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Photo by Marilyn Aronowitz

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

**Happy Friday, Villagers**

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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:

- April 8 - Sausalito Easter Parade and Egg Hunt
  - April 10 - Private showing of new exhibit at SCA at 10am
  - April 16 - Line Dancing workshop
  - April 17 - Stretch and Strengthen with Rayner
  - April 17 - 'Keeping safe in our community' presentation by Sausalito Police
  - April 18 - Trip to the DeYoung Museum
  - April 20 - Poetry Night - SWC/Library
-



## Private Showing of new SCA exhibit THIS Monday Breaking Barriers: The Art of Iran

Sausalito Center for the Arts is opening its doors to SV Members, Volunteers and friends on Monday, 10am for a private showing of the newest exhibit. It is also a time to learn more about the Center which resides in the old Bank of America bui

About the exhibit:

Art transcends language and cultural barriers; it has the power to

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...by transforming prejudice into understanding.

Persia (Iran) is an extraordinary land with a deep cultural history that evokes different feelings in different people. Those who focus on its history and art, and those who might only associate Iran with its none-too-appealing political image gleaned from the media or the extreme vicissitude of trying to revolt against an oppressive regime.

This exhibition celebrates the cultural side of Iran and focuses on its distinctive art and imagery from the past and present. It intends to showcase a compelling sampling of the scope and range of Persian art and artists that helps transcend the constraints of ideological and cultural borders.

More than 240 works will be on display, ranging from antique art, artifacts, textiles, ceramic, and photographs, to works by contemporary Iranian artists living in the US and Iran.

WHEN: Monday, April 10th, 10am-11am

WHERE: SCA, 750 Bridgeway

RSVP: <https://sausalito.helpfulvillage.com/events/3804>

There is plenty of parking in the adjacent lot, bring your Sausalito parking card.

Need a door to door ride? Contact CARSS at 415-944-5474.

Unable to make it? The exhibit will be open through April 23rd. There are other programs related to this exhibit. Click here for the SCA

Calendar: <https://www.sausalitocenterforthearts.org/calendar>

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## 3 Tips To Help You Become A More Patient Person

Excerpted from Forbes.com

Here are three things to practice if you struggle to stay on the right side of time.

### #1. Accept uncertainty

- **Focusing on what you can control** and influence instead of what you cannot. When taking control of a situation may not be an option, you can choose to step back and reflect upon your choice of responses.
- **Keeping a positive outlook** on what the situation may bring with it. Last minute changes can bring discomfort. But, with a more long-term vision, one can learn to find the silver lining.
- **Letting go** of the difficult emotions that hold you back from moving forward. Holding on to anxiety, restlessness, and fear fuels a negative cycle. Instead, accept the difficulty of uncertainty and learn to flow with it to emerge stronger on the other side.

### #2. Set realistic expectations

Managing expectations helps build patience. Here's how you can do that for yourself:

- **Be mindful** as you set goals and timelines

the same page with others, and to help them set realistic expectations for you

- **Be open to adapting** if and when necessary. Having alternate plans can help you adapt to changing situations

### #3. Work on your attachment style

Seeking external validation creates a dependency on outside sources, reducing one's capacity to self-soothe and reassure. Some strategies to help transform insecurity into safety are:

- **Be aware** of your thoughts and bodily responses to discomfort. Ease yourself by focusing on something pleasurable or desirable
- **Practice self-compassion** and abstain from judging your failure to be patient at times
- **Be curious** about your own responses and ask yourself, "Am I making matters worse?" and "What can I do to make it better for myself and others?"

### Conclusion

Healthy outcomes are a product of delaying gratification. Working with a mental health professional that specializes in self-reflective and relational work can help you ground yourself and find inner peace during times of severe impatience and/or uncertainty.

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## Staying safe in our community - tips from our Sausalito Police

Hosted by the Sausalito Village Emergency Preparedness Committee

**WHEN:** Monday, April 17th, 3pm - 4:30pm

**WHERE:** Campbell Hall, 70 Santa Rosa

**WHO:** Sausalito Village Members

**RSVP:** <https://sausalito.helpfulvillage.com/events/3803>

This program is for **Sausalito Village Members ONLY**. It is another opportunity to meet other members in your Neighborhood Group. Our police officers will be sharing their experiences of the most common crimes, how to avoid them and also give tips on active shooter situations.

- What are the most common 'crimes against persons' in Sausalito
- How to avoid purse snatchings and muggings
- What can we do in an 'active shooter' situation
- What should we know about using our local ATMs
- What are the best practices to keeping ourselves safe when out and about

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available door to door. Contact 415-944-5474 by April 14th to reserve your ride.



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## JOIN US FOR AN EVENING OF POETRY

April 20, 2023 7:00 - 9:00pm

A Sausalito Woman's Club Virtual Event

Co-sponsored by the Sausalito Library



*... we travel by poem as by any other means,  
so that we might see for ourselves more  
than would otherwise be seen.*

—Jane Hirschfield

Join us for a special community gathering  
celebrating some of the best poetry of our times,  
co-hosted with the Sausalito Library.

Explore where the particular and universal,  
the actual and possible intersect.

Hear readings from teachers, clergy, moms and dads,  
students, and award winning poets, as they share  
words that sear, that soothe, that jostle our minds  
and mark our hearts.

**Click here to register:**

[https://us06web.zoom.us/webinar/register/WN\\_HOQXf\\_PEQhUUZ69hLmEYdw](https://us06web.zoom.us/webinar/register/WN_HOQXf_PEQhUUZ69hLmEYdw)



## Deep Sleep: What It Is, Why It's Important and How To Get More

Excerpted from [Livestrong.com](https://www.livestrong.com)

During deep sleep, there's no eye movement or muscle activity. After the slow-down experienced in earlier sleep stages, your body is now fully easing into rest.

Deep sleep is the most healing phase of non-REM sleep — it's restorative for your heart and your brain. While your body is experiencing a bit of a slowdown, with your heart rate falling and brain waves slowing, your brain is doing important work. Think of this as your brain's sanitation department — it's clearing away waste from the central nervous system. That matters: One bit of debris that can build up — a protein called beta-amyloid — is associated with Alzheimer's disease, per Houston Methodist.

Along with clearing away waste, deep sleep may be important for cognitive function and hormone regulation. And, deep sleep also helps keep your immune system strong, per November 2021 findings in *Communications Biology*.

Between 10 to 15 percent of your sleep is deep sleep, according to the National Center for Biotechnology Information. Assuming you're clocking seven hours of

Here are some strategies for getting closer to your nightly quota of Deep Sleep:

## 1. Get Enough Sleep

Remember, the generally recommended guideline for adults is seven hours — at least!

Your bedtime can feel negotiable in a way that your morning alarm clock isn't because most of us need to get up to ferry kids to school or get ourselves to work. But stay up late (engaging in some revenge bedtime procrastination, say) and you'll cut into your overall sleep, which in turn means you'll get less deep sleep.

## 2. Practice Good Sleep Hygiene

Start adopting habits that up your chances for falling asleep quickly and staying asleep. The CDC recommends you:

- Be consistent with your bedtime and wake time (all seven days of the week matter here, Dr. Kirsch notes — no matter how tempting it is to sleep in on the weekend)
- Keep your bedroom dark and quiet
- Set the thermostat at a comfortable temperature
- Keep electronic devices like tablets and smartphones out of your bedroom
- Turn off the TV

Better before-bed wind-down activities include taking a warm bath or shower, or reading a (print) book.

## 3. Get Exercise

Moving more during the day can help you sleep more soundly at night in general.

Aim for regular daytime exercise. Note that moderate aerobic exercise may be particularly meaningful for deep sleep, per Johns Hopkins Medicine.

## 4. Watch Your Caffeine and Alcohol and Medications

Both can lead to worse quality sleep.

Caffeine has a wake-up effect, helping you feel alert, per the FDA. But it also has a long half-life of four to six hours — that means that a 5 p.m. latte could affect your sleep when you're going to bed at 10 o'clock.

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Clinic.

**Certain medications may also interfere with specific stages of sleep, according to the Cleveland Clinic. If you're taking meds and have tried all of the above but you're still not waking up refreshed, talk to your doctor about whether it could be due to your prescription.**

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## **SV Trip to the DeYoung Museum - Ansel Adams exhibit**

WHEN: Tuesday, April 18, 10am-1:30pm

WHO: Open to SV Members and Volunteers

PRICE: Hopefully enough SV attendees will have museum memberships to get the group in

RSVP: <https://sausalito.helpfulvillage.com/events/3804>

We will carpool with vetted SV volunteer drivers and leave from the Dunphy Park parking lot at 10 am and return at 1:30.

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We expect that enough members with museum memberships will attend and be able to bring other SV members as guests so there will be no charge for entry.

If you are interested in going, please sign up online. Contact Sharon Seymour at 415 331-1362 or Sharon 126@aol.com with questions.

*Here's what the Museum says "Ansel Adams In our Time":*

*Looking forward and back, this exhibition of more than 100 works by photographer and environmentalist Ansel Adams (1902 – 1984) places him in direct conversation with contemporary artists and the photographers who influenced him. Laid out in seven sections tracing Adams's artistic development, the exhibition features some of his most-loved photographs, including images of Yosemite, San Francisco, and the American Southwest.*

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SAUSALITO**




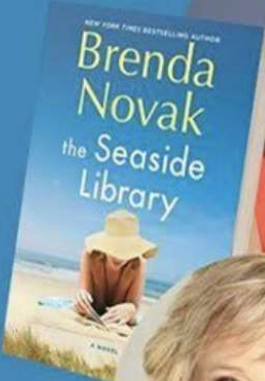
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IN CONVERSATION WITH

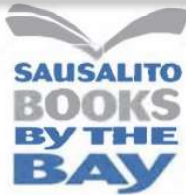
# CATHERINE COULTER

**APRIL 10  
6PM**

**SAUSALITO  
BOOKS BY THE BAY  
100 BAY ST  
SAUSALITO, CA 94965**





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# SPECIAL EVENT

100 Bay Street, Sausalito

[sausalitobooksbythebay.com](http://sausalitobooksbythebay.com)

415.887.9967

## Dominican MFA Reading Wednesday -- April 12 -- 6 PM

Original Works in Poetry and Prose  
From Creative Writing Students at  
Dominican University!

In Support of Bay Area Book Festival Prologue!  
For more info, go to [baybookfest.org](http://baybookfest.org)

			
Program Director Judy Halebsky	Britta Stromeier Esmail	Sandy White	
			
Renee Marie	Abby Laporte	Matthew Kline	Nichole Turnbloom



Featuring Bonnie Carasso, Britta Stromeier Esmail, Judy Halebsky, Matthew Kline, Abby Laporte, Renee Marie, Margaret Neville, Nichole Turnbloom, Marianne Vernacchia & Sandy White

The Master of Fine Arts in Creative Writing Program at Dominican University of California features a thriving literary community and a rigorous low-residency curriculum with tracks in Poetry, Fiction, and Creative Nonfiction, as well as the unique track of Narrative Medicine that examines the intersection of writing and healing.

**Unless otherwise indicated all events are open to the public and there is no charge to attend.**



## Spring Sing Along on April 24th Now starting at 4:00pm

Join in our Spring Sing Along, everyone is invited! (singing not required)

Hosts Maria Paterno and Ciji Ware will lead us through a great list of songs - solos, duets and sing alongs. Jean Capron will be on the piano.

**WHEN:** Monday, April 24th, 4:00-5:15pm

**WHERE:** Campbell Hall, 70 Santa Rosa Street, across from Christ Episcopal Church

**RSVP so we can plan for food and chairs:**

<https://sausalito.helpfulvillage.com/events/3855>

Wine and cheese will be served.

Masks encouraged but not required.

Parking available. Need a door to door ride? Contact SV Concierge by Friday, April 21 at 415-332-3325



## This Is One of the Rarest Facial Features in the World

### Excerpted from Readers Digest.com

“Heterochromia is when a person’s irises are different colors,” explains Sidney Gicheru, MD, the medical director of LaserCare Eye Center in Dallas and a spokesperson for the American Academy of Ophthalmology. In case you need an anatomy refresh, the iris is the technical term for the circle on the front of the eye that contains the colored part and the pupil in the middle.

Heterochromia is extremely rare, affecting less than 1% of the world’s population, or fewer than 78 million people worldwide. If that sounds like a lot, consider that between 70% and 80% of people, or about 6.4 *billion* people, have brown eyes—by far the most common eye color on the planet.

The most common cause of heterochromia (and the cause behind everybody’s eye color) is genetics. Your genes determine how much melanin, a brown



**Toddler sees the world clearly for the first time with new glasses**



**What's a Healthy Weight for You?**

Being overweight can have health risks, and many people have had a fraught relationship with their scale over the years. But now, research is calling into question just how weight should be evaluated for older adults. While some experts think it's better to try to avoid carrying too many pounds, others think that the guidelines that apply to younger people might not apply to older adults and that a few extra pounds aren't worth worrying about.

Typically, health experts evaluate weight using the body mass index, or BMI, a measure calculated from height and weight that correlates with the amount of body fat someone has. (You can find many BMI calculators online, including on the Centers for Disease Control and Prevention website.) A result below 18.5 is considered underweight, 25 to 29.9 is overweight, and 30 and above is obese.

The conventional wisdom is that as the BMI rises, so does the risk for weight-related health conditions and dying early. But researchers have speculated that the standard BMI curve—with mortality going up as BMI does—may be more U-shaped for older adults.

As it turns out, those with low or very high BMIs are at greater risk of illness and dying early, and those who are a healthy weight, overweight, or even mildly obese sit in the sweet spot in the middle. A 2022 study of 1,051 men and women whose average age was 77, published in the *Annals of Geriatric Medicine and Research*, found that those with a BMI below 25 or above 35 had a higher risk of balance problems, falls, malnutrition, and poor strength. The researchers set “optimal” BMI ranges for people over age 65 at 31 to 32 for women and 27 to 28 for men.

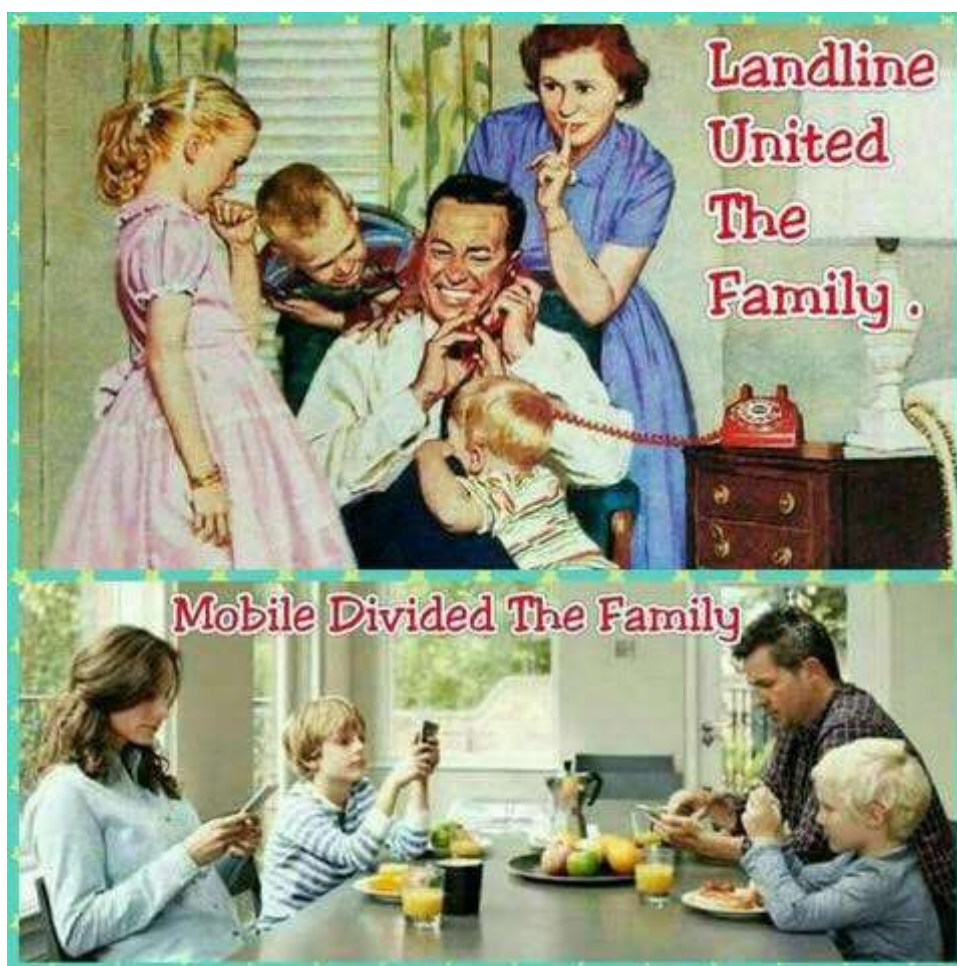
That's why some researchers point to body composition testing, which determines the percentage of body fat, as a way to get a more accurate idea how weight could be affecting health. Knowing your BMI tells you whether you might be carrying extra pounds. But it doesn't tell you how much muscle you have or where the fat is located, two factors that are important in determining whether you need to lose weight.



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muscle decreases. The age-related loss of muscle, called sarcopenia, is associated with a higher risk of falls, frailty, and early death. In addition, that extra fat may accumulate in the midsection (called visceral fat) and infiltrate muscles and organs, such as the liver. This shift, which happens regardless of the BMI, contributes to an increased risk of heart disease, type 2 diabetes, liver disease, and more.

Read the entire article [HERE](#)





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## Medi-Cal Beneficiaries:

# Take action to keep your Medi-Cal

Your local county office will mail you a letter about your Medi-Cal coverage.



The letter will tell you if:

Your county needs information from you to renew your Medi-Cal

or

Your Medi-Cal was renewed automatically



If you get a renewal form, please fill it out and return it right away.



Check that your local county office has your updated information, including your name, current address, email address, and phone number.



For more details and to learn how to update your contact information, visit [KeepMediCalCoverage.org](https://www.marinhhs.org/medi-cal)



**Medi-Cal**



Marin Health & Human Services  
County of Marin

120 North Redwood Dr, San Rafael  
3240 Kerner Blvd, San Rafael  
8:00 AM – 4:30 PM

1 - 6th St, Point Reyes Station (West Marin)  
9:00 AM–12:00 PM & 1:00 PM–4:30 PM  
(877) 410-8817

<https://www.marinhhs.org/medi-cal>



## The best wineries in the USA - #1 is in Calistoga

Excerpted from TastingTable.com

Whatever part of the country you plan on visiting or currently call home, rest assured that we have listed the best wineries across the U.S. These are sure to please and quench every palate by filling your glass with utter joy. The best thing about our list is you don't have to choose just one winery, either. Start a bucket list and challenge yourself to visit several throughout the country.

### 1. Tank Garage Winery in Calistoga, California

If a vintage gas station and garage-style winery sounds intriguing to you, then head on over to Calistoga, California and visit Tank Garage Winery. It's as cool as it sounds, is housed in a gas station from the 1930s, and the wines get two thumbs up from us. You'll also feel super-exclusive taking a trip here and sipping Tank Garage's wines, as none of them are served in restaurants or sold in stores.

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to reds, whites, and rosés, Tank Garage offers sparkling pét-nat, orange wine, and natural wines. They're serving up "Napa Valley's coolest wine tasting," in their words, and we couldn't agree more. If that's not enough to convince you to visit, then the plethora of rave reviews on TripAdvisor will. From people hyping up the decor to the good vibes to the unique tasting experience, can you really call yourself a wine lover if you haven't been to Tank?

Tank Garage's mission is to create wines that "add to the collective conversation," and this unique, vintage winery has aced it in every possible way. Be sure to grab a picture with one of the vintage gas pumps while you're there so everyone on Instagram can see how cool you are.

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

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## Roland Griffiths TED/MED talk : The science of psilocybin and its use to relieve suffering

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## Start your closet clean out!

### SV will pick up your donations

Sausalito Village volunteer, Kathleen, will pick up donations from SV Members and Volunteers living in Sausalito and Marin City and deliver them to Marin City's WHAP, 'Women Helping All People'.

All donated goods are given at no charge to the residents of Marin City. WHAP takes all clothing, kitchen, household children's toys books etc.

Contact Kathleen directly to organize pick up: [kemnjca@gmail.com](mailto:kemnjca@gmail.com)

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## An Introvert's Guide To Small Talk: Eight Painless Tips

Excerpted from Forbes.com

Many introverts would be surprised to discover that small talk doesn't have to be painful. By learning a few simple techniques, you can polish your conversational skills and make a positive impression.

Here are eight tips to master the art of small talk.

### 1. Reduce anxiety.

Introverts may approach small talk with anxiety, ranging from slight apprehension to debilitating dread. One introvert told me that he hides in the bathroom or fiddles with his phone to avoid idle chitchat. To curb your anxiety, stay rational and positive.

- "The anxiety is coming from me and my beliefs, not the situation. I can do this."
- "What's the worse that can happen? If they don't like me, so what?"
- "Just because [XYZ] happened in the past, doesn't mean it will happen again."

**2. Be purposeful.** Thoughts tend to be self-fulfilling. If you approach small talk with the belief that it will be dull and pointless, it probably will. Instead of

serves an important purpose - it helps build the foundation for authentic conversations and deeper relationships down the road. Think of small talk as the light appetizer before the main course, and approach it with renewed purpose.

### 3. Channel your curiosity.

Introverts tend to be curious people. They love digging deep, delving into topics that interest them, and learning what makes people tick. Channel your natural curiosity into small talk. When you ask “how are you?” or “how was your weekend?”, approach the conversation with genuine interest. Carefully listen to the other person, and provide a thoughtful response. If you show true interest, you’ll invite further discussion and set a positive tone for future interactions.

### 4. Ask questions.

Introverts tend to feel uncomfortable in the spotlight. They are often reluctant to disclose too much about themselves, especially to new people. So how can you start conversations *and* keep them flowing? The answer is simple – ask questions. By allowing the other person to take center stage initially, you can build your comfort level and test the waters before sharing your own thoughts. If you feel uncomfortable or fatigued mid-conversation, ask more questions and subtly turn the attention away from yourself.

Read entire article [HERE](#)

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## New memory class offered through Sausalito Parks and Rec

Do you want to remember the names of new colleagues and old classmates? To recall what you read in the newspaper this morning or online last night? To genuinely enjoy relying on your own brain rather than having to rely on your iPhone? This course is designed to refresh your innate memory through easy-to learn and fun-to-use memory strengthening techniques. You will learn how to remember life's most precious events, recognize people on sight, and discover the cornerstone secrets of world memory champions. Build confidence in your memory and engage in experiences with more enthusiasm. And, perhaps most valuable, learn how to delight in letting go of heaps of irrelevant errata that has filled your ears, distracted your mind, and preoccupied far too many hours of your precious life. In each of four 90-minute class sessions you will learn, practice, and refine a distinct technique guaranteed to enhance your memory.

Class is held in the Edgewater Room, City Hall, starting Thursday, April 13, 2pm-3:30pm for four consecutive Thursdays. Fee is \$120 for Sausalito residents.

Register through Parks and Rec [HERE](#)

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for the Mind that Won't Shut the @#&\* Up! can be purchased from the author or on Amazon.

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## Paul Simon deconstructs Mrs. Robinson

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# New Book Release

## a brand new start...this is home

BY FELECIA GASTON



This book includes historical images, excerpts of oral histories, archival news headlines, and documents that have been previously published. It reveals the untold stories and experiences of the Black people of Marin City.

**PURCHASE YOUR COPY NOW**

**\$25. All proceeds go to the  
Marin City Historical & Preservation Society**

Book Passage (415) 927-0960

Driver's Market (415) 729-9582

Sausalito Books by the Bay (415) 887-9967





## Explore North Beach, a San Francisco neighborhood rich in Italian heritage

Excerpted from SF Gate.com

To get a feel for [North Beach](#), head over to [Caffe Trieste](#), the oldest coffee house in San Francisco and a favorite haunt of Beat poets. Story goes that Francis Ford Coppola wrote much of "The Godfather" in Cafe Trieste; today, writers of all sorts still frequent the spot to pen their work. The cafe's expertly-pulled espresso make for a fine cappuccino to enjoy at one of the inlaid, mosaic tables inside. Or sit at a table out front, where you can watch the world go by or listen to one of the bands playing in front of the cafe's next door annex on Saturday afternoons.

No trip to North Beach is complete without a visit to [City Lights Bookstore](#). Established in the early 1950s by Beat poet Lawrence Ferlinghetti and Peter D. Martin, the shop became a beacon of "unrestrained intellectual

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are just part of the store's charm. History aside, its impressive selection of books makes it well worth a stop.

Across the street from City Lights, [The Beat Museum](#) pays tribute to the Beat movement with memorabilia, books and a video documentary. The museum honors Jack Kerouac, Allen Ginsberg, Neal Cassady, Charles Bukowski and William S. Burroughs, among others, who gave voice to a renegade spirit and a tolerance for individual expression that reverberates throughout San Francisco to this day.

The neighborhood is chock-a-block with bars and clubs, too, where poetry readings and jazz bands share space with chess players and late-night dance fiends. Monroe, Comstock Saloon, Vesuvio Café and the bar at Tosca Café are classics hangouts, while 15 Romolo and EcoTerreno Wines & Vineyard skew more modern.

Native son and famous New York Yankees slugger Joe DiMaggio famously married Marilyn Monroe in 1954 at San Francisco City Hall, but the couple came to North Beach's Saints Peter and Paul Roman Catholic Church to snap wedding photos. (DiMaggio married his first wife, Dorothy Arnold, inside the church in 1939.) The church, located on the north side of Washington Square Park, is famously featured in many of the Dirty Harry movies, which starred Clint Eastwood, while DiMaggio is memorialized in a playground that carries his name just a few blocks away.

Keep reading [HERE](#)

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## FRIDAY PUZZLE

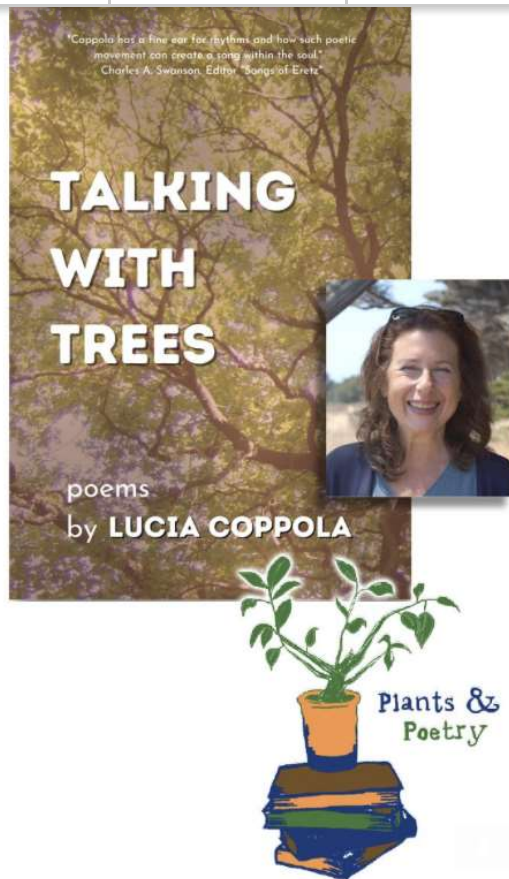
Three of these headlines are real and one is faker than any photo of an unlikely subject in an overly puffy coat. Can you spot the odd one out?

1. Hawaiian airline offers to fund 'any hobby imaginable' for pilots who join its team
2. North Carolina seeks to ban participation trophies for children
3. Giant stolen Dairy Queen spoon found in Phoenix middle school yard
4. How to find STEVE, the elusive cousin of the northern lights aurora

Answer at the bottom of the newsletter.





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April 10th, 2pm

## Gardening Journal & Poetry Workshop with Lucia Coppola

A workshop at the bookshop – 100 Bay Street. Discuss grounding & inspiration through nature and poetry with author Lucia Coppola who will share how her book, *Talking With Trees* evolved from keeping a garden journal and walking in nature to writing a collection of poems. Find out more about the national competition – "What Does Talking With Trees Mean to You" sponsored by publisher Plants & Poetry and Sausalito Books By the Bay.

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### *The Best Little Bookshop On The Bay!*

Sausalito Books By The Bay  
 100 Bay St, Sausalito, CA 94965  
 (415) 887-9967

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Rayner

Stretch and Strengthen with Rayner is on zoom Monday, April 17th 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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## SV Film Group on April 26 - 'Living'

Chef Joey and Pastor Paul are our hosts for Film Group. Did you know both are graduates of NYU film school?

The film will be shown at 2pm, Discussion at 4pm. The Discussion will be in person and zoom, please RSVP for the link on zoom.

The film will be shown in person at 2pm at Thompson Hall, downstairs from Sausalito Presbyterian Church.

WHEN: Wednesday, April 26, 2pm and 4pm

WHERE: Sausalito Presbyterian Hall

RSVP: <https://sausalito.helpfulvillage.com/events/3860>

Call by April 24 for a door to door ride.

### About the film

LIVING is the story of an ordinary man, reduced by years of oppressive office routine to a shadow existence, who at the eleventh hour makes a supreme effort to turn his dull life into something wonderful.

- **Rating:** PG-13 (Some Suggestive Material|Smoking)
- **Genre:** Drama
- **Original Language:** English
- **Director:** [Oliver Hermanus](#)
- **Producer:** [Stephen Woolley](#), [Elizabeth Karlsen](#)
- **Writer:** [Kazuo Ishiguro](#)



## Why does cilantro taste like soap to some people?

Excerpted from InterestingFacts.com

To be clear, many gourmands enjoy topping their fish, salads, and soups with a smattering of this herb. However, others feel like they're biting into a bar of Ivory Spring. The reason appears to be a matter of genetics. One 2012 study showed that people equipped with certain olfactory receptor genes are more prone to detecting cilantro's aldehydes, compounds also commonly found in household cleaning agents and perfumes. While the percentage of the population that suffers from this fate tops out at about 20%, the resulting taste is apparently awful enough to spark passionate responses of the sort found on Facebook's I Hate Cilantro page, which has more than 26,000 likes.

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Hours of music



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## FRIDAY PUZZLE

### Answers to today's puzzler:

We made up the one about the Hawaiian airline.

From MorningBrew.com

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

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