

galebrewer@comcast.net

From: Sausalito Village <sausalitovillagetips@gmail.com>
Sent: Friday, July 28, 2023 7:39 AM
To: galebrewer@comcast.net
Subject: Sausalito Village Weekly Newsletter

Flag Status: Flagged



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

Are you forwarding this newsletter to a friend?
Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com



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 31 - Stretch and Strengthen
- July 31 - Private showing of SCA exhibit
- August 1 - Line Dancing Mixed level
- August 3 - Line Dancing Beginner

August 6 - Line Dancing workshop
August 6 - Tales of the Trails



Private Tour - Sausalito Center for the Arts
Newest Showing July 31

WHEN: Monday, July 31, 1:00pm-2:00pm
WHERE: SCA, 750 Bridgeway
RSVP: <https://sausalito.helpfulvillage.com/events/3991>
Need a door to door free ride? Call CARSS 415-944-5474 48 hours
ahead for this event

The SCA welcomes ArtSpan to the shores of Sausalito!

ArtSpan believes in the power of art to enrich lives. For 30+ years ArtSpan has championed an inclusive art experience and provided diverse audiences with an authentic connection to local art and artists.

The Sausalito Center For The Arts is thrilled to welcome to our shores, the emerging and established artists who contribute to San Francisco's inimitable creative energy.

This is a multi media exhibit featuring a variety of San Francisco's most creative artists.

Unable to make the private tour? The show runs through August 13. Visit Wednesday through Sunday 11am-5pm. Free admission. SCA is located at 750 Bridgeway (previously BofA building)



How to Enjoy Solitude Without Feeling Lonely

Excerpted from the [PsychologyToday.com](https://www.psychologytoday.com)

Solitude is distinct from loneliness, a feeling of emptiness or sadness arising from a perceived lack of desired connection with others. While we think of loneliness as a negative emotional state, solitude can be a positive and enriching experience.

It's essential to strike a balance between solitude and social interaction. Too much alone time can lead to loneliness and adverse effects on mental health. Different individuals have varying needs for solitude, and finding the right amount that aligns with your well-being is essential for leading a fulfilling life. If you'd like to experience the benefits of solitude, consider these suggestions.

1. Schedule daily time for solitude.

Plan some time to be with yourself daily to enjoy the benefits of solitude. For instance, in the morning, plan to meditate for 10-20 minutes when you first wake, before you look at your text or email or talk with anyone. In the evening, plan to take 30 minutes to write in a journal to reflect on your day, or try video journaling; find out more [here](#). At lunchtime, go for a walk by yourself and come back refreshed.

2. Be aware of self-judgments about taking time for yourself.

It's common to have self-judgments about taking time for yourself. Wanting to be alone can be seen as selfish or anti-social; you should think about others and do things for them instead. You might think you're too busy to take time for yourself or that being alone wastes time. Compassionately confront these self-judgments and counteract them with positive statements, like that being alone will refresh and revive you to be more present with others, or that taking time for oneself is essential for self-care and mental health.

3. Practice self-awareness.

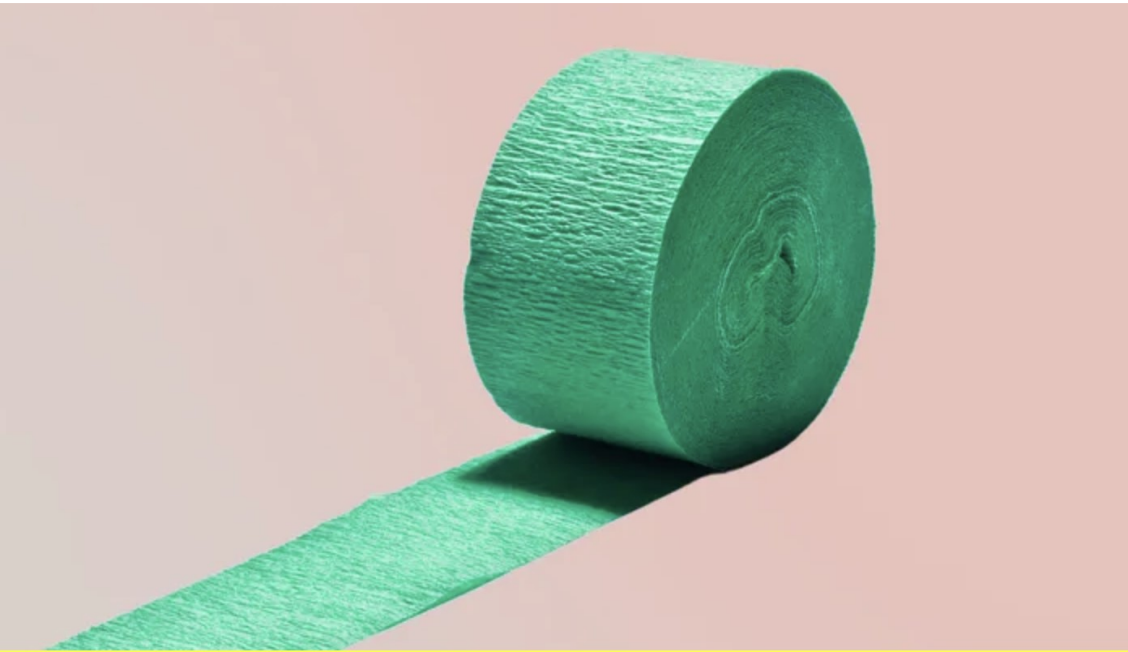
Mirror meditation is a practice done in solitude to help people take a quantum leap into greater self-awareness and develop more compassion and confidence in how they relate to themselves and others. My book, *Mirror Meditation: The Power of Neuroscience and Self-Reflection to Overcome Self-Criticism, Gain Confidence, and See Yourself with Compassion*, has some great exercises for developing a deeper and more rewarding relationship with yourself.

For starters, grab a cup of coffee and hang out with yourself as you look in the mirror. There's no way to do it wrong. Keep an open mind

and be curious because you might be surprised by what you discover about yourself.

Taking the time to build a solid supportive relationship with yourself has many rewards: It will enhance all your other relationships personally and professionally, and help you be more discerning about how you spend your time with others—and with whom.

After all, your longest relationship in life will always be with yourself.



Why does your skin get crepey when you age?

Excerpted from HuffingtonPost.com

Any ultraviolet exposure, even from tanning beds, can lead to the formation of

crepey skin. “It’s really not the sun itself — it’s ultraviolet radiation,” board-certified dermatologist Dr. Shani Francis explained. “Any type of ultraviolet radiation exposure is going to damage and degrade the collagen and the elastin tissues.”

Genetics play a factor, too. “If you look at your parents, if they have crepey skin, you know you need to start the process of preventing a little bit earlier,” Francis said.

According to Marmon, many women begin to notice crepey skin around the time they hit menopause because the drop in estrogen during that time speeds up the decrease in collagen and elastin, resulting in a thinning of the skin with a loss of moisture and fat.

Wearing sunscreen may seem like the obvious way to ward off crepey skin, but Francis said another method may be more effective. “You can’t see light through your clothes — that’s better,” she said, “Sunglasses, a hat, those things are always better than sunscreen because they’re on and in place. Sunscreen doesn’t last. It’s not permanent. Sun protection instead of sunscreen is much more comprehensive. I always tell people, think of sunscreen as your last line of defense.”

You want to make sure the moisturizer you pick also contains water to rehydrate the skin. “Water is the number one hydrator,” Francis said. “A big mistake people make is coating skin with oil when they’re already dehydrated because all that’s going to do is improve the barrier.” Francis particularly loves products with niacinamide, a form of vitamin B3, as a way to help alleviate the appearance of crepey skin. It can also be taken as a supplement.

Read the full story [HERE](#)



Noam Chomsky Teaches a MasterClass on Critical Thinking & Media Literacy



Big cat boss among finalist for Comedy Pet Photography Awards

Excerpted from LiveScience.com

Countless pet owners claim that their dog or cat is the funniest animal on the planet. And those assertions might actually not be too far from the truth, as evidenced by the 2023 finalists of the Comedy Pet Photography Awards. From a poodle flying through the air to a kitty sticking its tongue out to the camera, house pet hijinks have reached a whole new level.

The winners of the contest will be announced August 11.

See all of the finalists [HERE](#)



One-On-One Technology Training for Sausalito Village Members

Having problems with your computer? iPhone not working properly? Would you like to learn something new on the internet? If so, we have a new program for Sausalito Village members to receive free one-on-one technology training from July until December. This opportunity is available to all Sausalito Village members and volunteers.

CALL TODAY TO SCHEDULE A FREE SESSION

If you would like free one-on-one technology training please call Wendy to schedule a session at (415)332-3325.

Multiple sessions available

Contact Wendy today at 415-332-3325 for your One-On-One Session



Have you heard of Bach's Coffee Cantata??

Excerpted from InterestingFacts.com

Johann Bach is remembered as one of the world's greatest composers, known for orchestral compositions such as the *Brandenburg Concertos*. But one of Bach's lesser-known works is *Schweigst stille, plaudert nicht* ("Be Still, Stop Chattering") — a humorous ode to coffee popularly known as the Coffee Cantata. Written sometime in the 1730s, Bach's opera makes light of fears at the time that coffee was an immoral beverage entirely unfit for consumption. In the 18th century, coffee shops in Europe were known to be boisterous places of conversation, unchaperoned meeting places for young romantics, and the birthplaces of political plots. A

reported lover of coffee, Bach wrote a 10-movement piece that pokes fun at the uproar over coffee. The opera tells the story of a father attempting to persuade his daughter to give up her coffee addiction so that she might get married, but in the end, she just becomes a coffee-imbibing bride.



Some recent event photos



Private tour by Jerry Taylor of the renovated Ice House



Group at Rancho Nicasio 'Asleep at the Wheel' SV Trip





Gender equality helps increase longevity for women and men

Excerpted from NiceNews.com

According to a study in PLOS Global Public Health, researchers from the George Institute for Global Health and Imperial College London compared gender equality in 156 countries between 2010 and 2021 — the first worldwide study to examine how gender equality and life expectancy for women and men may be associated. They used a modified global gender gap index (mGGGI), based on the one developed by the World Economic Forum, to examine gender equality through the lens of politics, economics, and education. The study found

that improvements in gender equality in education were associated with longer life expectancy in both women and men.

Based on the conclusions of the study, while increasing gender equality initially benefits women in regards to life expectancy, it also later extends to men. Statistically, women live longer than men. With increased equality, they stand to see the most short-term benefits, which widens the life expectancy gap. But looking long-term, men’s life expectancy also grows over time in a society with gender equality, shortening the life expectancy gap between genders.

Though the fight for global gender equality is far from over, the study’s findings are a hopeful reminder that everyone prospers in societies where women are provided more opportunity.



Everything we know about Coyotes is wrong!

We are all invited to join NEXT SF Village for a talk to set the record straight.

WHEN: August 9, 2023, 1:00pm-2:00pm

WHERE: Zoom

REGISTER: <https://www.monami.io/calendars/next-village/events/everything-we-know-about-coyotes-is-wrong-wednesday-august-9-2023/registrations/new>

About the program:

Urban Coyotes; How to keep pets safe and rodents nervous

Coyotes are one of the most fascinating wild mammals on earth and yet even though they are commonly found in many of our urban communities, myths and fears about their behaviors persist.

Join Keli Hendricks, Project Coyotes' Ranching With Wildlife Coordinator, as she replaces myths with facts and helps us better understand, appreciate and live peacefully alongside the coyotes in our midst.

- Keli Hendricks and her husband Dean live and work on a cattle ranch in Sonoma County. Keli is a long time volunteer with Sonoma County Wildlife Rescue and VP of Little Trooper Ranch, a non profit animal rescue. She also serves on the Sonoma County Fish and Wildlife Commission. Keli was named Volunteer of the Year for Sonoma County in 2022 for her tireless work on behalf of people, pets and wildlife.



Hearing aids may reduce your risk of dementia by half

Excerpted from CNN.com

For people facing a greater threat of cognitive decline, getting hearing aids could cut your risk in half, according to a new study.

Cognitive decline is a reduction in abilities that can range from mild impairment to dementia, according to the US Centers for Disease Control and Prevention, and dementia is a big problem across the globe.

“As everyone lives longer, the number of people with dementia over time are going up,” said co-principal investigator of the study Dr. Frank Lin, professor at Johns Hopkins University School of Medicine and the Bloomberg School of Public Health.

Over the past decade, research has established that hearing loss is one of the biggest risk factors for developing dementia, but it wasn’t clear whether intervening with hearing aids would reduce the risk.

Everyone’s hearing declines with age, Lin said. But why might that increase dementia risk?

There are three mechanisms researchers think may be at play, he said.

One is that if the cochlea wears out over time, the inner ear may be sending garbled signals to the brain, which has to work harder and redistribute brain power to understand what it’s hearing, Lin said.

“That’s why people always say it sounds like people are mumbling at me,” he added.

Another is that hearing loss may have structural impacts on the brain’s integrity, and parts may be atrophying or shrinking faster — and that is not good for the brain, Lin said.

The last possible mechanism is that if you can’t hear very well, you might be less likely to go out and participate in social activities.

“We’ve long known that ... staying really engaged in commonly social activities is very important for maintaining our cognitive health as well,” Lin said.

Read the entire article [HERE](#)



SV Tales of the Trails - "Brazil Off the Beaten Path"

When: Sunday, August 6th, 7pm

Where: Zoom

Registration information: <https://sausalito.helpfulvillage.com/events/3953>

This months SV hosted travel presentation will feature Carla W. sharing photos from her trip to Brazil.



Sweat Equity

Excerpted from CostcoMagazine.com

Everyone sweats. Whether it's due to nerves, exercise, work or just a really hot day, our pores open and release fluid, so we can cool off by evaporation.

"Sweat just means that your body temperature is elevated and you need to stay hydrated," says Costco member Christopher Minson, a professor in the Department of Human Physiology at the University of Oregon.

When we can't sweat, or sweat when we don't need to, it's time to worry.

Excessive sweating without apparent cause (hyperhidrosis) is more socially disruptive than harmful, and usually treatable with medications. Night sweats are associated with menopause, but also with more serious conditions, such as certain cancers. If you experience them, it's wise to follow up with a doctor visit.

You should also be alarmed when you can't sweat (anhidrosis), says Dr. Lewis Nelson, chief of the Division of Medical Toxicology at Rutgers New Jersey Medical School, as this can lead to heat exhaustion and heatstroke, with serious impacts on the body and brain. A range of congenital or genetic conditions can have an impact on the ability to sweat, as can a variety of conditions, including psoriasis, burns, Parkinson's disease and multiple sclerosis.

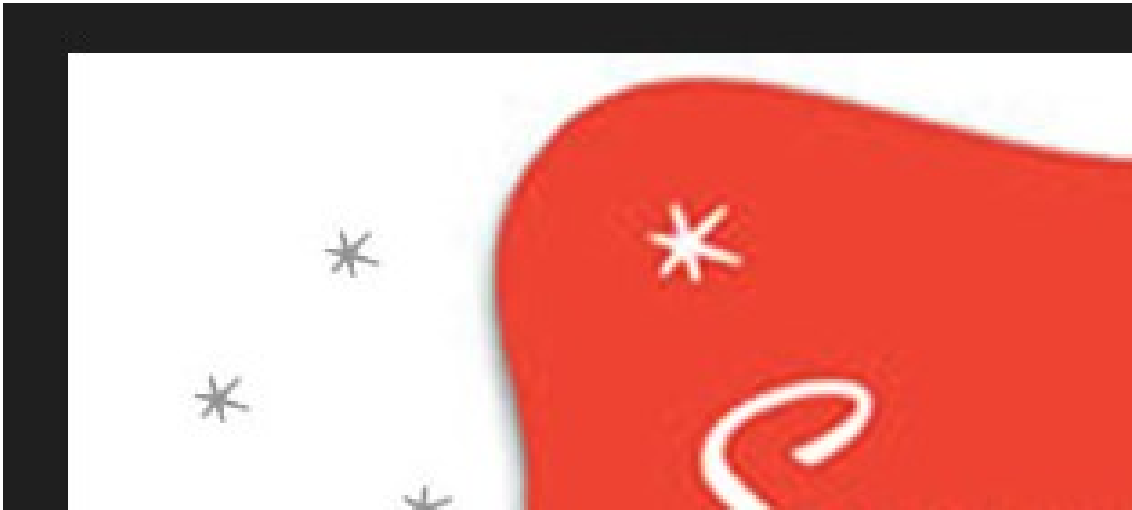
Sweat can pull critical substances like sodium and magnesium from the body. Too much sweating without replacing lost fluids can lead to heat exhaustion, with spasms, muscle cramps, nausea and tiredness. Go beyond that point and you run the risk of heatstroke, which can be fatal.

Minson points out that sweating removes critical electrolytes, and adds that as

the body’s temperature increases, key proteins begin to break down, with a serious effect on the brain.

“The key thing is to replace the body’s lost fluids and electrolytes,” says Dr. S. Max Vale, a clinical assistant professor in the University of Washington School of Medicine’s dermatology division. “Stay away from anything with alcohol in it, as alcohol is a diuretic [as is caffeine]. In extreme circumstances, you can also go to electrolyte solutions like Gatorade and Powerade, but under most conditions, you’ll want to stay with water.”

Adds Minson. “Listen to your body: If you’re feeling thirsty, drink!”



Summer Supper Club!

- WHEN:** Wednesday, August 23, 5pm-7pm
- WHERE:** Sausalito Presbyterian Church Patio
- WHO:** Open to SV Members and Volunteers only
- PRICE:** \$20 includes complete meal
- RSVP and PAY:** <https://sausalito.helpfulvillage.com/events/3993>

Chef Joey is back in the kitchen and he and his partner, Pastor Paul, will be opening the patio (inside if it is too hot or rainy) to serve up another of his special dinners.

These sell out so sign up and pay now! **Open to SV Members and Volunteers only due to space restrictions.**

What will Chef Joey be serving? It is always the question of the hour. Whatever looks freshest at the market when he shops! If you have dietary restrictions, please put these in the comment box when you register or email SausalitoVillageRSVP@gmail.com.

Parking is TERRIBLE in the area. The only disabled spots will be used by the CARSS drivers to provide door to door rides. Please sign up for CARSS unless you are able to walk to the venue or don't mind parking and walking to the event. Call as early as possible to reserve your ride so Wendy has time to organize the drivers, please. Call 415-944-5474 no later than 48 hours ahead.



Photos from past Supper Club



Office building trivia

The Surat Diamond Bourse has opened in Surat, India, as a “one-stop destination” for 65,000+ diamond pros (~90% of the Earth’s diamonds are cut in Surat).

This building is massive and, at 7.1 million square feet of floor space, it’s now the world’s largest office building.

Our question: What office building was previously the world’s largest? You’ve heard of it.

Answer at the bottom of the newsletter.















Check out AARP's Scam Tracking Map

The AARP Fraud Watch Network Scam-Tracking Map shows scams reported in your area in real time. ALSO Report your scam to warn your neighbors and see what else has been reported near you.

Click [HERE](#) to open the page shown below

AARP Fraud Watch Network Scam-Tracking Map

Date occurred ▼	Scam type	Contact method	Zip code	Amount lost	Details
Jul 17, 2023	Travel and Vacation	Internet/Email	94530	\$0-100	VIEW DETAILS 
<div>Spouse filled out a form to renew his passport online on a fraudulent 'passport renewal' website that was listed at the top of a google search for "renew passport". He listed ALL his personal vital information including his mother's maiden name. Then the site charged him \$92.00 for his time. The credit card company sent us a text noting it was a possible fraud so we kept our \$92.00 but the criminals now have ALL they need to create all kinds of mayhem. Things we did: 1. froze credit 2. changed passwords to all banking online acct's 3. canceled credit card. Other steps but can't remember. So stressful knowing all that is out there.</div> <div></div> <div>Learn more about Travel scams > Signup for the latest scam alerts ></div>					
Jul 17, 2023	Government	Internet/Email	94613	\$0-100	VIEW DETAILS 
Jul 7, 2023	Fraudulent Sales	Phone	94123	\$0-100	VIEW DETAILS 
Jul 6, 2023	Legal Advice and Services	Internet/Email	94801	\$0-100	VIEW DETAILS 
Jul 3, 2023	Fraudulent Sales	Internet/Email	94901	\$0-100	VIEW DETAILS 
Jun 29, 2023	Impostor / Grandparent Scams	Phone	94805	\$0-100	VIEW DETAILS 
Jun 24, 2023	Fraudulent Sales	Internet/Email	94702	\$1001-5000	VIEW DETAILS 
Jun 19, 2023	Government	Internet/Email	94945	\$0-100	VIEW DETAILS 
Jun 18, 2023	Telephone and Mobile Services	Phone	94612	\$5001+	VIEW DETAILS 
Jun 16, 2023	Government	Mail	94607	\$0-100	VIEW DETAILS 

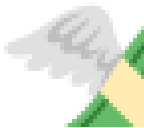
Would you like to speak to a fraud specialist? AARP’s Fraud Watch NetworkTM Helpline is a free resource for getting guidance you can trust, free of judgment.

Call the AARP Fraud Watch Network Helpline 1-877-908-3360 M–F 8 a.m. – 8 p. m. ET



Free Financial literacy course by Khan Academy

Hey there, learners!
Khan Academy is excited to announce the launch of their new FREE Financial Literacy course designed to empower learners like you with the knowledge and skills you need



to take control of your financial future.
[Start the course](#)

Whether you’re trying to understand your first paycheck or you’re looking into investment options, take our course to master key financial literacy skills.

- You will learn about:
- How interest rates work
 - Tax brackets, deductions, credits, and how to fill out all those forms

- How credit scores affect your ability to borrow money
- The best strategies for reducing debt
- Creating a budget (and sticking to it!)
- When to start saving for retirement

The free course includes:

- Videos and articles that answer your top questions
- Detailed instructions
- Exercises to test your understanding and reinforce your learning



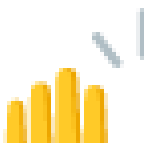
This is just a glimpse of what our Financial Literacy course offers. From budgeting to investments, loans to insurance, we cover a wide range of topics to help you make informed financial decisions.

Remember, it's never too late or too early to start learning about your finances. Empower yourself with the essential financial skills you need today by using Khan Academy!

Best,
The Khan Academy team

P.S. This course is made possible by founding sponsor Walmart and additional support

provided by Intuit and Capital One. Thank you!





Why are movie previews called 'Trailers'?

Excerpted from NiceNews.com

Movie previews are called “trailers” because they were originally shown after the movie. In the early days of moviegoing, you didn’t just buy a ticket for one feature-length film and leave once the credits started rolling. You were instead treated to a mix of shorts, newsreels, cartoons, and, eventually, trailers — which, per their name, played after the movie rather than before — with people coming and going throughout the day. The idea for trailers came from Nils Granlund, who in addition to being a business manager for movie theaters worked as a producer on Broadway, which explains why the first trailer was actually for a play: 1913’s *The Pleasure Seekers*. Today there are production houses that exclusively make trailers and are

handsomely rewarded for their efforts, sometimes to the tune of millions of dollars.



Research and Progress: Healthy Aging in Marin County

*A community forum hosted by
Assemblymember Damon Connolly
and Supervisor Mary Sackett*

FREE - REGISTER TODAY!



**Assemblymember
Damon Connolly**



**Supervisor
Mary Sackett**

**Thursday, August 3, 2023
1:30-3:30 p.m.**

**Marin County Civic Center
3501 Civic Center Drive,
Room 330 (Board Chambers)
San Rafael, California 94903**

Register through Alzheimer's Association [HERE](#)



Finnish Hobby Horse Championships 2023



Some Excess Weight Is Healthy for Older Adults

Excerpted from ScientificAmerican.com

As we grow older, our body composition changes. We lose muscle mass — a process that starts in our 30s and accelerates in our 60s and beyond — and gain fat. This is true even when our weight remains constant. Also, less fat accumulates under the skin while more is distributed within the middle of the body. This abdominal fat is associated with inflammation and insulin resistance and a higher risk of cardiovascular disease, diabetes, and stroke, among other medical conditions.

“The distribution of fat plays a major role in determining how deleterious added weight in the form of fat is,” said Mitchell Lazar, director of the Institute for Diabetes, Obesity and Metabolism at the University of Pennsylvania’s Perelman School of Medicine. “It’s visceral [abdominal] fat [around the waist], rather than peripheral fat [in the hips and buttocks] that we’re really concerned about.”

Experts are more concerned about a lack of activity in older adults who are overweight or mildly obese (a body mass index in the low 30s) than about weight loss. With minimal or no activity, muscle mass deteriorates and strength decreases, which “raises the risk of developing a disability or a functional impairment” that can interfere with independence, said John Batsis, an obesity researcher and associate professor of medicine at the University of North Carolina School of Medicine in Chapel Hill.

Weight loss contributes to inadequate muscle mass insofar as muscle is lost along with fat. For every pound shed, 25% comes from muscle and 75% from fat, on average.

One large, well-regarded study found that older adults at either end of the BMI spectrum — those with low BMIs (under 22) and those with high BMIs (over 33) — were at greater risk of dying earlier than those with BMIs in the middle range (22 to 32.9).

The study’s conclusion: “The WHO healthy weight range may not be suitable for older adults.” Instead, being overweight may be beneficial for older adults, while being notably thin can be problematic, contributing to the potential for frailty.



What Is an “Irish Exit”—and Is It Considered Rude?

Excerpted from Readers Digest.com

An Irish exit is when you leave a social situation (a party or larger gathering, for

example) without saying goodbye to your host or to other guests.

Also known as an Irish goodbye, it seems to have several origin stories, although one thing is certain: “It’s a term we wouldn’t use in Ireland, so it’s purely an American term,” notes Irish author, Judith McLoughlin.

McLoughlin points to the 19th-century Irish Potato Famine and the exodus of Irish people, though, as a possible basis for the term blossoming stateside. “It was a very sad time, and the Irish goodbye could have come from that: the sadness of departing and leaving Ireland and never being able to see your loved ones again,” she says.

Of course, there’s another theory. There might be some truth to the term originating with hard-partying Irish Americans. “The Irish have a reputation of drinking a lot—which is true!—but this is more of an Irish American twist.” The idea here is that a person would have had so much to drink that they just needed a quick escape from the party to avoid any embarrassment over how much they had consumed.





People are just realizing iPhone ‘super silence’ trick stops spam calls – but won’t block people you know

Excerpted from TheU.S.Sun.com

A simple iPhone settings tweak can instantly protect you from frustrating (and dangerous) spam phone calls.

Step One: Make sure you're running iOS 13 or later.

To check if you've got the update, go to Settings > General > Software Update.

Step Two: Go into Settings > Phone and then scroll down.

Step Three: Tap Silence Unknown Callers and then switch the toggle to the green "on" position.

Now incoming calls from *unknown* numbers will be automatically silenced.

The callers will still be able to leave voicemails, and they'll appear in your recent calls list.

Thankfully incoming calls from contacts and your recent call-out list will still come through.

Apple recommends making sure you have important contacts saved before you activate the feature.



Anthony Benedetto, *Central Park*, 1998 Smithsonian American Art Museum; gift of the artist / © 2000 Benedetto / Bennett

Tony Bennett's art lives on

Excerpted from SmithsonianMagazine.com

His interest started when he was a boy, around the same time he took up singing. While music brought him fame, painting brought him peace. As Bennett told the *Los Angeles Times* in 1995, he'd been performing on the road ever since he was recruited by Hope. When fatigue struck, he turned to painting.

"I love to paint as much as I love to sing," Bennett told the Associated Press in 2006, describing painting as "a big lift" that allowed him to "stay in this creative zone all the time."

The artist differentiated his two careers by his signature: As a singer, he was Tony Bennett, but as a painter, he used his given name, Anthony Benedetto. One of Benedetto's oil paintings is housed in the collections of the Smithsonian American Art Museum.

“The work that we have is this beautiful, quasi-impressionistic, realistic view of Central Park,” says Randal Griffey, the museum's head curator. “He loved the park, as a lot of New Yorkers do, because it allowed him to feel connected to nature ... despite being immersed in the city.”

Bennett and his third wife, Susan Benedetto, founded a school for the arts in Queens in 1999. The beneficiaries wanted to name it for the singer, but he refused. At Bennett's request, the facility was called the Frank Sinatra School of the Arts.

“He had a big heart and a self-limited ego,” says Hasse, commenting on Bennett's tendency to collaborate with and honor other musicians.

In case you missed it.....

Tony Bennett died at the age of 96 on July 21, 2023. To read his obituary, click [HERE](#)



What’s more important as you age — stretching, balance work or strength training?

Excerpted from CNN.com

No matter how active we are, our muscle mass and strength decline as we age. In fact, muscle mass and strength peak at 30 to 35 years old. After that, they slowly but steadily decline. At age 65 for women and 70 for men, the pace of these declines increases, according to the National Institutes of Health. Similarly, everyone’s balance and flexibility decrease with age due to changes in vision, sensory nerves, joints, ligaments and more.

Strength, balance and flexibility are all important, but is boosting one

more critical than another? In general, if you're looking to improve the quality and quantity of your life, getting in some aerobic exercise should be your main concern, said Dr. John Higgins, a sports cardiologist at McGovern Medical School at the University of Texas Health Science Center at Houston. Resistance training is next in importance, with a mixture of balance and flexibility work coming in third.

On an individual level, though, it all depends on the patient. "For a master's athlete, most likely strength and flexibility are more important to help with performance and decrease injuries," he said. "Someone who's 85 and wants to be functional, though, will be focused on balance and strength to help decrease their fall risk."

There will also be differences based on a person's health. Someone with arthritis should focus on joint flexibility first, while someone who just had a knee replacement should concentrate on strength training. If you have osteoporosis, it's important to work on balance to avoid falls.

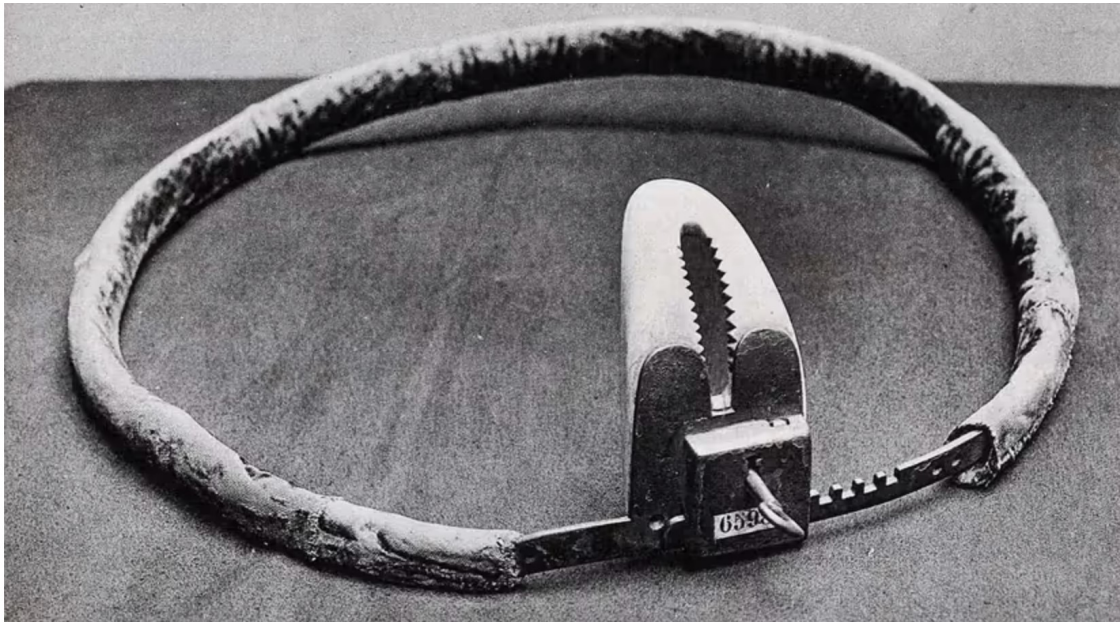
"Think about it like a pyramid," Higgins said. "Aerobic exercise is the top of the pyramid, with the bricks supporting it being strength, balance and flexibility. Without those basics, the pyramid will crumble. You can't get by on one of those things alone."



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 31 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/>



The history of the Chastity Belt

Excerpted from HowStuffWorks.com

Chastity belts were supposedly used by men in the Middle Ages to protect their wives' virtue while they were away on business trips. These metal bikini bottoms could be locked around a woman's hips; they featured two openings for latrine purposes, which were occasionally patterned after hearts or flowers. As scholars have pointed out, the entire getup would have been both inhumane and very unsanitary.

But were they real?

Probably not. It's a "typical male sexual inferiority complex, translated into a joke," says Albrecht Classen, a medieval scholar and professor at the University of Arizona. Classen would know; he literally wrote the

book on this subject. "[The Medieval Chastity Belt: A Myth-Making Process](#)" details the device's history — notably, its lack of historical evidence. "Male poets wrote about it, male artists presented the evidence," he says, "but there is no hardcore fact."

The earliest recorded mention of a chastity belt comes from Konrad Kyeser von Eichstadt, a German engineer known for designing siege technology. In the early 15th century, von Eichstadt wrote about the device in a manuscript titled "Bellifortis," (which means Strong In War) that is mainly a catalog of military gadgets.

However, Classen points out, there is strong evidence that von Eichstadt conceived of the contraption in jest. Von Eichstadt seems to have relished a good joke; "Bellifortis" is bursting with other tongue-in-cheek inventions, including a cat-shaped chariot and a fart-powered propulsion device.

By the late Middle Ages, chastity belts had become a popular subject for satirists. One German print from the late 16th century illustrates an older lord bidding farewell to his beautiful young wife, depicted in the nude save for a padlocked metal belt. Unbeknownst to her husband, her lover is hiding just behind a canopied bed curtain, clutching a chastity-belt shaped key. The punchline? The lord's hat has sprouted a conspicuous pair of donkey ears.


While phony belts have since been removed from many museum displays, there are still a few collected in places like the British Museum in London. But they are now exhibited with caveats. For example, the British Museum's display reads:

"There is evidence for the existence of chastity belts from the beginning of the fifteenth century onwards...The evidence for their use

in the Renaissance period, however, is largely anecdotal or in burlesque fiction."

TONY BENNETT

- [00:00:00] - BECAUSE OF YOU
- [00:02:55] - EXACTLY LIKE YOU
- [00:06:10] - FOR ONCE IN MY LIFE
- [00:09:32] - LA VIE EN ROSE
- [00:12:54] - OVER THE RAINBOW
- [00:16:55] - THE GOOD LIFE
- [00:19:10] - I WANNA BE AROUND
- [00:21:22] - JUST IN TIME
- [00:23:39] - SMILE
- [00:27:11] - THE BEST IS YET TO COME
- [00:31:21] - WHO CARES-
- [00:33:16] - WHAT A WONDERFUL WORLD
- [00:36:35] - WHEN JOANNA LOVED ME
- [00:39:42] - STEPPIN OUT WITH MY BABY



Full album for your enjoyment!



Answer to today's puzzler:

The Pentagon

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



***For information about our programs, events,
emergency preparedness, archived copies of
our weekly newsletters, visit the
continuously updated Sausalito Village
[website](#).***

This email was sent to galebrewer@comcast.net
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA