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Laurie leading the SV Line Dancers in the Parade

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to: SausalitoVillageTips@gmail.com

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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 9 - Line Dancing Workshop
 - July 10 - Safeway shopping trip
 - July 11 - Line Dancing Mixed Level
 - July 13 - Line Dancing Beginning Level
 - July 17 - Stretch and Strengthen with Rayner
 - July 19 - Trip to Dollar Tree and Sprouts
 - July 19 - Film Group
-

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Happy birthday to our Sausalito Village members celebrating in July!

Holly Bacuzzi - Don Beers - Gale Brewer - Carol Chandlee

Christine Durbin - Don Flory - Beth Garbutt

Holland Gray - Brad Hathaway - Flo Hoylman

Judy Holmes (90+) - Roy Johnson - Linda Ojeda

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Jim Ward - Kathleen Watson - Pat Zuch

If you are an active member or volunteer and do not see your birthday listed, please let us know! We don't want to miss you next year.

Email SausalitoVillageConcierge@gmail.com



SV Film Group watch and discussion

WHEN: Wednesday, July 19th, 2pm start (discussion after 93 minute film)

WHERE: Sausalito Presbyterian Church Hall

RSVP: <https://sausalito.helpfulvillage.com/events/3954>

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the next film group. This will be an in-person event only.

You Hurt My Feelings is a 2023 American comedy-drama film written, directed and produced by Nicole Holofcener. It stars Julia Louis-Dreyfus, Tobias Menzies, Michaela Watkins, Arian Moayed and Jeannie Berlin.

The film was shot in New York City in May 2022. It had its world premiere at the 2023 Sundance Film Festival on January 22, 2023, and was released in the United States on May 26, 2023, by A24. The film received general acclaim from cinema critics.

Plot: Beth struggles with a lack of self-confidence, and her marriage with unsuccessful therapist Don is affected by a betrayal. Before this, they had a peaceful but co-dependent relationship, which makes their only child uncomfortable. Beth's sister helps her cope with the pain, possibly because of her own struggles with husband Mark, who is a struggling actor.



Slideshow of Sausalito Village in the 4th of July Parade



The one thing you should always do when joining public wifi

Excerpted from the SheFinds.com

Turn On a VPN

Public Wi-Fi is often an open network that anybody can connect to with no password, says Joe Cockroft, the Senior Student Supervisor at North East Business Resilience Centre, a police-led, not-for-profit organization that provides 24/7 cyber security support to SMEs. “For this reason, it is difficult to know who you are sharing the network with,” Cockroft says. “Furthermore, it allows malicious users to establish a copycat Wi-Fi network that looks and feels the same, but is actually stealing and manipulating your data. Once connected to a public Wi-Fi network, legitimate or not, your data is no longer secure and can be viewed by anybody on that network. This is why you should use a VPN.”

What is a VPN?

VPN stands for Virtual Private Network, and to put it simply, Cockroft explains, it works by sending all of your data through an encrypted tunnel that is very difficult for malicious users to decode.

anyone nearby that wants to see it,” he adds. “But when you are connected to a VPN, your traffic will be a mess of random characters that don’t mean anything to anyone, other than the VPN server you are connected to. A VPN server can be located anywhere in the world (and most will allow you to choose which one you want to connect to) and is what your data is tunneled through. This also acts to protect some of your privacy online, as your traffic will look to originate from this server, as opposed to the public Wi-Fi network (or even home network) that you are connected to.”

Turning on a VPN is a very important step before joining public WiFi, but to keep yourself even better protected, Karl Robinson, CEO and founder of Logicata, recommends taking two more precautions.



PG&E news update - Enhanced Powerline Safety Settings

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As the weather begins to warm, vegetation dries, humidity drops, and breezy to gusty winds occur, we are implementing additional safety measures to reduce the potential for ignition and wildfire.

Enhanced Powerline Safety Settings (EPSS) are advanced safety settings that allow our powerlines to automatically turn off power within one-tenth of a second. This can occur when there is a hazard, like a tree branch falling into a powerline, an animal, mylar balloons, or other objects into electric lines that may cause an ignition.

These settings are in place in high fire-risk areas and some adjacent regions. These settings are a proven wildfire prevention tool. In 2022, there was a 68% reduction in ignitions on EPSS-enabled powerlines. By stopping ignitions, we help prevent wildfires from starting and spreading.

If ignitions occur, the size of fires are much smaller thanks to EPSS. In 2022, there was a 99% decrease in acres impacted by ignitions, despite dry conditions.

[Please see this helpful link explaining EPSS settings in more detail](#), what PG&E customers can expect, what can cause outages, and several helpful customer resource links to reduce the impacts of EPSS outages:

- Portable batteries
 - Generator and battery rebates
 - Devices for easy and safe connection to a generator
 - Safety tips and personalized emergency plans
-



Wednesday Night Live in Sausalito - July 12

All are invited to a free Wednesday Night Live concert at Cascais Plaza from 5:30 to 7:00 p.m. on **Wednesday, July 12**. Featured performers the Equinox Group will play a mixture of upbeat and familiar jazz and pop tunes. Wednesday Night Live is produced by the City's Economic Development Advisory Committee, in partnership with the City of Sausalito and local restaurants and merchants. Cascais Plaza is located at 750 Bridgeway in front of Sausalito Center for the Arts.



5 simple Apple Watch tips and tricks everyone should be using

Excerpted from BGR.com

Find your iPhone: Losing the phone around the house is not uncommon. If you usually forget where you placed it, the Apple Watch lets you quickly find it. By opening the Control Center (sliding your finger up with watchOS 9 and pressing the Side Button on watchOS 10), tap the phone with the waves icon to hear your iPhone beeping near you.

Apple Watch can take photos: Don't laugh if anyone says you can take pictures using your Apple Watch – it's true. If you search through your App Library, you'll find a Camera icon. From there, you can control your iPhone's camera. Using your Watch, you can select a timer, which camera you're planning to use, in addition to flash and live photo settings. The wearable even mirrors what the iPhone is displaying so you can look your best before taking the photo.

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feature to the Apple Watch that you should be using to this day: handwashing detection. If it's not turned on by default, go to your Watch Settings, search for "Handwashing," and turn it on. Once you start washing your hands, the wearable will detect that and start a 20 seconds timer – which is the recommended amount of time to clean your hands perfectly.

Unlock your Apple Watch with iPhone: iPhone users can unlock their Apple Watch models. Have you ever put your Watch on your wrist and forgot to type your passcode? Worry no more. On the Watch app on your iPhone, go to Passcode and tap "Unlock with iPhone." That said, when your iPhone is unlocked, and your Watch is on your wrist – in the range of your phone – the Apple Watch will be unlocked.

Apple Pay: Apple's payment system isn't exclusive to your iPhone. Open the Watch app and then the Wallet section. Add your cards there to pay using your Watch. Just double-tap the side button and select your card. With watchOS 10, you can add a card right from your Watch.



How To End a Conversation: 15 Polite Phrases, According to Psychologists

Excerpted from Parade.com

1. "I'm sorry I haven't been able to talk long, but I've loved our chat."
2. "I need to head out, but let's catch up soon."
3. "I really want to talk about this with you, but I'm exhausted."
4. "I'd love to chat more, but I've got to run to my next thing."
5. "I've loved our chat, but I should let you get back to your day."

Read the rest [HERE](#)

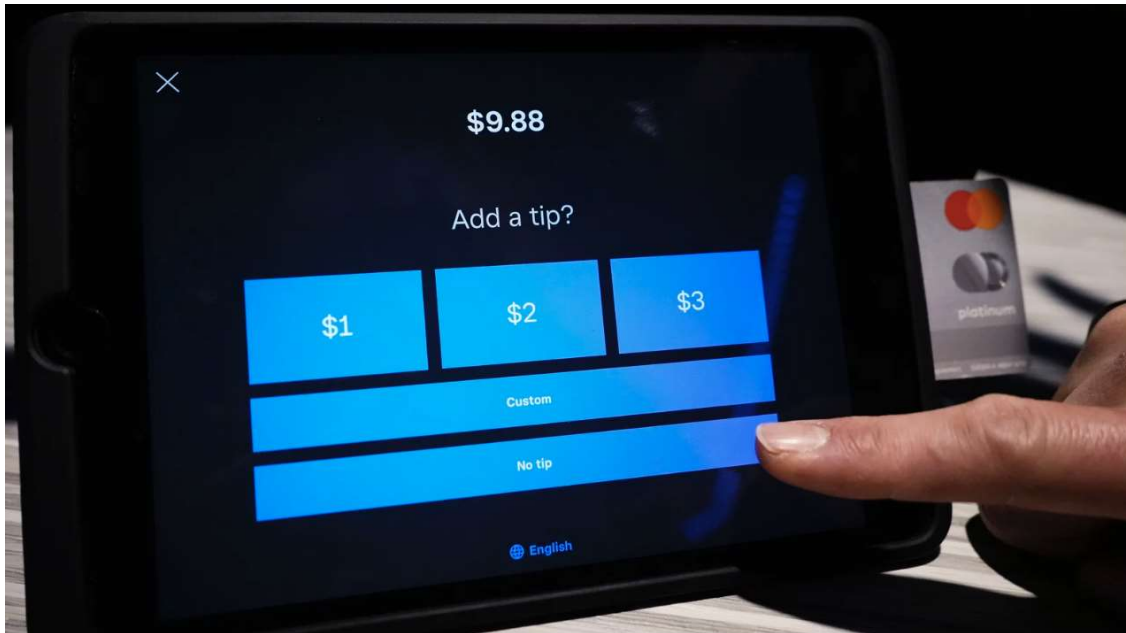


5 Richest families in the world

Excerpted from BankingRates.com

1. Walton Family - Company: Walmart
Net Worth: \$224.5 billion
2. Mars Family - Company: Mars (candy)
Net Worth: \$160 billion
3. Koch Family - Company: Koch Industries (conglomerate)
Net Worth: \$128.8 billion
4. Al Saud Family - Company: Saudi Royal Family (oil)
Net Worth: \$105 billion

[Subscribe](#)[Past Issues](#)[Translate ▼](#)Net Worth: \$94.6 billion



To tip or not tip? Has it gotten out of control?

Excerpted from NPR.com

Tipping is on the rise across the U.S. as more and more businesses have started asking for a little extra: Fast food restaurants, grocery stores, plumbers, online retailers, stadiums, and even self-checkout machines are now asking for a tip these days. So what tipped off this situation? How, exactly, did we get to the place where we're tipping 20% for our takeout burritos and airport Doritos?

Reason #1: The pandemic

"It goes back to the pandemic," says Shubhranshu Singh, a professor at Johns Hopkins Business school. He says during the pandemic, we started tipping people we didn't use to tip and we started tipping more than usual as a way to support essential workers at a time of crisis.

At the same time, says Singh, the technology around how we pay has been changing. Mix that with the pandemic-era culture shift around tips, and it makes for a powerful combination.

"Now the screen turns," says Singh. "And that person who gave service to you is in front of you and there is this social pressure."

And that social pressure is powerful. Singh points out that when it is absent, we don't tip. In the case of Uber and Lyft, where customers are asked to tip after their ride is complete, more than 60% of customers don't tip at all and those who do tip, typically tip around 5-10%.

Reason #3: The job market (+ inflation)

And even though customers are complaining, businesses aren't fighting it because of the third main driver of tip-flation: the job market.

Jung says restaurants, coffee shops and other service businesses have been competing tooth and nail for workers, luring them in with better benefits and higher pay. At the same time, businesses are trying to keep prices as low as possible with price-sensitive customers reacting to any sign of inflation. In other words, tipping is a way to pay workers more without actually paying them more ... so restaurants can keep prices low.

But tipping culture might be reaching a tipping point. A survey from Bankrate found that two-thirds of customers now have a negative view of tipping. And this year, tips are down nearly 10% for restaurant servers. So while we're tipping for airport snacks and footlong subs, we're giving less to the workers whose pay depends the most on tips.

But even if tip-flation starts to reverse course, don't expect to pay less. If tipping goes away, Jung says, companies will need to raise workers' wages in an official way. And they will pay for that by adding fees to what you buy or ... the old fashioned way: by raising prices.



World's oldest national newspaper prints final edition after 320 years

Excerpted from TheGuardian.com

Wiener Zeitung, a Vienna-based daily newspaper, will no longer print daily editions after a recent law change meant it had ceased to be profitable as a print product.

The law, which was passed in April by Austria's coalition government, ended a legal requirement for companies to pay to publish public announcements in the print edition of the newspaper, terminating Wiener Zeitung's role as an official gazette.

This change resulted in an estimated €18m (£15m) loss of income for the publisher and has forced the paper to cut 63 jobs, including reducing its editorial staff from 55 to 20.

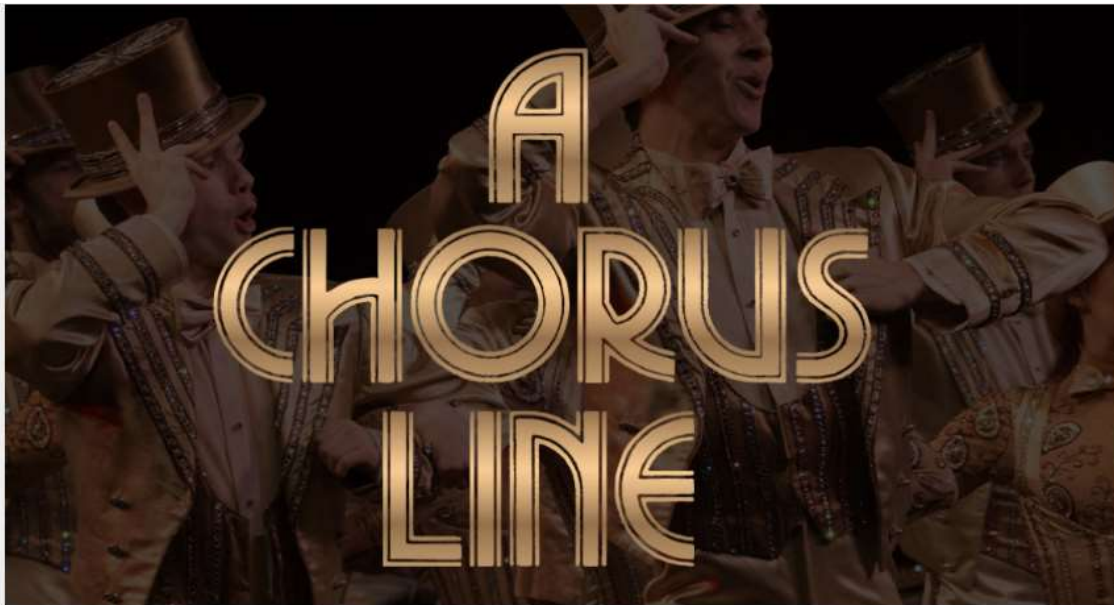
The newspaper, which is owned by the Austrian government but is editorially independent, began publishing in August 1703 and has seen out 12 presidents, 10 kaisers and two republics.

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the news “without any oratory or poetic gloss”.

In 1768 it reported on a concert starring an “especially talented” 12-year-old. His name was Wolfgang Amadeus Mozart.

When Austria was defeated in the first world war, the paper published a special edition with the abdication letter of the last Habsburg emperor, Kaiser Karl.



SV Trip to SF Playhouse for A Chorus Line

Open to all SV Members and Volunteers ONLY

WHEN: Sunday, August 13th, 2pm matinee

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.

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.



Do the Atlantic and Pacific Oceans mix?

Excerpted from Live Science.com

"The short answer is yes! The waters are constantly mixing," said Nadín Ramírez, an oceanographer at the University of Concepción in Chile. The Pacific and Atlantic mix at different speeds in different places, and climate change may actually be changing those speeds.

Imagine watching a spiral of cream dissolve into coffee: The liquids mix, but slowly. That's approximately what's happening in pictures that show a line between different ocean waters. On one side, the water may be saltier, cleaner or colder; it takes time to average out those differences.

To speed things up, imagine stirring that coffee vigorously. The cream dissolves much faster. That's what happens in the ocean with strong winds and big waves.

In the open ocean between South America and Antarctica, the boundary between the Pacific and the Atlantic is famously choppy; the Drake Passage is known for waves that can reach 60 feet (18 meters) tall. "That improves the mix," Ramírez said.

Waters also mix in the ocean's depths. Daily tides drag water back and forth across the bumpy seafloor. But waters from different sources can also move around the ocean without mixing much at all. The ocean is "like a cake with different layers," Ramírez explained, "but the layers are water." These layers, which have different properties based on where the water came from, are called clines.

In the middle layer, away from both the surface and the seafloor, the waters mix more slowly because there is less turbulence.



How to Easily Share Your Wi-Fi Password Using iOS and Android Devices

Excerpted from CNET.com

How to share your Wi-Fi password on Apple devices

As long as you've got the latest operating system, Apple devices play quite nicely with one another, and it's simple to share your Wi-Fi password with other Apple devices using your iPhone.

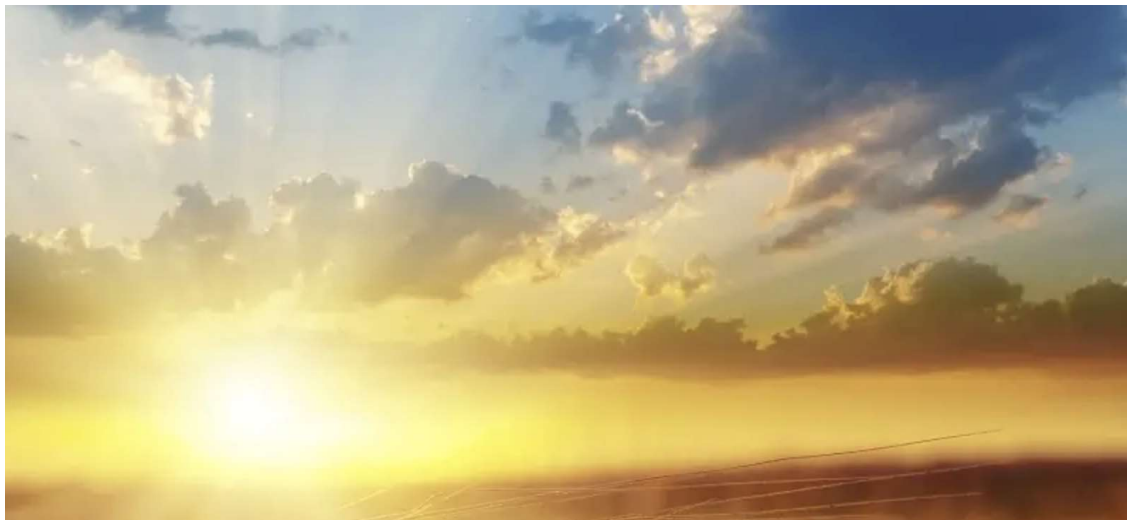
Note: Your guest will need to have the email address associated with your Apple ID saved in their contacts, and you will need theirs saved in yours, to share your Wi-Fi password.

- 1. Ensure Wi-Fi and Bluetooth are enabled on both devices.**
Keep the devices close while connecting, within 10 feet or so of each other, and close enough to your router to get a strong signal.
- 2. Connect your device to the Wi-Fi network you want to share.** You're likely already connected to your primary home network. But if you're having visitors use a guest network, you'll

a guest network is a good idea; [here's how to create one.](#))

3. **Have your guest find your network on their device.** They'll need to go to **Settings > Wi-Fi** and tap on the network. Pro tip: This is the moment of payoff if you have a silly or witty Wi-Fi network name.
4. **Accept the prompt on your phone.** A message will pop up on your iPhone asking if you want to share your password. Tap the **Share Password** button to accept, then **Done**. Your guest's device is now connected to your network.

Have an Android phone? Click to read the rest of the article [HERE](#)



Avoiding heat illness

Excerpted from SeniorsAtHome

swings in temperature, due to prescription medications that can impact the body's ability to regulate temperature, or chronic medical conditions. The National Institute on Aging shares health factors that may increase a person's susceptibility to hyperthermia, including:

- Poor blood circulation
- Heart, lung, and kidney diseases
- Any illness that causes general weakness or fever
- High blood pressure
- Being extremely overweight or underweight

What are the best ways to stay safe in rising temperatures?

Seek out air-conditioning. If your loved one doesn't have air-conditioning in their home, contact your local health department or senior center to ask about air-conditioned spaces that are available to the public.

Stay hydrated. Remind them to drink more water than usual, and not to wait until they feel thirsty to drink. When in doubt, ask them to consult their doctor about how much water they should be consuming.

Avoid using the stove or oven, which can heat up their home. This is a great time for salads or sandwiches!

Dress for the heat. Suggest loose, lightweight clothing for breathability.

Reduce activity levels. Ask your loved one to save strenuous walks for cooler days, and make sure they're getting enough rest.

Stay in touch. Heat-induced illness can cause people to feel confused or even lose consciousness. Check on your older loved one twice a day during extremely hot weather.

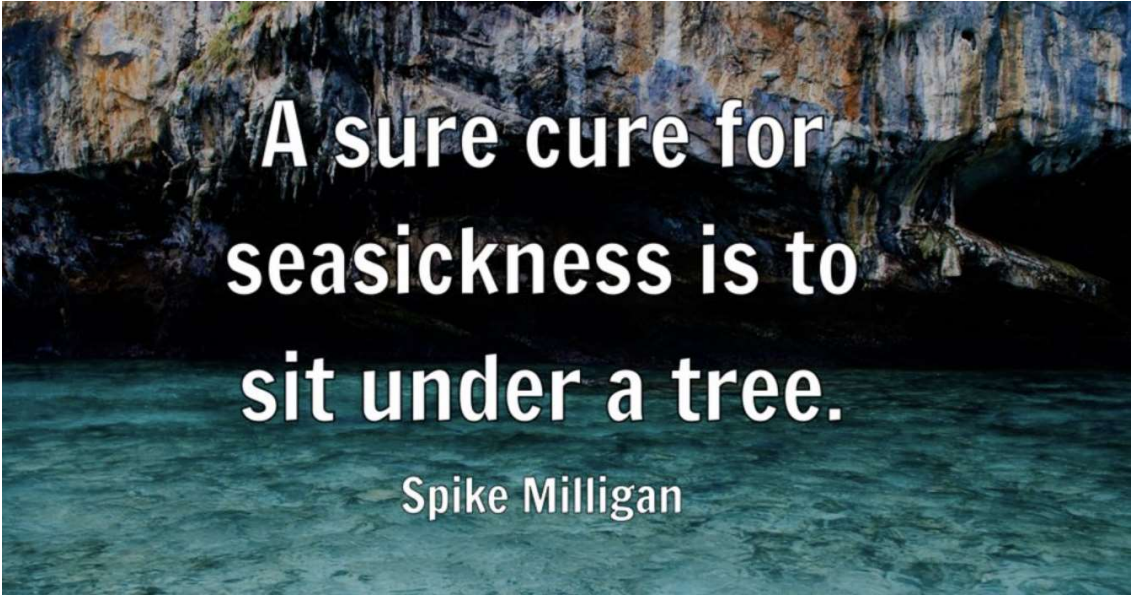
Stay informed. Keep an eye on the local news for extreme heat alerts so you can help your loved one prepare accordingly.

Enjoy these summer days and stay safe out there!

Seniors At Home is part of Jewish Family and Children Services and offers support to you and your family. Offering caregivers, personal assistants, and other resources are only a

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related to aging and senior care, call us at 415-449-3777 or contact us online [HERE](#)



A sure cure for
seasickness is to
sit under a tree.

Spike Milligan



Excerpted from MorningBrew.com

Joey Chestnut inhaled 62 hot dogs and buns in 10 minutes to win the 2023 Nathan's Famous Hot Dog Eating Contest yesterday—not his personal best of 76, but still impressive considering a two-hour weather delay in Coney Island threw him off his routine. Chestnut has won every July Fourth hot dog eating contest except one since 2007, cementing his status among the best athletes of his generation. In the women's division, Miki Sudo downed 39.5 dogs for her ninth victory.



Cassius is now 120 years old!



How to propagate succulents

Excerpted from ArchitecturalDigest.com

Simply put, the propagation process is a method of creating new plants. This process happens naturally, but you can also propagate succulents on your own to add to outdoor or houseplant collections (which means free plants!). As propagation goes, succulents are very easy. There are three main methods of succulent propagation: using the stem; the leaf; or something called pups, which are essentially baby plants.

Stem propagation method:

To start, take a good look at the mother plant. You'll notice that new

off near the base, revealing a bare stem. On that bare spot, there will be nodes or horizontal bands where the old leaves were attached. This area is called meristem tissue. One of the most amazing things about succulents is that this tissue contains nonspecialized cells that have an almost magical ability to sprout into new plant parts.

Go an inch or two below one of these bands and make a cut in the stem with sharp, clean pruning shears. Now you have a stem cutting. Set this cutting on top of the soil and out of direct sunlight for a few days to let them callus over. Then, grab a pot, stick the cutting with the cut end down into a couple inches of soil, and make sure that it's well anchored. Baldwin says "If the plant stands up you're good." The soil should be moist, but not wet.

Read the entire article including the leaf and pup propagation methods [HERE](#)



Marin leads Bay Area in aging of populations census data say

Excerpted from Marin IJ.com

The populations in all nine Bay Area counties outpaced the country in their upward median-age swing, the data show. Marin County climbed to a median age of 48.2 — a full decade older than the region's young in Santa Clara County.

By comparison, the U.S. median age rose about 1.5 years from 2012 to 2022, according to the new census data.

What's behind the Bay Area trends? The explanations point primarily to one thing.

"We have one of the worst affordable-housing crises in the country, and one of the highest costs of living," said Abby Raisz, research manager at the Bay Area Council Economic Institute, an economic policy think tank.

In Marin, young people are being repelled by the sky-high cost of living and are not drawn back by compelling job prospects. In 2022, Marin had a median age more than nine years above the national median.

Marin was almost five years older than the second-oldest Bay Area county, Sonoma, which had a median age of 43.3.

When counties have a significantly older population, it can strain local resources. Seniors are less likely to work full time and therefore contribute less to income tax revenue, experts say. But at the same time, they rely heavily on public services, such as access to good health care.

"Cities and counties that don't get ahead of this (aging trend are) ... going to find themselves with a health care catastrophe as these older people don't have access to the health services they need," said Matthew Lewis, director of communications for the pro-housing group California YIMBY.

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only seems to be getting older. It's a trend that experts believe is likely to continue into the future.

"The birth rate is just continuing to slow," Raisz said. "The implications for the (future) labor force are pretty dramatic and drastic."



Christopher Walken's dance moves in 50 film clips



Cultivating compassion through practice

Excerpted from PsychologyToday.com

Compassion is not something we're either born with or not. It's a skill that can be strengthened through exercise and practice.

Here are a few tips they and others suggest:

- **Look for commonalities.** Rather than focusing on how different you are from others, try to identify what you have in common. Consider the commonalities you have with everyone—for instance, that we all share the human experience. Would you believe that simply tapping your fingers to the same rhythm as a stranger increases compassionate behavior? Research (Valdesolo & Desteno, 2011) shows it does.
- **Encourage cooperation over competition.** One study (Liberman et al., 2004) showed that describing a game as a “community game” increased players' levels of cooperation and sharing behavior, while calling the same game the “Wall Street game” made the players more ruthless and less honest.
- **See people as individuals rather than abstractions.** When asked to support an anti-hunger charity, research (Small, 2007) showed that people were more likely to give money after reading a story about a particular starving girl than after reading statistics on widespread starvation. In other words, take Mother Teresa's advice about looking at “the one” over “the mass.”
- **Believe in your power to do good.** When we believe we're able to make a difference, we are less likely to suppress feelings of compassion.
- **Notice how good compassion feels.** Take a moment to feel the dopamine and oxytocin reward rush that comes when you take compassionate action.
- **Relax judgments about yourself and others.** Try taking a both/and, rather than either/or, approach. Everything isn't all “right” or “wrong,” “good” or “bad.” Life can be great and hard at the same time, and we're all doing the best we can.

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or react impulsively when someone is speaking. Likewise, don't try to fix everything always or all at once; sometimes the silence needs to speak.

- **Talk or write about what and who you are grateful for.** Research (Sandstone & Sandone, 2010) shows gratitude also boosts happiness, social well-being, and health outcomes.
- **“Set an intention” meditation.** Meditation teacher Jack Kornfield suggests that setting our intention is like setting the compass for our heart. Consider developing a compassion meditation; ask yourself: What is bringing you to the practice today? What do you want for yourself? What do you want for your life? What do you have to offer the world?
- **Lead by example.** Research (Zacki, 2016) suggests that compassion is contagious, so if you want to help cultivate compassion in others, live it in your own life.



Enjoy this NEW 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 17 and every other Monday after

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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/>



How to get out of a timeshare presentation when on vacation

Excerpted from Explore.com

Timeshare presentations lure people in with appealing incentives, and the reps who put them on know exactly how to make guests feel welcomed and, at times, compelled to go along with the process. Because of this, it can be challenging to get out of a presentation once you're there. However, there are a few things to keep in mind. Firstly, you have complete agency. If you want to leave at any point during the presentation, no matter how pressured you feel to stay, you are free to do so. If anyone tries to block your exit, you have every right to call the police. Hopefully things won't come to that, though.

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If a sales representative tells you that a presentation is only 20 minutes long, you can take note of the time and even set a timer on your phone. Your vacation time is precious and if a certain time frame was the expectation that was set, then you can absolutely hold the rep to it. Don't feel pressured into signing anything on the spot. If you truly want to consider an offer, then take the document with you and look it over when you have more room to breathe or even have an attorney look it over with you. Don't be shy to say "no" also. Sales representatives will be persistent if they think you are genuinely mulling something over. If you're certain you don't want a timeshare, say so clearly and without hesitation.

The reason that people sit through timeshare presentations is because of the freebies and perks that sales representatives offer to lure people in. They'll offer anything from free flights, free restaurant gift cards, free hotel stays, travel points, and more. You can still get some of the freebies offered, though, even if you don't buy a timeshare. The site Lifehacker offered tips and opened the comments for feedback on how people still got the perks without getting roped into anything. "My wife is the same and wants to do this almost every time we go to Vegas," user @thatdamnpaul wrote in the comments about going to timeshare presentations. "We usually hit up one the first or second morning we're there and have scored free Cirque tickets, dinners, even casino chip credits." Many users agreed that it's good to attend with another person and have roles clearly defined, with one of you acting as the tough guy, who has agreed to say "no" under every possible circumstance. That way you won't get talked into anything and can still walk out with the gift.



Older people requiring less sleep is a myth

Excerpted from Interesting Facts.com

A myth about getting old is that as we age, humans need less and less sleep, somehow magically subsisting on six hours or less when we enter our senior years. The truth is that the amount of sleep a person needs is only altered during childhood and adolescence as our bodies need more energy to do the tough work of growing. Once we're in our 20s, humans require the same amount of sleep per night for the rest of their lives (though the exact amount differs from person to person). In fact, the elderly are more likely to be sleep-deprived because they receive lower-quality sleep caused by sickness, pain, medications, or a trip or two to the bathroom. This can be why napping during the day becomes more common as we grow older.

A graphic with a dark blue background and a white border. The text "FRIDAY PUZZLE" is written in white, bold, uppercase letters. A white horizontal line is positioned below the text.

FRIDAY PUZZLE

Now that New Jersey will be the only state where you can't pump your own gas, here are some questions about the unique characteristics of other US states.

1. The only state...whose three largest cities start with the same letter.
2. The only state...whose name can be typed on just one row of keys.
3. The only state...whose capital city has a population of more than 1 million.
4. The only state...that borders six other states and another country.
5. The only state...that has no letters in common with the name of its capital.
6. The only state...whose postal abbreviation consists of two vowels.

Answer at the bottom of the newsletter.

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3D Animation Reveals What Paris Looked Like When It Was a Roman Town



Can Breathwork Help You Avoid Altitude Sickness?

Excerpted from OutsideMagazine.com

Voluntary Isocapnic Hypoventilation Training (VIHT)

how much and how fast you breathe—consciously taking in less air than what your body requires. VIHT creates a mild state of controlled oxygen deprivation, which enhances your ability to tolerate the lower oxygen levels you might experience at higher altitudes. It can help to prepare for a high-altitude environment and best to start at least a few weeks in advance of your planned trip(s).

HOW TO DO IT:

Find a comfortable seated position in a quiet space. Close your eyes and bring your awareness to your breath. Begin by taking slow, deep, controlled breaths, focusing on drawing the air in gently and exhaling with ease. Gradually decrease the depth and frequency of your breaths. If you begin with a 5-second breath, experiment with reducing the count to 2-3 seconds. Adjust the count to find a pace that feels comfortable for you, where you are consciously taking in less air than you are used to. Start with a shorter practice session, such as 3-5 minutes, and gradually increase the duration as you become more comfortable with the technique.

Pursed Lip Breathing

Pursed-lip breathing promotes a slower exhalation which helps increase airway pressure and maintain more consistent oxygen levels in the blood. By engaging the muscles of the lips, cheeks, and upper airway, pursed-lip breathing enhances the uptake of oxygen and ensures stable oxygen levels in the body.

HOW TO DO IT:

Start by taking a slow, deep breath in through your nose, and then purse your lips as if you were blowing out a candle. Exhale slowly and gently through pursed lips, making the exhalation longer than the inhalation. Repeat this pattern for several breaths. Practice pursed-lip breathing regularly, especially during physical activity or when you experience altitude sickness symptoms.

Diaphragmatic Breathing

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increased oxygen intake.. By activating the parasympathetic nervous system, this breathing technique promotes relaxation and counters the stress response commonly experienced in high-altitude environments. Regular practice of diaphragmatic breathing enhances respiratory coordination, supporting lung function and reducing altitude-related symptoms.

HOW TO DO IT:

To perform diaphragmatic breathing, start by taking a slow, deep breath in through your nose, allowing your wall of the abdomen to expand as you fill your lungs with air. Exhale slowly through pursed lips, gently pressing on your abdomen to push out the air. Focus on fully expanding and contracting your diaphragm with each breath. Repeat for several minutes, allowing your body to relax and your breathing to become more efficient.

Box Breathing With Breath Holds

Breath holding exercises create an oxygen deficit in the body. Over time, your body adapts, improving oxygen utilization and tolerance to lower oxygen levels. These exercises promote the strength and endurance of your respiratory muscles, and stimulate the release of erythropoietin (EPO), which boosts red blood cell production and enhances oxygen-carrying capacity.

HOW TO DO IT:

Find a comfortable seated position. Inhale deeply through your nose for a count of four, filling your lungs with air. Hold your breath for a count of four. Exhale slowly through your mouth for a count of four, emptying your lungs completely. Lastly, hold your breath for another count of four. Repeat this sequence several times, focusing on the rhythmic pattern of your breath and allowing yourself to relax and find inner calm.

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Beach music



Answer to today's puzzler:

1. Ohio (Columbus, Cleveland, and Cincinnati)
2. Alaska
3. Arizona (Phoenix)
4. Idaho
5. South Dakota (Pierre)
6. Iowa (IA)

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

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