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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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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:

July 2 - Tales of the Trails featuring Nicole in Nepal

July 3 - Stretch and Strengthen with Rayner

July 4 - Join us in the parade!

July 6 - Line Dancing Mixed Level

July 9 - Line Dancing Workshop

July 10 - Safeway shopping trip

July 11 - Line Dancing Mixed Level

July 13 - Line Dancing Beginning Level



Tales of the Trails featuring Nicole Strait in Nepal

WHEN: Sunday, July 2, 7pm (sorry the date was listed wrong last week)

WHERE: On zoom

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suedunlap46@gmail.com or 332-3746

SV Volunteer Nicole Strait and her husband visited SV Member Olga Murray in Nepal this past winter where 98 year old Olga resides 6 months of every year.

During this months Tales of the Trails, Nicole will share their adventure and present slides on zoom.



It's never too late to travel the world with your BFF

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Excerpted from the NY T.com

“It’s Never Too Late” is a series that tells the stories of people who decide to pursue their dreams on their own terms.

When Eleanor Hamby and Dr. Sandra Hazelip met more than two decades ago, it was best friends at first sight. They never imagined that, one day, their friendship would be featured on news shows, get joked about on “Saturday Night Live” and stop people in their tracks in a Tokyo train station to exclaim, “Oh my God, you’re the TikTok traveling grannies!”

Ms. Hamby, 81, and Dr. Hazelip, 82, have inspired people all over the globe with their project “Around the World in 80 Days: At 81 and Still on the Run,” named in homage to Jules Verne’s 19th-century adventure novel. Their travels earlier this year took them from the icy shores of Antarctica to the rocky majesty of the Grand Canyon, and racked up more than a million likes from thousands of followers along the way. “We totally, totally were not expecting this,” Ms. Hamby said.

Read the entire article [HERE](#)



See you at the parade!

Our own Tricia Smith, President of the Board and volunteer extraordinaire has been chosen to be the Grand Marshal of the 2023 Sausalito 4th of July Parade!

Tricia has been President of the Board of Sausalito Village and Board member of Edgewater Seniors for the last 10 years, was the Founding Chair of Age Friendly Sausalito 2013-2016, and Director of CARSS (Call A Ride for Sausalito Seniors) since it started in 2015.

This year, we will be bringing together members and volunteers from Sausalito Village, Edgewater Seniors, CARSS (Call A Ride for Sausalito Seniors) and Age Friendly Sausalito to participate in the parade. Even some of our SV Line Dancers will be dancing with teacher, Laurie Reemsnyder!

The parade starts at Second and Main Streets, goes along Bridgeway, cuts over to Caledonia at Johnson and ends at Napa Street where the reviewing stand will be located. Food, drinks and music will continue in Dunphy Park.

For the full line up of Sausalito 4th of July festivities, click [HERE](#)



Your adult kids may be doing better than you think

Excerpted from NewYorkTimes.com

It's common for parents to worry that their adult children might be "failing to launch," delaying milestones like moving out, settling into a job or starting a family. But those concerns are largely unfounded, said Laurence Steinberg, a professor of psychology and neuroscience at Temple University who has spent the last 45 years studying psychological development and family relationships in teenagers and young adults.

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agencies and found that the average young adult was starting a family about 13 years after graduating from college. “It took their parents’ generation about eight years to make the same journey,” Dr. Steinberg said. People who haven’t yet settled down at 30 might seem like slackers to their parents, he added, “but they may be right on schedule by today’s standards.”

Reading these stats, however, doesn’t make communicating with your kid easy. In his new book, “You and Your Adult Child: How to Grow Together in Challenging Times,” Dr. Steinberg provides clear guidelines for avoiding arguments and creating more effective bonds. Here are a few of his best tips.

Don't compare yourself with your children

Respect their independence

Keep your opinions to yourself (unless you are asked)

Embrace collaboration

Read the entire article [HERE](#)



SV Trip to SF Playhouse for A Chorus Line

Open to all SV Members and Volunteers ONLY

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WHERE: SF Playhouse, 450 Post Street, SF

TICKET PRICES: \$35.00

RSVP and Pay: <https://sausalito.helpfulvillage.com/events/3944>

Limited to 12 seats.

We will depart Dunphy Park at 12:30, driven by vetted volunteer drivers who will drop us in front of the theater and pick us up after the show.

Our goal is to arrive at the theater early for a private gathering in a corded off section of the lobby. We will be serving wine, bubbly water and small sandwiches, cheese/crackers at no charge.

The deeply discounted ticket prices we are getting is all thanks to SV Members, Linda Jaeger and Charlie Browne. We will be sitting in the Orchestra rows E and F.

About the musical

Seventeen Broadway dancers are auditioning for eight spots on a chorus line. Exploring the inner lives and bittersweet ambitions of performers, *A Chorus Line* captures the spirit, tension, and hope of an audition. Winner of the 1976 Pulitzer Prize for Drama, Winner of nine Tony Awards, four Drama Desk awards, three Obie Awards in 1976, and a Special Gold Tony Award in 1984 in honor of becoming Broadway's longest-running musical.



10 crystals and their 'power'

Excerpted from ParadeMagazine.com

Amethyst

A variety of quartz, at one time amethyst was regarded as valuable as a diamond in ancient times. It is known, not only for being eye-catching, but it is believed to soothingly stimulate the mind and emotions

Rose Quartz

This crystal helps guide all relationships, enhancing the love language of your heart, including your own relationship with yourself.

Black Tourmaline

Its beautiful deep black color is from the iron deposits, making it opaque when putting light to it. This stone is a go-to for many who feel uprooted in their lives.

Selenite

It is a very powerful crystal, cloudy white in nature. Not only is it

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crystals.

Citrine

This yellow crystal emits creativity and light, and is associated with positive energy and financial abundance.

Jade

this beautiful crystal is known as the "Dream Stone" and is said to help with creativity and gainful spiritual insight.

Clear Quartz

This stone will intensify positive energy and strengthen the wearer's mind, body and spirit.

Rhodochrosite

It can connect the upper and lower parts of your energy system, helping to declutter years of negative debris that may have accumulated.

Lapis

It is worn for its protective properties and can quickly bring peace to your inner self by releasing stress.

Chrysocolla

It was used to solder gold and make paint. Today, this stone carries refreshing vigor energy that can enhance your life-force energy.



Congratulations to Edgewater Senior President, MaryAnn Griller

MaryAnn Griller was awarded this beautiful plaque in commemoration of her dedication as President of the Board of the Edgewater Seniors, a membership group supported by Sausalito Parks and Recreation. Edgewater Seniors has two meetings per month in the Edgewater Room in the City Hall building. The first Tuesday is a business meeting and the third Tuesday is a social meeting. Both meetings are followed by a lively game of card bingo. There are over 20 members from Sausalito and Southern Marin who also enjoy a monthly outing to lunch or an event. If you would like to learn more, click [HERE](#).
Note: The first meeting in July is being moved to the second Tuesday due to the holiday.

The plaque reads: President Mary Ann Griller, With deepest gratitude for your service, Edgewater Seniors Club, 2023



The best way to store sliced bread to keep it fresh

Excerpted from [TastingTable.com](https://www.tastingtable.com)

If you plan to eat your loaf of sliced bread within three to four days, go ahead and leave it on the counter, in a bread box, or in a pantry in the original plastic it came in. Just make sure it's kept in a cool place or mold will happily inhabit your bread in no time. Because mold thrives in temperatures above 70 degrees Fahrenheit, you should never store it on top of your refrigerator or near the stove. However, if it will take you longer than a few days to finish the loaf, storing it in the freezer is the better option for keeping your bread fresh.

While the cooler temperatures of the refrigerator can prevent mold growth, refrigerating your bread isn't recommended. The cooler temperatures of the refrigerator cause the starch molecules in your bread to return to their crystallized state, consequently allowing moisture to escape and turning the bread hard.

Freezing temperatures, however, are less favorable for

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more than refrigerated bread. Frozen bread will never go bad, although it will taste best if eaten within six months. You can simply put the whole loaf in the freezer in its original packaging. If you want to make it easier to grab individual slices (since they will stick together once frozen), place wax paper between each slice before freezing the loaf. To defrost your bread, whether the whole loaf or a few slices, leave it in the refrigerator overnight or let it thaw on the countertop for a couple of hours. For a quicker method, you can microwave a few slices of bread for 15 to 25 seconds. You can even put frozen bread slices straight into the toaster without thawing beforehand.



Happy Canada Day! Now, what is it???

Excerpted from The Evening Standard.com

Canada Day is a national holiday that is celebrated on July 1. It marks the day in 1867 when three colonies became a single entity called Canada within the British Empire.

within the empire.

The holiday was originally called Dominion Day but was renamed in 1982 under the Canada Act, which meant the government in London could no longer make changes to constitutional law, creating full Canadian sovereignty.



Why do dolphins sleep with one eye open?

Excerpted from Interesting Facts.com

Metallica lyrics notwithstanding, most humans would find it impossible to sleep with one eye open. Dolphins, on the other hand, can't sleep any other way. That's because, unlike us, they don't breathe automatically and have to remain conscious in order to do so actively. The solution to this predicament is called unihemispheric slow-wave sleep, in which one half of the brain rests while the other remains awake. When the right half of a dolphin's brain is sleeping, its left eye is closed, and vice versa; they periodically alternate which side of the

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While sleeping, dolphins may rest motionless or swim slowly and steadily near the water's surface.



Mesmerizing photos of Bryce Canyon National Park - 10 minutes



FREE rides to the Marin County Fair on Marin Transit!

Get ready for an amazing summer in Marin County! From **Thursday, June 30th to Tuesday, July 4th, 2023**, Marin Transit is offering **FREE**

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the Marin County Fair! So gather your friends and family and make the most of this opportunity to explore the County and enjoy the fair without any financial barrier.

FREE entrance to the Marin County Fair for seniors TODAY!

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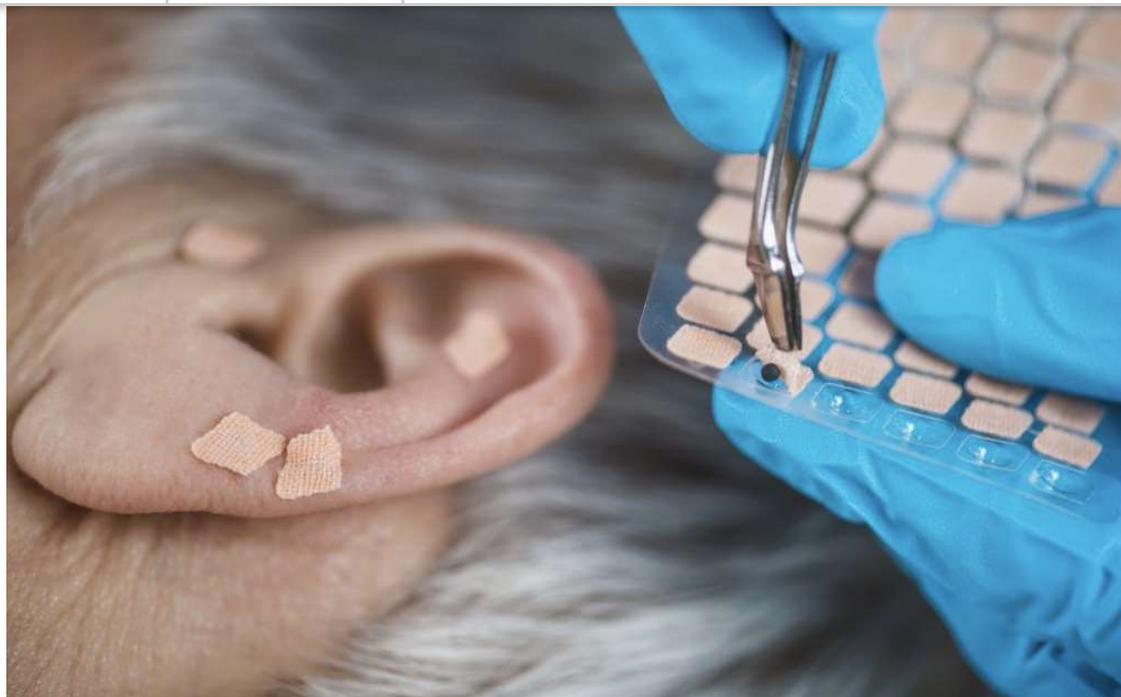
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**FRIDAY, JUNE 30 IS FREE ADMISSION DAY
FOR ADULTS 65+
VETERANS AND
CHILDREN UNDER 12**

**MARK THE DATE ON YOUR CALENDARS AND VISIT
THE FAIR WITH YOUR NEIGHBORS, FRIENDS, OR
FAMILY, OR COME WORK AT THE FAIR.**



What is ear seeding?

Excerpted from Health.com

Ear seeding, which is sometimes called auricular acupressure, is a noninvasive technique that stimulates pressure points on the ear. The goal is to target specific pressure points to help alleviate symptoms and improve your overall health.

While ear seeding is similar to auricular acupuncture, it does not involve the use of needles. Instead, tiny seeds are placed on acupressure points on your ear to stimulate nerve pathways to your brain and prompt your body's natural healing mechanisms to kick in.

Although ear seeding may seem like a new technique to address anything from insomnia to obesity, it has actually been around for many years. Some of the earliest mentions of ear seeding date back to 221 B.C. in traditional Chinese medicine (TCM).

Ear seeding is based on the belief that your entire body and its systems (nervous, reproductive, digestive, etc.) is represented in your

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with the head represented by the earlobe and the body and internal organs falling along the ridges of your ear.

Ear seeding, which is relatively safe, can be done by a licensed acupuncturist or with a DIY kit at home. If you are considering ear seeding, talk to a healthcare provider first to determine if it is right for you.



added to the slang dictionary

Excerpted from Dictionary.com

A *manther* is the male version of a cougar, or a middle-aged woman who lusts after younger men. *Manthers* are older men who pursue partners significantly younger than them.



The rising interest in human composting

Excerpted from CBS.com

In the garden of her home in Bellingham, Washington, Marie Eaton is always able to find something she lost. "When I come out to garden, he's there," she said. "And every time I'm under one of the maples, I think, 'Oh yeah, Wayne, you're here.'"

Instead of being buried or cremated, Wayne had chosen a relatively new alternative: natural organic reduction, more simply known as

SOIL.

Some of it is spread under the Japanese maples in Marie Eaton's yard. "It's beautiful, like beautiful, beautiful mulch," she said.

"What do you say to people who will hear this and say, 'That just sounds a little creepy or a little strange'?"

Eaton replied, "I might invite them to think a little bit about what traditional burial involves, which is embalming a body, putting it inside a lead-lined coffin, and putting it into a concrete vault in the ground, as though we were pretending the person's not dead. That, to me, is much more creepy than this process of naturally becoming part of the soil again."

For Eaton's brother, that process happened at Recompose in Seattle, the first human composting facility in the country. CEO of Recompose, Spade, is a former architecture student who was instrumental in Washington State becoming the first in the nation to legalize human composting in 2019. Five other states (Colorado, Oregon, Vermont, New York and California) have followed, and there are now a handful of companies offering this service.

Human composting is considered an environmentally-friendly choice, a way to minimize death's carbon footprint. Today, according to the National Funeral Directors Association, most Americans choose to be cremated (59%) or buried (36%), which involves burning fossil fuels and toxic chemicals.

Human composting is one of the few innovations in death care in more than a century. So far, about 300 people have used Recompose's services, which cost about \$7,000. The soil created, which fills the bed of a pickup truck, can be taken by the family, or donated to forest conservation efforts.

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Life saving video: Recognize the signs of stroke FAST



SV Volunteer will pick up your donations

SV volunteer, Kathleen Maher, is available on Mondays to pick up your donations from your home. She will be delivering them to Marin City's Women Helping All People's - <https://whapmc.org/> Finder's Keepers Shop.

Contact Kathleen directly at kemnjca@gmail.com to make arrangements for

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About Finders's Keepers: WHAP's "Finders Keepers" Shop is a free give-away thrift store for clothing and household goods. Everyone is welcomed to keep items that they find in the shop and donations in good condition are accepted. The shop's hours of operation are Monday – Thursday, from 11 a.m. to 3 p.m. and it is located on the second patio of 69 Cole Drive building.





What are the most common surnames in the world?

Excerpted from InterestingFacts.com

What are the world's most popular surnames? It's a big question, to be honest. Naming conventions vary across the globe. Folks in some countries, such as Mongolia, don't have surnames at all. In other places, like Hungary, the so-called "last name" comes first. Meanwhile, in Russia and elsewhere, the spelling and pronunciation of a name may depend on your gender. And sometimes a surname can change with each passing generation, as in Iceland.

All of this complicates tracking the world's most common surnames. The task is made even more challenging by the fact that if we were to simply stick to raw totals, this list would contain only names from China or the Indian subcontinent. (After all, those regions are home to one-third of the world's population.)

Instead, we looked at the most popular surnames from different geographic regions: Asia, the Middle East, South America, and so on.

1. Wang - 104 million

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3. Nguyen - 26.4 million
4. Ahmed - 25.7 million
5. Kim - 18.8 million
6. Rodriguez - 9.2
7. Gonzalez - 9.8 million
8. Smith - 4.5 million
9. Johnson - 3.1



One of the germiest parts of the airplane may surprise you

Excerpted from Southern Living.com

One of the dirtiest areas of a plane is your seat back pocket. According to Brenda Orelus, also known as Flight Bae B, a professional flight attendant who is popular on YouTube and TikTok for her travel insights, those pockets are a part of the cabin that's hardly ever

Orelus says that the seat back pockets are dirtier than the lavatories, the seat cushions, and even the tray tables. (Which, according to many studies, are much germier than you may think.) Unless someone gets ill on the plane or has a major coffee or soda spill, the seat back pockets typically go uncleaned from flight to flight—unlike the bathrooms. While the airline cleaning crew will remove trash, magazines, and other items travelers leave behind in the pockets, the area isn't sanitized regularly. And you can probably imagine all of the stuff people stash inside those pockets...or, maybe don't. I'm not trying to freak anyone out.

While you can try to clean off the back pocket with an antibacterial wipe (some pockets are made of fabric, which makes it a bit harder), our advice is to try and avoid this area entirely, if possible. You don't need to look at that airline safety card—rather listen carefully to the flight attendant or watch the safety video. Traveling with children? This might be a spot to try and keep little hands from exploring. And if you can't resist pulling out that inflight magazine, make sure you sanitize your hands before you enjoy your complimentary bag of pretzels.

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Enjoy this previously taped Stretch and Strengthen with Rayner class and don't forget to join us for the next live zoom class! The next class will be July 3 and every other Monday after that at 11am. RSVP on the Sausalito Village event calendar for the zoom link ONLY if you are attending for your first time.
www.SausalitoVillage.org

IN ADDITION: Rayner teaches via zoom for Vivalon on Tuesdays. Classes are free, but you must sign up as a Vivalon member. Here is the link: <https://vivalon.org/about/Vivalon-membership/>



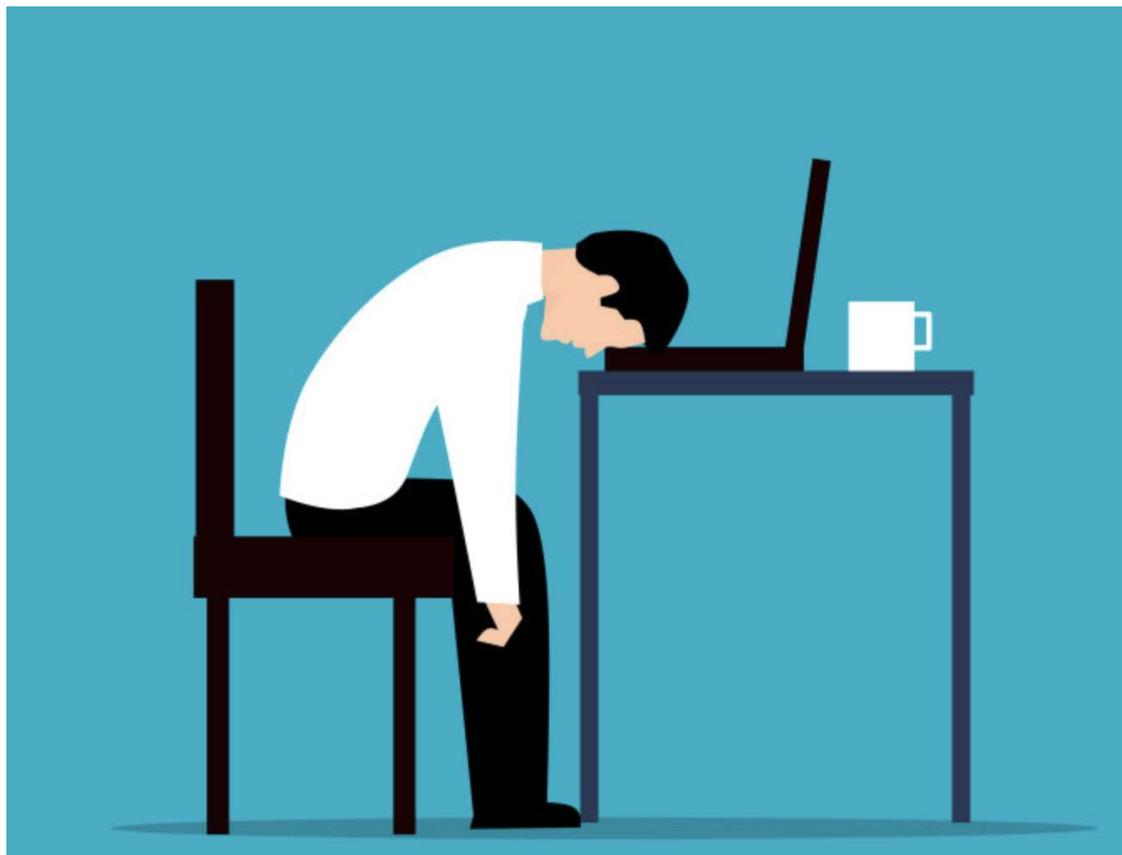
HICAP (the Health Insurance Counseling & Advocacy Program)

Thursday, July 6, 6:00 - 7:00 pm

Hosted by Marin County Law Library

Please join the Marin County Law Library to learn about HICAP's services for older adults: HICAP (the Health Insurance Counseling & Advocacy Program) offers free, one-on-one Medicare counseling. Trained volunteer counselors can answer your questions and help you understand your Medicare rights and benefits, including how to appeal denials of coverage; Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; and long-term care insurance. Legal help and representation at Medicare appeals or administrative hearings are also available. Frank Nelson is the HICAP regional program manager.

[Click to register.](#)



Suffering from laziness? Try these tips

Excerpted from JerusalemPost.com

Acknowledging laziness: The first step to overcoming laziness

The first step to overcoming laziness is to recognize it and learn about your own habits. You can focus on behavior, routine and thinking patterns to understand in which areas you tend to be lazy.

The one-minute principle

The one-minute principle is a powerful technique that can help a person overcome laziness.

A person should aim to commit to spending just one minute on a task that they have been avoiding. Often, the hardest part of a task is

and even finish it.

Establish a regular routine

Establishing a regular routine can help you overcome your laziness.

Determining specific times for work, exercise, relaxation and other activities can help to instill self-discipline and reduce procrastination of tasks.

The Pomodoro technique

The Pomodoro technique is accredited with improving time management skills, which leads to increased productivity.

This technique dictates that tasks should be divided into 25-minute sections with breaks in-between called 'Pomodoros.' The breaks should be short.

This method can help maintain attentiveness to the task and reduce the feeling of fatigue.

Self-discipline to control laziness

Laziness can often stem from a lack of self-discipline. This is why it is important to train yourself to avoid giving in to the temptations of procrastination and distractions.

This can be achieved through setting deadlines and prioritizing tasks that will increase focus and discipline.

Celebrate achievements - even if they are small

Celebrating and rewarding yourself for progress along the way can help to reinforce positive behavior. This can motivate you to continue the path and beat laziness.

Adopt a "growth" mindset

When a person focuses their thinking on "growing," learning and improving, instead of being discouraged by obstacles they see, tasks can be seen as an opportunity to rise higher.

Adopting the idea that personal development is a lifelong journey, can help to continue your personal journey and thus you invite progress



Sweet video of wolf pups practicing their howls



We'll give you a famous item, and you have to name the museum where it's currently located.

1. *The Starry Night*
2. The Rosetta Stone
3. Hope Diamond
4. Prince's "Blue Angel" Cloud 2 electric guitar
5. *Viva la Vida*
6. *American Gothic*

Answer at the bottom of the newsletter.



NYC Highline Park is being expanded



Top 5 Fruits the Longest-Living Folks on Earth Eat Regularly for Healthy Aging

Excerpted from Well+Good.com

According to Dan Buettner, a National Geographic reporter, longevity expert, and founder of the Blue Zones, there's no doubt that fruits and vegetables play a vital role in the diet of many of the longest-living people in the world. As such, Buettner recommends that folks aim to consume a 95 percent plant-based diet.

Today, we're honing in on the best fruits for longevity with the help of Buettner's extensive research on the topic. But first, a word to the wise: *All* fruits are considered nutrient-dense, meaning they're packed with key nutrients that can help boost your overall health and when consumed long-term, your longevity. The ones Buettner's outlined for us here are simply the most common in the five Blue Zones regions (meaning calling these eight delicious options the "healthiest fruits of all" would be far beyond superlative).

1. Avocados: They're a great source of healthy fats, fiber, carotenoids, and antioxidants.

2. Bananas: One word: Potassium. Along with potassium, bananas are also high in magnesium. Together, these two nutrients can help promote restful sleep, so it might be a good idea to nosh on a banana before heading to bed.

3. Bitter melons: Folks in Okinawa eat this fruit regularly. They're super hydrating, and can potentially help regulate glucose levels.

4. Lemons: Lemons and longevity go hand in hand. One reason why? This citrus-forward fruit has loads of polyphenols that have been linked to anti-aging benefits.

5. Papayas: This fruit is high in fiber and has been shown to help boost gut health (a key indicator of healthy aging), promote regularity, and reduce constipation.



The 5-step “military method” for falling asleep in minutes

Excerpted from The Big Think.com

So, what is this magic technique? Below we lay out the military method’s steps to a good night’s sleep. It’s deliberately designed to be easy and efficient, so anyone can start tonight.

1. **Relax your face.** Focus on your forehead, your eyes, your cheeks, your jaw, and so on. Feel the tension held in them and consciously push it away.
2. **Drop your shoulders.** Let your arms flop down and your shoulders relax. Imagine there is a soft, warm wind gently pushing your arms down.
3. **Take a deep breath.** Slowly inhale and let it out. As you do so, focus on how it relaxes your stomach. Don’t try to hold your stomach in; let it all out.
4. **Relax your legs.** The warm wind is back, and this time it’s gently easing your legs down. Let your legs sink into the bed or the floor.

5. **Clear your mind.** There are a few ways to do this. For instance, try to visualize some calming images, like lying by a flowing river or staring at the clouds. If that doesn't work, try saying the words "don't think" over and over for about 10 seconds. If you get distracted, don't get angry; just pull your mind back to one of those two techniques.

Practice makes perfect

What does the science say about the military method of sleep? It turns out that the U.S. Army might be on to something. Stages 1, 2, and 5 are otherwise known as "progressive muscle relaxation," and evidence suggests it's a good way to induce a calm, peaceful state. What's more, the breathing techniques in stage 3 and the "guided imagery" of stage 5 have been shown to "enhance relaxation states, and improve overall well-being."

But there's also a hidden benefit lurking within the military method, and that's the fact that it's a *method*. Research has shown that keeping a routine is one of the best ways to improve your sleeping habits. It could be reading before bed, taking a shower, or doing some light exercise. The point is that routine itself is important. So give the military method a go, but don't expect instant results. It can take between two and six weeks to become an expert — enough time for it to become routine. Stick at it, and you might just wake up feeling well-rested.



The Only Way To Prevent Your Grapes From Shriveling and Rotting

Excerpted from [SimplyRecipes.com](https://www.simplyrecipes.com)

Table grapes typically go bad when they are contaminated by microbes such as fungi, yeast, and bacteria.

“You can tell if they've gone bad by the smell (sour or vinegar-like), sight (shriveled, since grapes lose moisture as they age, brown in color, or oozing juice if the skin has cracked), or taste,” says registered dietitian nutritionist Theresa Gentile, MS, RDN, CDN, a spokesperson for the Academy of Nutrition and Dietetics.

If your grapes just have a frosty-looking white sheen to them, they are actually OK to eat. That powdery-looking coating—called bloom—is a natural substance that seals in the fruit’s moisture and protects against insects and bacteria.

First, make smart choices at the grocery store. When you’re shopping for grapes, look for ones that are plump and round and firmly attached

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wrinkly.

Once you get them home, don't wash grapes until you are ready to eat them. Washing produce adds moisture, which creates ideal conditions for spoilage. If you always wash your produce before you put it in the fridge, then be sure to dry it well first.

"Keep grapes in the back of your crisper drawer in the refrigerator, where it's nice and cold, in a ventilated bag," says Gentile. The one they come in at the store is a good choice or you can opt for a reusable cotton, mesh, or muslin bag.

Don't store grapes near apples, avocados, tomatoes, or other types of produce that release ethylene. That's a gas produced by some produce that can cause sensitive fruits and vegetables to ripen more quickly.

"You also want to pick off any grapes that look like they are starting to decay, as they will infect others on the stem," Gentile says. "Stored this way, they could last up to three weeks."



over 5 hours!

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FRIDAY PUZZLE

ANSWER

Answer to today's puzzler:

1. Museum of Modern Art in New York
2. The British Museum in London
3. National Museum of Natural History in Washington, DC
4. The Rock & Roll Hall of Fame in Cleveland
5. Frida Kahlo Museum
6. The Art Institute of Chicago

Have a puzzle to share? Send it to SausalitoVillageTips@gmail.com



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