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Photo by Sheila Keough

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)



## 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:

May 1 - Stretch and Strengthen with Rayner

May 2 - Morning Book Review Club

May 3 - Mariachi Band at SCA

May 7 - Line Dancing workshop

May 7 - Tales of the Trail

May 9 - Dollar Tree/Sprouts trip

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## SV Lunch About Town at Smitty's Bar is back!

It's been a long time coming.....

We are heading back for lunch at Smitty's!

Thanks so much to owner and SV/CARSS volunteer driver Carol Keller,

we will be celebrating our 6th trip to Smitty's for Lunch About Town.

JOIN IN THE FUN - OPEN TO ALL

When was the last time you were in Smitty's??

The jukebox will be playing your standards, a free drink on the house and

lunch of a selection of sandwiches, salads and chips.

WHEN: Thursday, June 1st, noon - 1:30pm

WHERE: Smitty's on 214 Caledonia Street

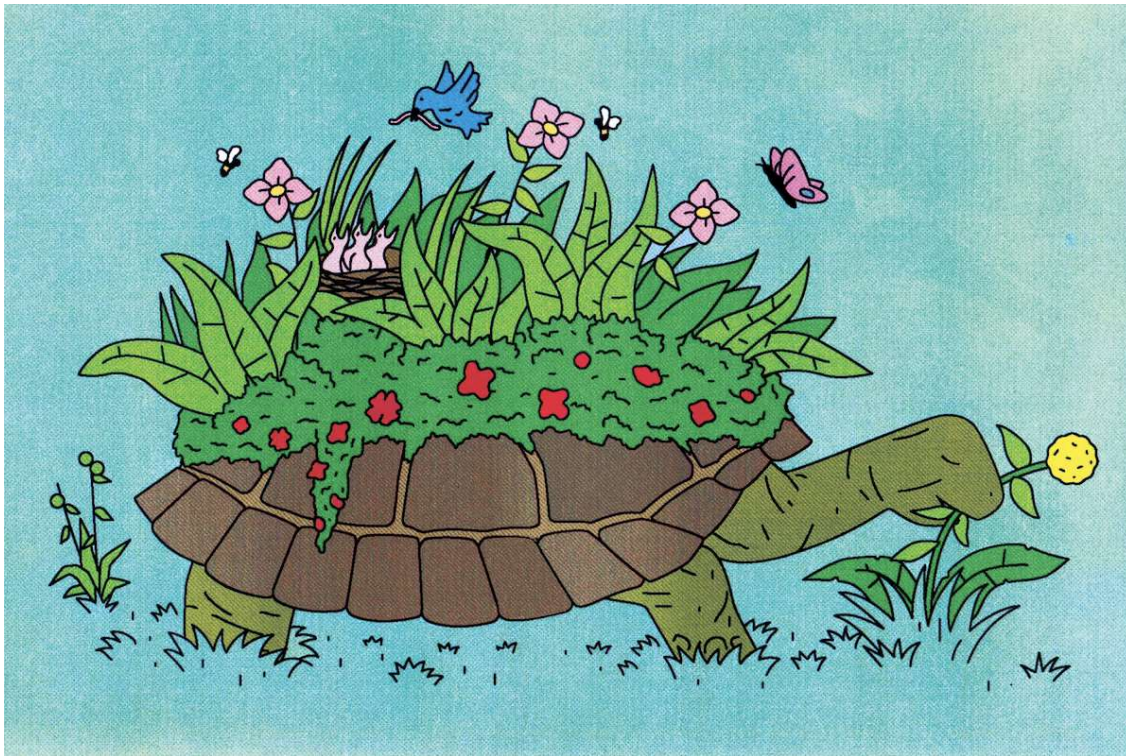
RSVP and PAY: <https://sausalito.helpfulvillage.com/events/3878>



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\$0 for SV Volunteers as an appreciation  
\$15 for non-members

RESERVE A door to door RIDE with CARSS. Call 415-944-5474 by May 30th.



## What SuperAgers show us about longevity, cognitive health as we age

Excerpted from Washington Post

With age, the brain normally shrinks, especially in the cortex, which is the more evolutionarily recent part of the brain. Not so with SuperAgers, whose brains appear more youthful in areas implicated in memory and executive abilities.

Becoming a SuperAger is probably partly because of the genetic lottery, but there are many lifestyle factors we can modify to lengthen our cognitive health span as we age.

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these factors are interactive, researchers said. If we start chipping away at the dementia risks and pile on protective factors, we can reap positive effects. Here are some that may help:

- Eat like a centenarian by incorporating fiber-rich foods and nuts into your diet.
- Exercise your body. Most people know the importance of getting up and moving, yet don't always follow through. "I tell them to examine their 'but,'" Mitchell Clionsky (neuropsychologist) said. Figure out what is getting in the way of exercising and ask "how do we break it down into something you will do," he said.
- Exercise your brain. The brain loves a challenge, so do activities that engage your noggin.
- Stay connected. Social isolation and loneliness are risk factors for dementia, while social contact is protective.
- Foster resilience. When something bad occurs, try to embrace the challenge. "What in this can be a learning moment? What in this can be a turning point?" Rogalski (cognitive neuroscientist at Northwestern University's Feinberg School of Medicine) said.

Read entire article [HERE](#)

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## How a Sausalito houseboat ended up starring in Apple TV's 'The Last Thing He Told Me'

Excerpted from SF Gate

It's fitting for an actress whose girl-next-door reputation more or less keeps her out of the spotlight (that is, unless there's news related to her ex Ben Affleck). But as the show neared its debut — the first episode is out Friday — Garner's Instagram went into promo mode with posts gushing over her co-stars' performances and expressing admiration for the novel that served as source material.

This, of course, is also "to type," but the actress's charm is the real deal, according to locals who met her during filming. Megan Dixon, whose houseboat at Waldo Point Harbor's Liberty Dock was used as a location, told SFGATE that Garner is down-to-earth, sweet, maybe even a little bit shy. "She seems exactly like the person she comes across as," she added, praising the actress as an activist and "amazing human being."

In the novel version of "The Last Thing He Told Me," author Laura Dave (who also co-wrote the series with her screenwriter husband, Josh Singer, who penned the Oscar-winning film "Spotlight") sets Hannah and Owen's houseboat on Issaquah Dock. But when it came time to film the series, Dixon was the one



On the other side was a location scout, who asked if he could take a look around. Dixon remembers being a bit exasperated at the time. Her houseboat was being painted, and she had just changed jobs. She had turned a room in the boat into an office for her new gig, and movers were there with giant furniture from the SF office she had just vacated. She had also emptied her deck of the patio chairs for the exterior paint job.

“There were just piles of Adirondack chairs and stuff packed in the middle of my living room,” Dixon said.

The scout texted pictures to his production colleagues and asked if he could invite them over, Dixon recounted. She told him they were welcome but didn’t expect anything to come of it because she couldn’t imagine “why anyone would want to shoot in this absolute hellhole of a home right now.”

Several months later, she was moving into a nearby hotel room paid for by the production, and the crew had set up shop in her houseboat.

Read the entire story [HERE](#)

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**NEW DATE: Monday, May 15th, 3pm**

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place next month. All SV Members, please mark your calendars and RSVP.

SV Members, register [HERE](#)

SV's Emergency Preparedness Committee has invited our Police Department to teach us how to stay safe in our community. Officers Nick White and Sean Smalgski will be covering:

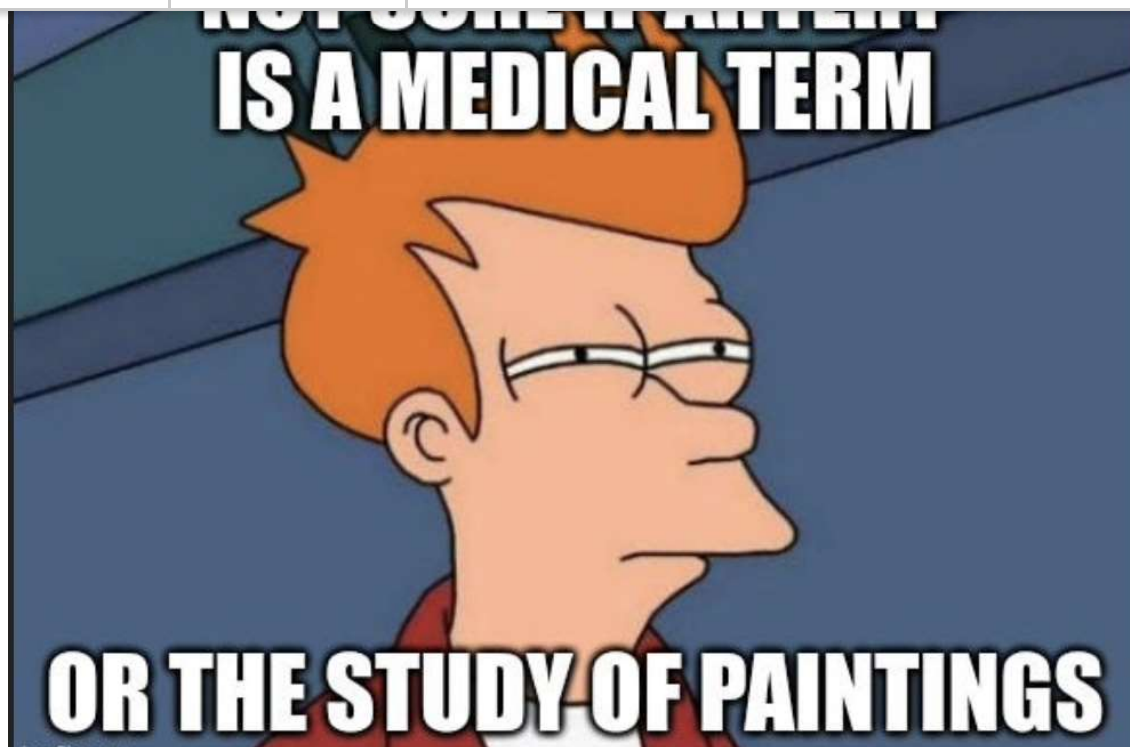
- What are the most common 'crimes against persons'
- How to avoid purse snatchings and muggings
- What can we do in an 'active shooter' situation
- What should we know about using our local ATMs
- What are the best practices to keeping ourselves safe when out and about

Members will be seated with others in their Neighborhood Group. One more opportunity to get to know your neighbors better.

Parking is available, if you need a door to door ride, call Wendy at 415-332-3325 by Friday, May 12th

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## And other medical terminology

Bacteria – The back door to the cafeteria

Benign – What you be, after you be eight

Cesarean Section – A neighborhood in Rome

Cat scan – Searching for your kitty

Cauterize – Made eye contact with her

Coma – A punctuation mark

Dilate – To live long

Enema – Not a friend (you can say that twice!)

Fester – Quicker than someone else

Fibula – A small lie

Impotent – Distinguished, well – known

Medical Staff – A doctor's cane

Morbid – A higher offer

Nitrates – Rates of pay for working at night

Outpatient – A person who has fainted

Pelvis – Second cousin of Elvis

Post Operative – A letter carrier

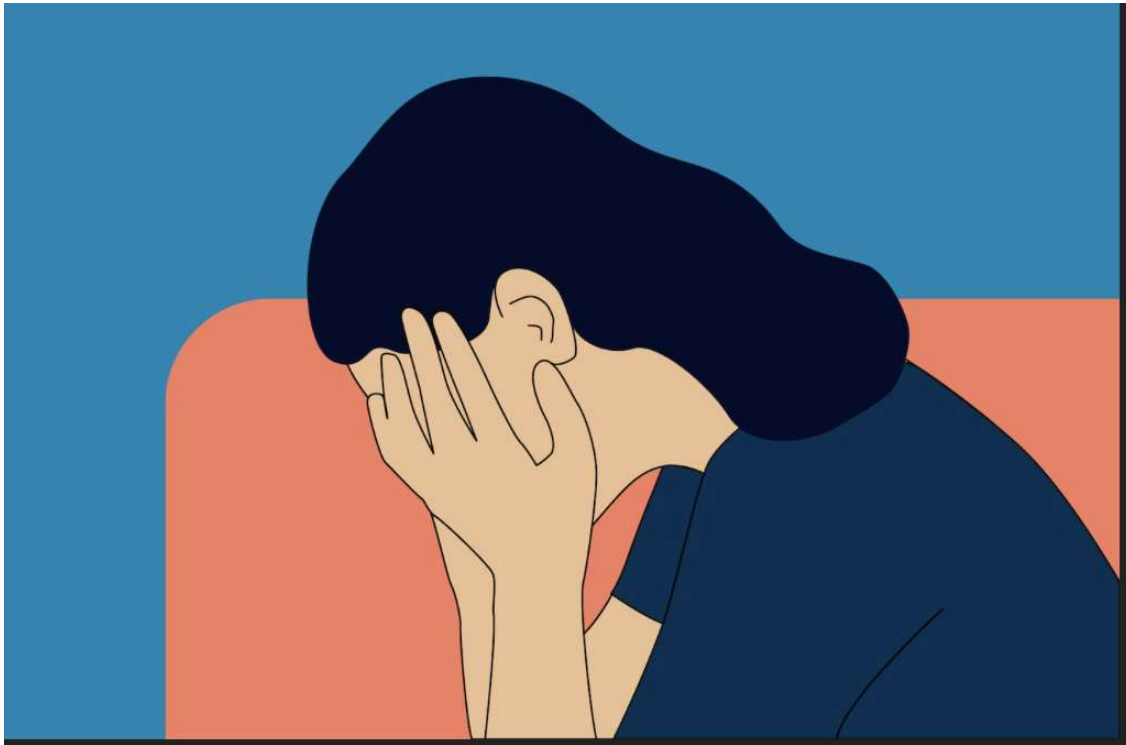
Recovery Room – Place to upholster furniture

Seizure – Roman Emperor

Tablet – A small table

Terminal Illness – Getting sick at the airport

Tumor – One plus one more



## Compassion Fatigue

Well+Good.com

Compassion fatigue involves emotional and physical exhaustion that can affect people who have been exposed to other people's traumas or stressors. It is characterized by a decreased ability to empathize, feelings of helplessness, and burnout due to the demands of supporting those who are suffering. It is also sometimes referred to as secondary or vicarious trauma.

People with compassion fatigue often find themselves feeling increasingly pessimistic. They may question their beliefs and question whether there is any good in the world. In the workplace, they may feel unappreciated, lose confidence and interest, and struggle to feel compassion toward people in their care.

Compassion fatigue tends to happen gradually over time. It is important to remember that this is a progressive and cumulative process and that

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One of the key elements behind compassion fatigue is the constant demand for empathy. While empathy is essential in helping professions, it can become emotionally exhausting when the demand for empathy is persistent and excessive

While compassion fatigue and burnout share some similarities, there are important distinctions between the two. Burnout refers to a state of exhaustion that causes poor motivation and a lack of interest in work. Compassion fatigue, on the other hand, is a specific type of burnout that refers to the negative emotions and loss of empathy people experience after being exposed to other people's trauma, pain, and suffering.

If you recognize the signs of compassion fatigue, it is important to take steps to address it before it begins to take a further toll on your emotional well-being.

Reduce exposure to stress

Create emotional boundaries

Practice self-care

To learn more read the entire article [HERE](#)



## 10 Things Medicare does not cover

Medicare covers the majority of older Americans' health care needs, from hospital care and doctor visits to lab tests and prescription drugs. Here are some needs that aren't part of the program — and how you might pay for them.

**1. Opticians and eye exams** - While original Medicare does cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans, the supplemental insurance that is available from private insurers to augment Medicare coverage. Some Medicare Advantage plans cover routine vision care and glasses.

**Solution:** For some people, it makes sense to buy a vision insurance policy for a few hundred dollars a year to defray the cost of glasses or contact lenses.

**2. Hearing aids** - Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

**Solution:** If you are in a Medicare Advantage plan, check your policy to see if it covers hearing-related needs. If it doesn't, or if you have original Medicare, consider buying insurance or a membership in a discount plan that helps cover the cost of such hearing devices. Also, some programs help people with lower incomes to get needed hearing support. Or you can pay as you go. Congress passed legislation in 2017 that allows some hearing aids to be sold over the counter without a prescription. Medicare beneficiaries with mild to moderate hearing loss can now buy hearing aids at drugstores and other retail outlets without a prescription.

**3. Dental work** - Original Medicare and Medigap policies do not cover dental care such as routine checkups or big-ticket items, including dentures and root canals.

**Solution:** Some Medicare Advantage plans offer dental coverage. If yours does not, or if you opt for original Medicare, consider buying an individual dental insurance plan or a dental discount plan.



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massage therapy, nursing home care, concierge care.

To read the descriptions of all ten, click [HERE](#)



## Free tai chi for arthritis classes starting - not too late to sign up

### **FREE Tai Chi for Arthritis and Fall Prevention Classes for Older Adults on Zoom**

Age Friendly Sausalito in partnership with Dominican University is Announcing The Spring Schedule of Tai Chi for Arthritis and Fall Prevention Classes on Zoom.

A Choice of two classes are offered for Beginners or those who want to Continue and Review the basic forms:

**Tai Chi for Arthritis and Fall Prevention for Beginners or to Review Meeting 2x per week for 8 Weeks:**

**Wednesday & Sunday 5:00 - 6:00 pm; April 26 – June 18**

**Register for this class [HERE](#)**

\*\*\*\*

**Tuesday & Thursday 10:00 – 11:00am; May 9 – June 29**

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Tai Chi for Arthritis Part 2 Classes are for the Tai Chi practitioners who completed the Beginner Class and want to Continue in the Form to review what they know and Learn some additional forms that are slightly more advanced while deepening their Tai Chi practice. A choice of two Classes are offered:

**Tai Chi for Arthritis Part 2 Continuing / Intermediate \***

**Meeting 2x per week for 8 Weeks:**

**Tuesday & Thursday 11:30 am-12:30 pm; May 9 – June 29**

**Register for this Class [HERE](#)**

\*\*\*\*

**Tuesday & Thursday 5:00 pm;- 6:00pm May 2 – June 23**

**Register for this Class [HERE](#)**

**\*Prerequisite for Part 2: Completion of Tai Chi for Arthritis and Fall Prevention/ beginners**

**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**



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Excerpted from Fox.com

The secret about why hair goes gray may lie in a certain type of stem cell that gets "stuck" in our hair follicles, according to a new study.

"It is the loss of chameleon-like function in melanocyte stem cells that may be responsible for graying and loss of hair color," said senior author Mayumi Ito, PhD, professor in the Ronald O. Perleman Department of Dermatology and Department of Cell Biology at NYU Langone Health in New York, New York, in a press release.

The melanocyte stem cells in our hair follicles are a specific stem cell that produce and maintain the pigment in our hair.

As hair ages, sheds and regrows, these stem cells are continually multiplying within hair follicles, according to the new study's press release.

The research suggests that moving melanocytes to a proper location within the hair follicle may help prevent hair from going gray.

More research is needed because researchers still don't know how melanocytes find a proper location within the hair follicle.

"We hope to further understand molecular mechanisms of how melanocyte stem cell localization is regulated."

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# Affordable Units Currently Available

## Waitlists Now Open!

## Unidades asequibles actualmente disponibles

### ¡Listas de espera actualmente abiertas!



## Affordable housing wait lists in Marin NOW OPEN!

### MARIN COUNTY / CONDADO DE MARIN

#### Centertown

855 C Street · San Rafael, CA 94901

<https://www.eahhousing.org/apartments/centertown/>

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#### Edgewater Place

26 Edgewater Place · Larkspur, CA 94939

1, 2, & 3 Bedroom Family Units

*Unidades de 1,2, y 3 recamaras para familias*



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**Larkspur Isle**

Larkspur Plaza Drive · Larkspur, CA 94939

1 & 2 Bedroom Family Units

*Unidades de 1 y 2 recámaras para familias*

<https://www.eahhousing.org/apartments/larkspur-isle/>

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**Shelter Hill**

7 Miwok Way · Mill Valley, CA 94941

3 bedrooms – HUD unit need at least a family of 3 to qualify

*3 recamaras - Unidad HUD necesita tener una familia de 3 personas para calificar*

Verified on (Verificado) 1/17/23

<https://www.eahhousing.org/apartments/shelter-hill/>

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**Turina House**

10 Labrea Way · San Rafael, CA 94903

1, 2, 3 Bedroom Family Units

*Unidades para familias de 1, 2, y 3 recámaras*

Phone: (415) 453-4977

<https://www.eahhousing.org/apartments/turina-house/>

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**Sundance Apartments**

95 Medway · San Rafael, CA 94901

1 & 2 Bedroom Family Units

*Unidades para familias Estudio, y de 1, 2, y 3 recámaras*

Phone: (415) 453-4977

<https://www.eahhousing.org/apartments/sundance-apartments/>

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**Riviera Apartments**

455 Canal Street · San Rafael, CA 94901

Studio 1, 2, 3 Bedroom Family Units

Phone: (415) 453-4977

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## Barry Humphries on being 'Dame Edna'

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## You're probably recycling wrong. This quiz will help you sort it out.

Excerpted from Washington Post

What can go in my blue bin? The answer — and even the bin color — can be different from one neighborhood to the next, so we'll try to help curb the confusion.

Most U.S. residents who have recycling at home can toss items such as cans, bottles, cardboard and old editions of The Washington Post together into one container.

That's called single-stream recycling, and while it is convenient for us, it means all those different materials have to be trucked away and sorted before they can go to a paper mill, a plastics recycler and so on. So far, so good.

Click [HERE](#) to take the interactive quiz



## Wells Fargo to close and sell building

Excerpted from Sausalito Currents

**Wells Fargo** has announced that it will permanently close its Sausalito branch at 715 Bridgeway on July 12, 2023.

The bank notified its local customers of the impending closure in a letter dated April 7 and via a sign posted at the main entrance of the bank building.

In the letter, customers were advised that the Wells Fargo branch in Strawberry Village would remain open as the closest alternative after July 12.

Commercial real estate broker Cushman & Wakefield will oversee the sale of the building, which has been in continuous operation as a bank since it first opened in 1924 as the Bank of Sausalito.

The Bank of Sausalito was acquired by the San Francisco-based American Trust Company in 1927. American Trust Company merged with Wells Fargo in 1960 to create the nation's 11th largest bank at the time.

The building is located within the City's Downtown Historic District. In the event

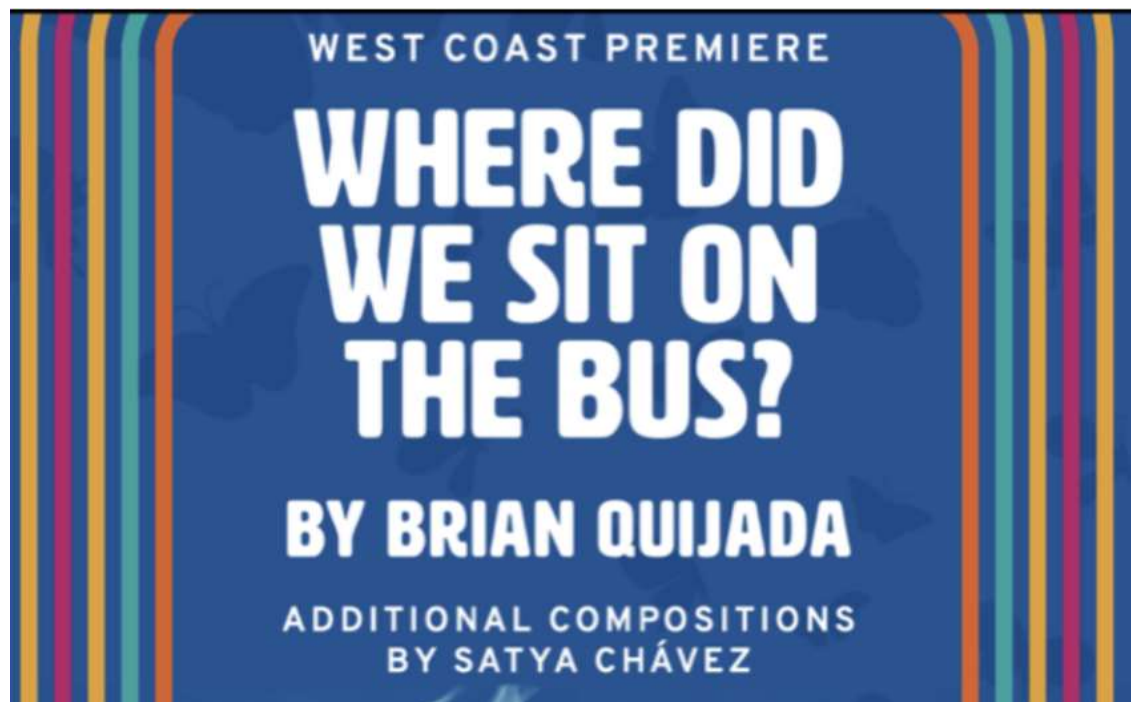


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The closure of the Wells Fargo branch in Sausalito, which was preceded by the closures of the downtown branches of Bank of America and Chase Bank, is part of a national trend. In a 2022 study, researchers from the National Community Reinvestment Coalition calculated that approximately 7,500 branch locations in the United States were shuttered between 2017 and 2021.

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## Joint events with Sausalito Village and Marin Village to Marin Theater Company

Sausalito Village and Marin Village are sponsoring two special events at Marin Theater Company, with discounted tickets available to our members and volunteers. Both events are in conjunction with the production of *Where Did We Sit on the Bus?*

One event is in the evening with a cocktail reception, the other is a matinee with closed captioning.

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*"During a third-grade lesson on the Civil Rights movement and Rosa Parks, a Latina child raises her hand to ask, 'Where did we sit on the bus?' Her teacher can't answer the question. Performed by a dynamic actor, singer, multi-instrumentalist, composer, and intersectional feminist, and infused with Latin rhythms, hip-hop, and live-looping, this solo exploration follows that kid into adulthood, as she navigates growing up in an immigrant family, her identity as a first-generation American, and what the world might look like for her children. Where Did We Sit on the Bus? is a high-octane, tour-de-force theatrical experience that examines what it means to be Latiné in America."*

Tickets are \$45 to each event.

### **Cocktail reception before the production**

Wednesday, May 24, 6:00pm

We will have a private social event in a reserved space with wine and heavy appetizers before the show. No additional cost to attendees. To register, use [this link](#).

### **Closed-captioned matinee performance**

Thursday, May 25, noon

Prior to this closed-captioned matinee, there will be a 45-minute talk providing more insight about the show. To register, use [this link](#).



## How Mexico's Locals Are Trying to Save Its Historic "Mexican Caviar"

Excerpted from NiceNews.com

Eggs have been a healthy breakfast staple for thousands of years. Even the Aztec emperor Montezuma is said to have eaten them with his morning summer meals, according to the BBC — though his weren't from a chicken, but an insect, the Axayácatl fly. Ahuautele, also known as "Mexican caviar," was considered a food of the gods, lauded for its strength-giving properties. Although it's no longer used in ceremonies for the Aztec fire god Xiuhtecuhtli, it remains an integral part of Mexican culture. But waning interest and increasing costs have some fearing it might become a thing of the past. A handful of dedicated locals are trying to prevent that from happening.

Today, modern farmers use the same harvesting techniques as the Aztecs. They hand-weave tight reed nets, then leave them floating on the water for up to three weeks while Axayácatl flies lay their eggs on top. Farmers then remove the nets from the water and leave them out to dry before preparing them for sale.

While it can still be found on some restaurant menus and in kitchens around Mexico City, the tradition is under threat. One reason is that most of the eggs are sourced from Lake Texcoco. Hundreds of years ago, much of the lake was drained to make way for the capital city. Now, it's drying up. There are also few

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And because supply is hard to come by, the delicacy has become increasingly expensive — about \$23 per pound, according to *Mexico News Daily*.

Although the odds may be stacked against them, some locals are determined to keep the tradition alive. Jorge Ocampo, agrarian history coordinator at the Center for Economic, Social, and Technological Research on Agribusiness and World Agriculture in Mexico State, told the AP it's an example of "community resistance."



## The Mysterious Return of California's Ghost Lake Tulare





## Philophobia (Fear of Falling in Love)

People who have philophobia have a fear of love. This fear is so intense that they find it difficult, sometimes impossible, to form and maintain loving relationships. “Philos” is the Greek word for loving or beloved. “Phobos” (phobia) is the Greek word for fear.

Often, people can trace their fear or phobia to traumatic childhood experiences. Philophobia may be a protective response. If you don’t allow yourself to develop loving feelings for someone, you lower your risk of heartache and pain.

Potential philophobia causes include:

- **Previous difficult relationships:** Children who experience their parents’ argumentative divorce, parental death, abandonment or child abuse may find it difficult to feel love for others. The same holds true for adults who experience infidelity, divorce, abuse or abandonment.
- **Fear of rejection or abandonment:** Having a parent leave you as a child can lead to a fear of love. Adults who experience repeat rejections from partners or friends may become afraid to love.
- **Cultural or religious pressures:** Certain cultures arrange marriages without much (if any) consideration about love. You may become afraid to love others because you feel you have no say in who your partner is. Someone who’s LGBTQ+ may fear love if their religion or culture opposes the relationship.

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source may grow up fearing love. These children tend to connect better with strangers than people who love them. DSED is a type of reactive attachment disorder.






People who fear love may react in different ways. You may:

- Be unable to have intimate relationships.
- Experience extreme anxiety when in a relationship and constantly worry about the relationship ending.
- Feel afraid of your partner or their emotions.
- Push people away or end relationships abruptly.

Cognitive behavioral therapy (CBT) can help you overcome philophobia. This form of psychotherapy (talk therapy) helps you recognize thoughts and behaviors that make you afraid of love.

You may also benefit from a type of exposure therapy known as systemic desensitization therapy. Exposure therapy helps more than 90% of people who have specific phobic disorders.

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TASTE SCORE		TASTE SCORE			

# Best frozen meals rated by Consumer Reports

Excerpted from ConsumerReports.com

Consumer Reports’ recent tests of 25 frozen meals—which included newer options as well as some classic favorites, like lasagna—found plenty of good news: Our nutrition and taste experts gave 11 of the meals top marks for nutrition and judged 13 of them to be tasty.

One reason is that these meals are less likely to rely on salt to perk up the flavor. Instead, they’re spiced with ingredients like ginger, red chili pepper, and curry. They’re also more likely to be brimming with vegetables, whole grains,

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"The quality of frozen meals has definitely improved," says Marissa Meshulam, RD, an independent dietitian in New York City. That's partly because makers of frozen foods use higher-quality ingredients than in the past and flash freeze the meals, she says.

Read the entire article [HERE](#) to learn how to read frozen meal labels and details about runners up in each category as well as the 'worst'.

Chicken enchiladas: Evil and Saffron Road

Indian inspired entrees: Healthy Choice, Amy's, Saffron Road

Lasagna: Rao's and Trader Joes

Riced cauliflower meals: Tattoo chef, Healthy Choice, Life Cuisine

Asian inspired stir fry: All tested rated low



**101 skydivers ages 60-80s create record  
breaking snowflake design**



## The story behind the peace sign

Excerpted from InterestingFacts.com

The peace sign is now universally understood to express harmony and goodwill, but its origins stem back to a very specific movement. British artist Gerald Holtom — working with the Direct Action Committee Against Nuclear War — designed the symbol in 1958 to promote the idea of nuclear disarmament. The peace icon made its debut that same year during an Easter weekend march in England to protest the use of nuclear weaponry.

The symbol's design is based on how one would express the letters "N" and "D" (for nuclear disarmament) using semaphore, a method of visual communication that traditionally uses flags or lights. The straight downward line at the symbol's center represents "D" in semaphore, whereas the angled lines coming off the center line reflect the shape of "N." Though the peace sign has since been used more generally by anti-war groups, the logo remains staunchly anti-nuke at its core.





## A different type of conversation in the 70 over 70 podcasts

Excerpted from NextAvenue.com

What is Max Linsky looking for in a guest on his new podcast, "70 Over 70?" Well, besides the obvious of being more than 70 years old, he wants someone willing to have a different kind of conversation.

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with my kind of sappy, existential questions," said Linsky, who, in addition to "70 Over 70," also co- hosts "Longform," a podcast where he interviews nonfiction writers. "Part of the goal of the show is to have a conversation with someone that will feel different from what you've heard before."

That's why when he talked with Alice Waters, who started the famed Berkeley, Calif. restaurant Chez Panisse and has been a leader in the slow-food movement, Linsky did not go over her formative time in Paris – something she's talked about quite a bit.

Instead, he asked about a story a friend of hers had told him – an experience Waters had while camping in Turkey near a gas station, leading to a bowl of warm goat milk pushed under the flap of her tent, and the importance of being open and trusting of people you don't know.

Read the entire article [HERE](#)

Find the list of podcasts [HERE](#)



## television



### Grieving the Loss of a Loved One

**Beginning Tuesday, May 2 at Jewish Family Children Services, San Francisco**

We are pleased to offer a seven-week, in-person, grief support group at JFCS San Francisco, 2150 Post Street, beginning on Tuesday, May 2 and concluding June 13, from 12:30 – 2:00pm weekly.

This group is for anyone who has recently suffered the loss of a loved one. The group will offer opportunities to learn about the grieving process; address ways to manage challenging feelings including loneliness, grief and isolation; discuss ways to learn how to live with grief as well as how to plan ways to move forward. We offer opportunities to feel supported within our community and heal from grief.

We welcome everyone from all cultural and religious backgrounds to join us. This group is suitable for anyone who has suffered the loss of a loved one, regardless of age, faith, or relation to your loved one.

This seven-week series will be facilitated by professional grief

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Pre-registration is required and, as this is a closed group, we kindly request your commitment to attending all seven sessions when you enroll. The session will begin May 2, 2023 and conclude on June 13.

For more information or if you'd like to enroll, please contact JFCS at 415-449-1212 or email [robynb@jfcs.org](mailto:robynb@jfcs.org).

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**A man pushes his  
car until he reaches  
a hotel. When he  
arrives, he realizes  
he's bankrupt.**

**What happened?**

Answer at the bottom of the newsletter.

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Stretch and Strengthen with Rayner is on zoom Monday, May 1st 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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## Tooth Fairy? More like a tooth mouse

Excerpted from Interesting Facts.com

Today, the most common American version of the tooth fairy is a small, whimsical figure, typically female, who checks under our pillows at night for lost baby teeth. But the tooth fairy is an early-20th-century invention, and that particular image rose to prominence right as Disney was releasing animated films featuring kind, gentle, feminine fairies.

The fairy is likely layered on top of a much longer tradition of offering baby teeth to rats and mice — the hope being that the child's permanent teeth would grow in as strong as a rodent's. While this practice appears throughout the world, it's perhaps most common today in Spanish-speaking households. In fact, a specific tooth mouse named Ratoncito Perez emerged in Spanish lore in the 1800s, and spread throughout Latin America in children's stories. A similar tooth mouse, La Petite Souris, goes back to 1600s France. In some countries, children make it more convenient for the rodent by placing their teeth in or near mouseholes.

The core concept — giving children money in exchange for teeth — dates back to at least the 12th or 13th century, and appears in Norse and Northern European tradition, while other lost-tooth rituals are common throughout the world's history.

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**Answers to today's puzzler:**

**He's playing Monopoly and his piece is the car. He lands on a space with a hotel and doesn't have the money to pay the fee.**

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

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