen, or from the bottom of the screen if you have an iPhone with a Home button.

Once you've done that, you can use your iPhone to identify a song by swiping down from the top-right of the screen to open Control Center and then tapping the Shazam button. Your phone will listen for a few seconds, then show the artist and title at the top of your screen. And it'll save a history of the songs you've identified so you can go back and see them later. To do that, just press and hold the Shazam button.

That's it!



How Scientists Hope to Bring Back the

Excerpted from Nice News.com

The Tasmanian tiger has long been considered an animal of the past, having gone extinct in 1936. But nearly a century after the last one died, scientists have an ambitious plan to bring the species back. Tasmanian tigers, officially known as thylacines, lived in the bush on the Australian island of Tasmania. They were an **important part of the ecosystem** there, but colonizers who settled on the island in the 1800s largely wiped them out.

Now, researchers hope to **use DNA retrieval and artificial reproduction to revive the marsupial and eventually reintroduce it to its old habitat.** The complicated process will involve gene editing, artificial wombs, and genome sequencing, among other cutting-edge technologies, so the team has their work cut out for them — but they also have high hopes. “Our ultimate goal with this technology is to restore these species to the wild, where they played absolutely essential roles in the ecosystem,” Andrew Pask, who is leading the initiative, told CNN. “So **our ultimate hope is that you would be seeing them in the Tasmanian bushland again one day.**”

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CARSS Program

(Call A Ride for Sausalito Seniors)

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

CARSS provides:

- **Free Rides** around Sausalito and Marin City. Volunteers can also do errands.
- **Service available** Monday, Wednesday and Friday between 10am–2pm.
- **Schedule a Ride/Errand** a day ahead or the same day. Need a ride at other times or days just call 48 hours before.
- **Rides/Errands provided** by vetted volunteers with their cars.
- **Masks and proof of vaccination** are required.

RIDE FOR FREE WITH CARSS!

For more information go to www.carss4you.org or call (415)944-5474 or infocarss4you@gmail.com

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3 hours of soft rock music



Answer to todays puzzle:

Answer: Allegra is allergic to shellfish, Ben to bee stings, Clara to nuts, Flora to pollen, and Zach to cats.



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