



Photo by Joyce Alexander

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

**Happy Friday, Villagers**

mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:

[SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

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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:

- August 6 - Line Dancing workshop
- August 6 - Tales of the Trails
- August 8 - Line Dancing
- August 10 - Line Dancing
- August 13 - SV Trip to Chorus Line SOLD OUT
- August 14 - Stretch and Strengthen with Rayner
- August 15 - Line Dancing
- August 16 - Film Group - "Wildflower"
- August 16 - Drop in Computer/Technology
- August 17 - Line Dancing



**Happy Birthday to all of our SV members celebrating a birthday this month!**

**Mardi Brayton - Sandra Bushmaker - Jean Capron  
Larry Clinton - Ninfa Dawson (90+) - Norma Ebonis  
Jeanne Fidler (90+) - Jennifer Flynn - Carolyn Ford  
Rhonda Friedberg - MaryAnn Griller - Stafford Keegin  
Karen Moeller - Marijo Racciatti - Sharon Seymour  
Amanda Suthar - Shelby Van Meter**

If you are a current member of Sausalito Village and celebrating a birthday this month and do not see your name on this list, please let us know! We don't want to miss celebrating you. Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)



## Join us for SV Film Group featuring "Wildflower"

**WHEN:** Wednesday, August 18, 2pm-4:30pm

**WHERE:** Sausalito Presbyterian Church Hall

**WHO:** Open to all

**RSVP:** <https://sausalito.helpfulvillage.com/events/3992-film-group>

SV Volunteers, Chef Joey and Pastor Paul, both graduated NYU Film School and love sharing and discussing films with you. The August selection is a 2023 film release entitled "Wildflower" which has garnered 92% audience score on Rotten Tomatoes.

About this Comedy/Drama: Based on a true story, WILDFLOWER is a coming of age film that follows Bea Johnson from birth to graduation as she navigates life with two intellectually disabled parents and an extended family who can't quite agree on the best way to help. To see the trailer and read more on IMDB, click [HERE](#)



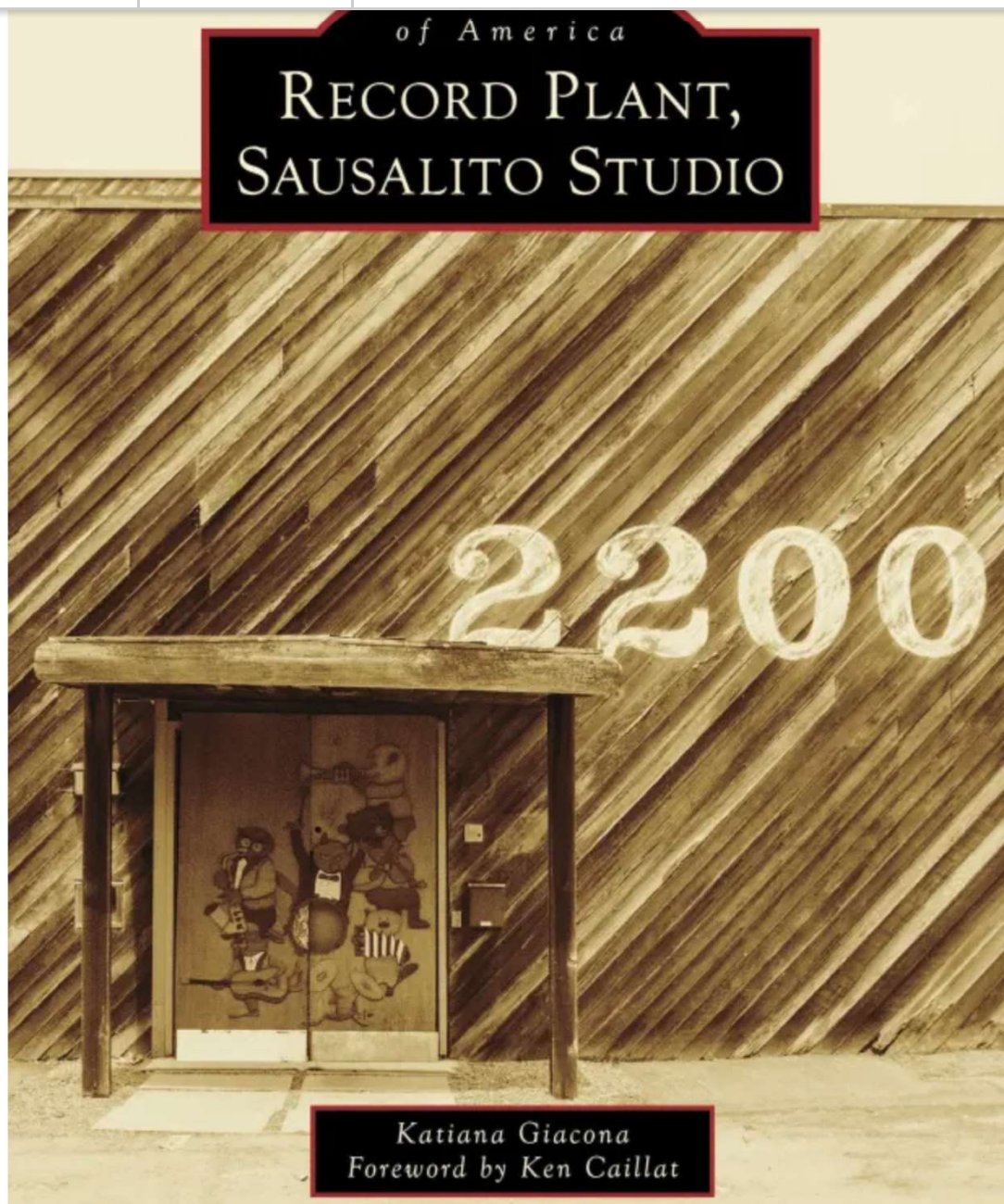
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take place following the film.

Seating will be in chairs and sofas in Thompson Hall, downstairs at Sausalito Presbyterian Church.

There is not a parking lot for the Church. We recommend you use CARSS (Call A Ride for Sausalito Seniors) unless you are able to walk to the venue. **Please contact CARSS for a free door to door ride by 48 hours ahead: 415-944-5474.**





## The story of Sausalito's Record Plant

Excerpted from the Marin IJ

Plainly titled "Record Plant, Sausalito Studio," with a sepia-tinted photo of the building's redwood-clad façade and its 2200 Bridgeway address in large numbers on the cover, the book is part of Arcadia Publishing's "Images of America" paperback series, which the South Carolina-based company says "celebrates the history of neighborhoods, towns and cities across the country."

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histories in the series.

The book's 128 pages are packed with photos, including rare pictures of the opening night party, as well as promo shots and album cover art with the narrative written in captions. Unfortunately for a studio with such a colorful design and history, all the photos are in black and white, a requirement of the publisher.

Katiana Giacona, daughter of Sausalito artist Salvatore Giacona, tried to cram in as much information as she could under the restrictions of the company's formula. She goes pretty deep into the weeds, reprinting the Record Plant's floor plan as well as architectural drawings of the World War II Marinship shipyard building that had originally been on the site. She even includes specs and lists of the technical equipment and microphones that were available along with the studio rates, circa 1991, \$250 an hour, \$2,200 a day.

Read the entire story [HERE](#)

NOTE: Giacona will sign books and play music recorded at Sausalito's Record Plant studios at 1 p.m. Aug. 13 at the **Sausalito Center for the Arts** at 750 Bridgeway.





## SV will pick up your donations

Thanks to SV volunteer, Kathleen Maher, you can now clean your closets and have your donations picked up at your home and brought to Women Helping All People's Finders Keepers Store in Marin City.

WHAP's "Finders Keepers" Shop is a free give-away thrift store for clothing and household goods. Everyone is welcome 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.

Cash donations are needed by WHAP to keep their programs running. Checks can be sent to WHAP, 79 Cole Drive Apt. 4, Marin City, CA 94965.

More about WHAP: <https://www.mcwhap.org/about.html>

Call or email Kathleen one week ahead at [kemnjca@gmail.com](mailto:kemnjca@gmail.com) or (415)



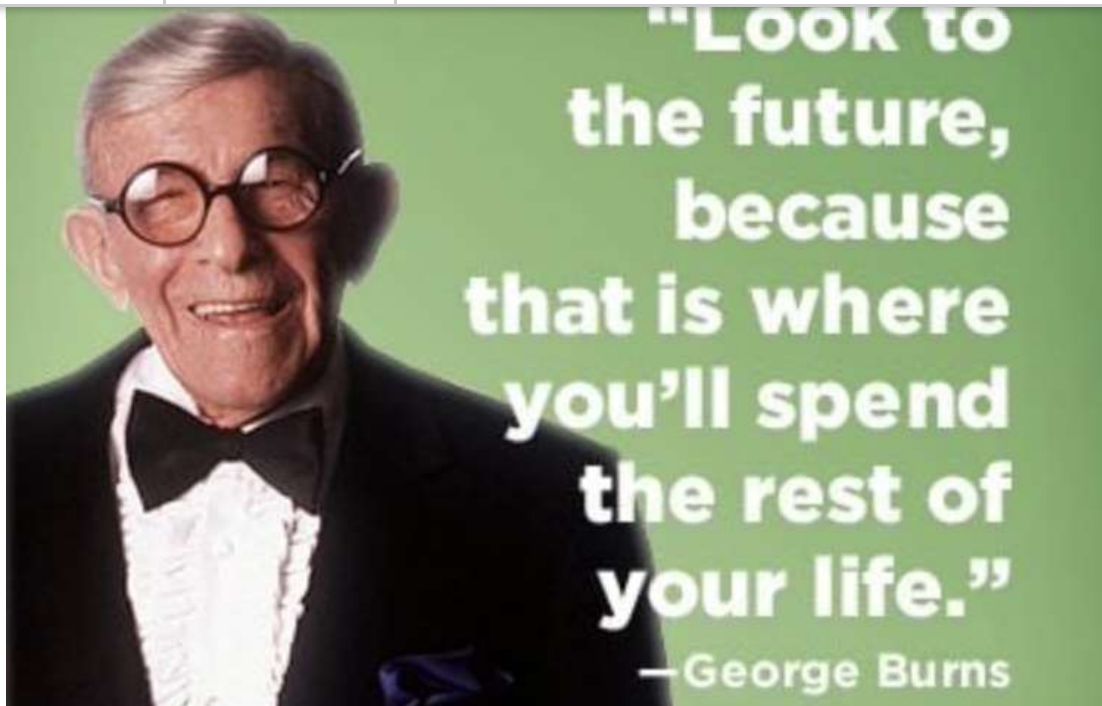
Looking for some motivation to clean out? Here you go!

## 10 Rules For Decluttering Clothes

Excerpted from HomesandGardens.com

There are plenty of decluttering tips for getting rid of clothing and accessories, but the best approach is to set some rules, write them down to help you visualize them if it helps, and stick to them the best you can, holding yourself accountable as you work.

1. Don't make rash decisions
  2. Get rid of items with negative associations
  3. Be ruthless with impractical pieces
  4. Dispose of stained items
  5. Get rid of duplicates
  6. Be honest with gifts you don't like
  7. Remove clothes that wash you out
  8. Keep it if it holds sentimental value
  9. Be realistic about what you can fix or adjust
  10. Don't be hasty when dealing with non-trendy pieces
-



## Best online dating apps for seniors

Excerpted from Parade.com

Navigating the world of online dating can be both exciting and daunting, especially for seniors seeking companionship or a second chance at love. Gone are the days when seniors felt excluded from the online dating scene. Today, these dedicated dating platforms provide tailored features, age-specific filters and personalized matching algorithms that consider the unique preferences and interests of more mature users. Whether you're a senior single ready to dip your toes back into the dating pool or an adventurous spirit seeking like-minded companions to share new experiences, there's a dating website for you! Here is a list of the top rated.

## 1. SeniorMatch

SeniorMatch is a premier senior dating website that is exclusively designed for folks over the age of 50 seeking meaningful connections. With a strict age restriction, they have created an online community solely dedicated to seniors. The website has been around and connecting like-minded seniors since 2001, with a sophisticated matching system that ensures finding your perfect match is effortless.

## 2. Zoosk

Zoosk is a popular dating platform for all ages that offers a straightforward and enjoyable experience for seniors looking to mingle. With various ways to match, Zoosk features personalized searches using advanced filters as well as the convenience of SmartPick technology, which sends daily suggestions based on user preferences and compatibility. They also have a user-friendly interface which helps simplify the process of connecting and chatting with potential partners, even if one isn't tech-savvy.

## 3. SilverSingles

SilverSingles is another senior dating site that makes online matchmaking a breeze for folks over 50 years old. It's as simple as registering with your email address, taking their personality test and creating your profile. SilverSingles uses the results of your personality test to match you with like-minded singles that are 50 years of age and up, providing 3-7 new matches daily. This senior dating site prioritizes compatibility over everything by pairing individuals based on their goals, values and criteria.

## 4. eHarmony

Almost everybody is familiar with the dating site, eHarmony. Geared for folks of all ages, eHarmony's approach to senior dating is fully focused on finding

old, eHarmony's Compatibility Matching System ensures meaningful connections by introducing individuals with high potential for compatibility. Not to mention, creating a profile through the site is extremely simple, as they provide a step-by-step guide as well as suggestions along the way.

## 5. DateMyAge

If you're a senior looking to connect with other singles around the world, DateMyAge is the dating site for you! This global platform allows you to create your dating profile and start connecting with others worldwide. DateMyAge stands out among other senior dating sites for its diverse membership, which allows you to interact with individuals both locally and internationally. The site also provides secure and reliable communication channels, including direct messaging and Live Chat features.

Looking for more? Read the entire article [HERE](#)



## 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



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](mailto:SausalitoVillageRSVP@gmail.com).

Parking is TERRIBLE in the area. Please sign up for CARSS to drive you door to door unless you are able to walk to the venue. 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 2022 Supper Club



## Get walking! Nordic style modified for older adults



## Want to cut your cable? These indoor antennas make it easier

Excerpted from Variety.com

At this point, it's old news that cable has become all but obsolete in the age of streaming. With the dominance of streamers such as Hulu,



and satellite TV subscriptions.

But for live TV events (like the Oscars or Grammys) and especially live sports (like the Women's World Cup), there is still the occasional need for broadcast TV. While there are live TV streamers such as DirecTV and Sling, which allow you to livestream cable networks online, the most affordable way to access broadcast TV is through an indoor TV antenna.

The best indoor TV antennas allow you to pull dozens of TV channels in for free, making it the best way for cable-cutters to access network TV. Among the hundreds of options available online, you'll want to look out for antennas that boast easy installation and an unobtrusive, flat design

Read the entire article and Variety's recommended antennas [HERE](#)



## One-On-One Technology Training for Sausalito Village Members

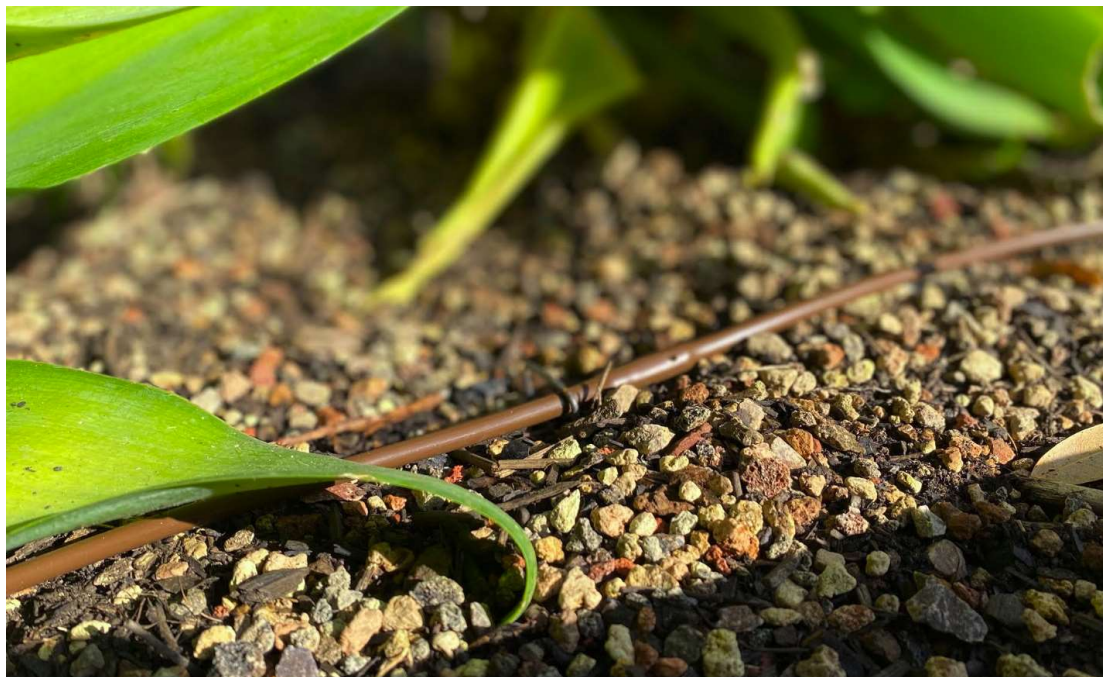
Having problems with your computer? iPhone not working properly? Would you like to learn something new on the internet? If so, we have a new program for Sausalito Village members to receive free one-on-one technology training from July until December. This opportunity is available to all Sausalito Village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



## August Fire-smart tips from UC Master Gardeners

Use these important fire-smart & water-wise landscaping strategies:

- Help your soil maintain moisture by using compost and appropriate fire-smart mulches.
- Avoid planting new plants during the hot summer months. They need more water to establish themselves and thrive.
- Learn how much water your plants need and give them the right amount. This will help keep your plants healthy and happy.
- Water your plants in the early morning, applying water to the base of the plant within its dripline.
- OVER IRRIGATION IS COMMON. Consider using flow meters, soaker hoses, drip irrigation, and irrigation controllers for more efficient administration and monitoring.



require more water to support new growth.

- Remove invasive plants and weeds which take water from other plants. Reduce the size of your thirsty lawn.
- On days with Red Flag warnings, avoid changing your irrigation schedule or using more water. Using excessive water for irrigation reduces the water available to our fire personnel.
- Watch [this video](#) to learn how to prioritize your plants to conserve water for landscaping.

Chipper Days are here!

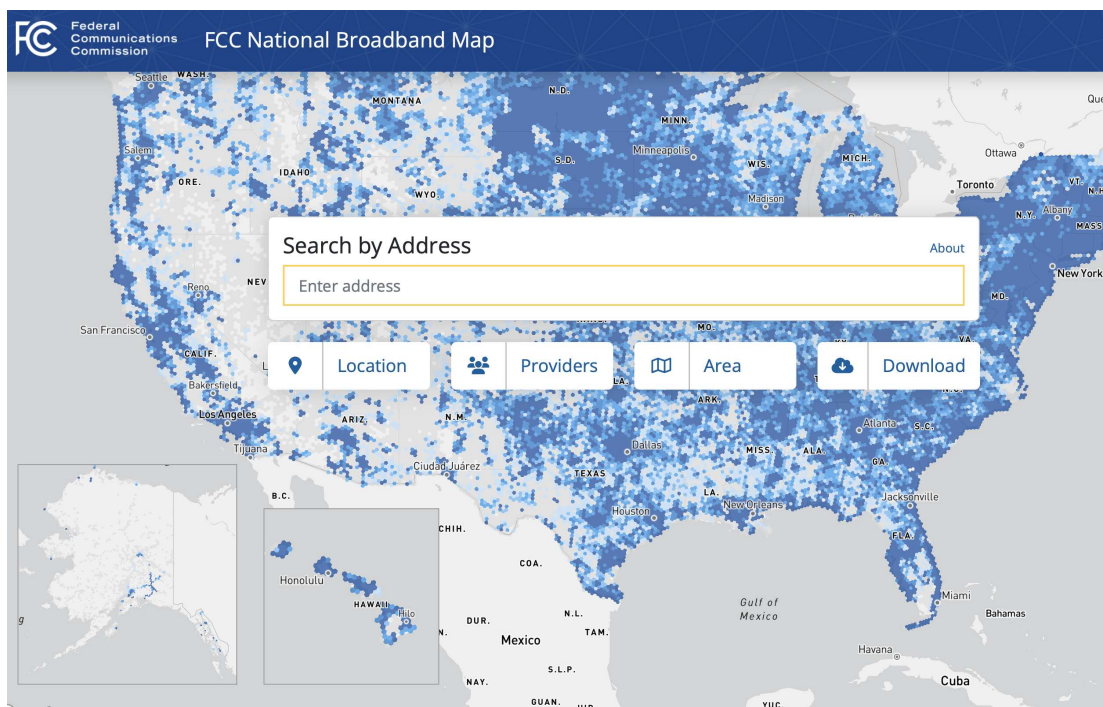
Make a reservation to get rid of garden debris by going to

<https://www.chipperday.com/marin>

FOR MORE INFORMATION VISIT UC MARIN MASTER GARDENER WEBSITE. <https://ucanr.edu/ucmarinmgfiresmart> & <http://ucanr.edu/ucmarinmgirrigation>

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## Taylor Swift fans cause the equivalent of 2.3 earthquake



## About internet speed - how is yours? Check it on this map

Excerpted from ReadersDigest.com

The term *internet speed* refers to the rate at which data is transmitted over an internet connection, measured in megabits per second

media or binge six seasons of your favorite TV series, but the speed of your internet connection does matter. A good internet speed ensures smoother browsing, faster downloads and uploads, and seamless streaming.

An important thing to keep in mind is that your internet plan determines the maximum speed, not your networking equipment. That said, buying a faster router and modem can help you tap into the greatest speeds your plan allows. Available internet speed depends on local infrastructure, so plans vary by geography.

To make fast internet easier to find, the Federal Communications Commission (FCC) has created a valuable tool called the National Broadband Map, which provides information about broadband availability across the United States. With it, you can search for internet service providers, view coverage areas and speeds at a glance and quickly identify the fastest internet provider in your neighborhood.

This tool makes finding the fastest local internet service provider pretty straightforward. Enter your address or ZIP code, and the map will display a comprehensive overview of providers and their respective speeds in your area. This makes it easy to identify the best service based on your needs and online habits.

Ready to give it a go? You can search your address straightaway, or test it out with the most famous house in America: the White House.

When you enter your personal address, you'll simply type it into the search bar and select the address that pops up. For landmarks like the White House, click the "Location" button beneath the search bar. Type "The White House" into the search bar, then click the first item on the drop-down menu. Although you won't be able to see any available plans for the White House itself, as you would for your own home, you can see that the area has full residential broadband service. Click any of the green dots, and you'll see the available plans in the area, which max out at a 1,200-Mbps plan from Comcast.

Here is the link to try the map: <https://broadbandmap.fcc.gov/home>



## The 8 Best Trader Joe's Premade Refrigerated Meals for Eating on the Go This Summer

Excerpted from SimplyRecipes.com

1. Lemon Chicken & Arugula Salad
2. Creamy Hummus & Vegetable Wrap
3. Rainbow Wrap
4. Chicken Sausage Breakfast Burrito
5. Pollo Asado Burrito
6. Mediterranean Style Orzo Pasta Salad
7. Peanut Udon Noodle Salad
8. Vegan Poke





## 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

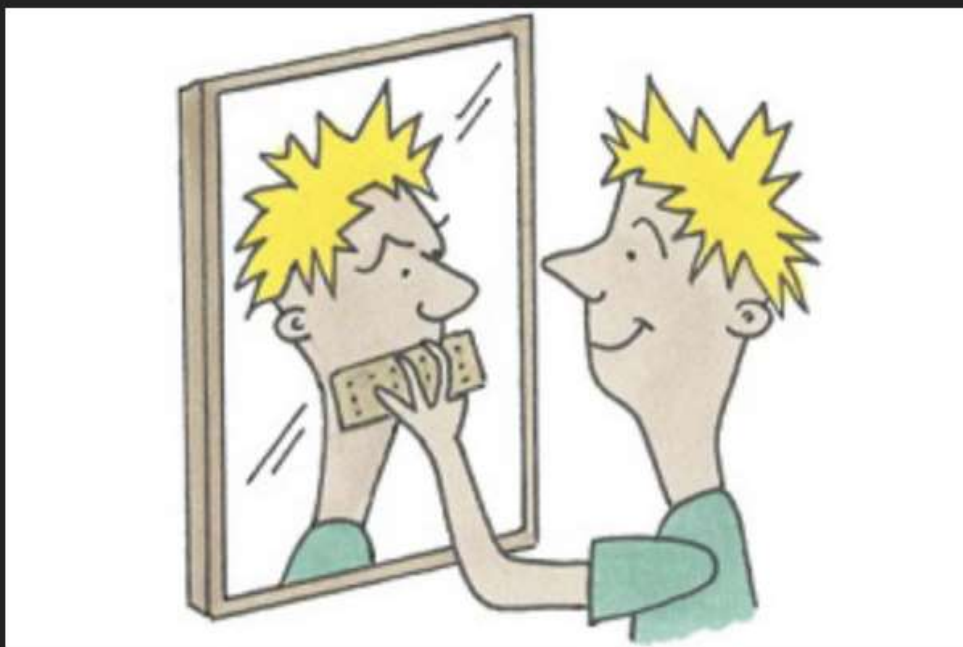
Coyotes are one of the most fascinating wild mammals on earth and yet even though they are commonly found in many of our urban communities, myths and fears about their behaviors persist.

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.

*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.*

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## 3 Tips for Turning Your Inner Critic Into Your Inner Cheerleader

Excerpted from AARP.com

Everyone has that little voice inside their head. You know the one: It whispers that you messed up. Says you don't know what you're doing. Makes you feel as if you're not good enough.

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being human. Theories abound as to why; some experts say it's the brain's way of protecting us from making mistakes, while others say it's a learned response to criticism received during childhood.

Whatever the reason, the good news is that you can learn to train your brain to judge yourself less and be open to trying new things, reaching out to more people along the way. Read on for simple tips to try now.

## Try Self-Distancing

It may feel strange to talk to yourself in the third person, but this subtle grammatical switch to your internal dialogue can work wonders.

Here's how self-distancing works. The next time you criticize yourself or feel something is all your fault, take a moment to talk to yourself. Not out loud — just in your head, or you could write down your thoughts.

For example, if you think something like, *"I'm such a failure. I'm always messing everything up,"* PAUSE. Then switch the pronoun to your name: *"Susan is such a failure. She's always messing everything up."*

Click to read the rest of the list [HERE](#)

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**ELDER FRAUD  
COMMUNITY SUMMIT**

Join us for an engaging discussion with an expert panel, featuring representatives from the Mill Valley Police Department, the Marin County Public Guardian, Adult Protective Services, Financial Abuse Specialist Team, and the Marin County District Attorney's Office.

They will be discussing common scams targeting older adults and others. Stay for the Q&A for an opportunity to have your questions answered.

**Arm yourself with knowledge to stay ahead of the scammers!**

**WHEN?**  
Wednesday  
August 23rd, 2023  
10:00am-12:00pm

**WHERE?**  
Mill Valley Community Center,  
Cascade Room  
180 Camino Alto, Mill Valley

**WHO?**  
Hosted by the Mill Valley Police Department, in partnership with Mill Valley Recreation and the Mill Valley Public Library.

The panel will be staffed by the Marin County Public Guardian, Adult Protective Services, F.A.S.T Team, and the Marin County District Attorney's Office.

**HOSTED BY:**






## SV recommends this IMPORTANT EVENT!!

Don't drive? We will help get you there

**WHEN:** Wednesday, August 23, 10am-Noon

**WHERE:** Mill Valley Community Center

**Sausalito Village and CARSS will be providing rides from Dunphy Park. Sign up for a ride by calling 415-332-3325 by August 21, noon.**





## Climate change impact on Italy's fruit production

Excerpted from InterestingFacts.com

The immediate effects of climate change are becoming apparent in Mediterranean fruit salads. Southern Italy now produces three times the number of mangoes, avocados, and bananas than it did five years ago. A guide in Taormina last October was overheard saying that the one tropical fruit Sicilian farmers refuse to grow is pineapple, lest someone try putting it on a pizza!

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# Reading to Rover!!!

100 Bay Street --Sausalito , CA



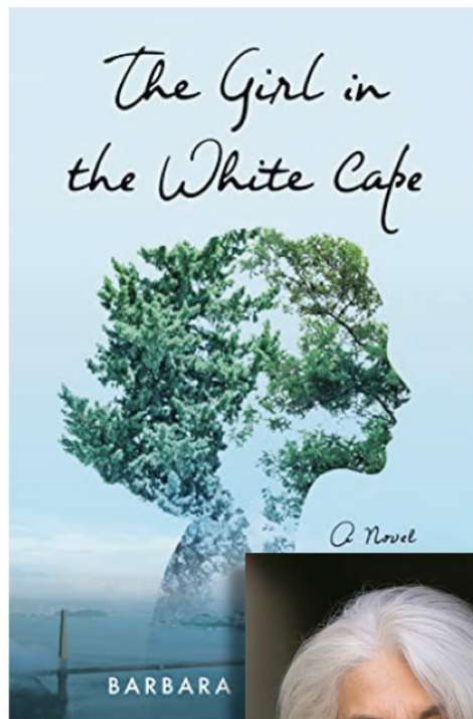
Learning to read can be awkward and intimidating....but not when you're reading to Stinson. He is a very good listener and has helped a lot of early readers gain confidence.



**Saturday  
August 5th  
10 AM**  
*with*  
**Stinson & Lisa**

Stinson is a super friendly 16-month old Australian Labradoodle --- a newly graduated "reading dog" -- who loves kids and snuggles. A certified AKC Urban and Canine Good Citizen dog, he is the official reading dog at Mt. Tamalpais School in Mill Valley where Lisa is the Teacher Librarian.

*Early readers are invited to sign up for 15 minute sessions reading the book of their choice to Stinson. Parents: please register in advance at the store or call 415.887.9967.*



Thursday, August 17 – 6pm

**Author Event**  
**Barbara Sapienza**  
***The Girl in the White Cape***

**With Azalais Flanders**

Sausalito author Barbara Sapienza has penned a spellbinding, whimsical fantasy based on a 15-year old orphan in San Francisco (Elena) who is being raised by a priest. Part magic, mystery & modern-day fairy tale, based on a bit of Russian folklore (do you know Vasilisa The Beautiful & Baba Yaga?) this middle-grade, young adult book is a gift of beauty for all ages. Barbara is a retired clinical psychologist; this is her third novel.

*Live music by Laura Fannon and Maggie Moore performing "Elena–The Girl In the White Cape" composed by Laura Fannon.*

**FRIDAY PUZZLE**

## Can you determine the cards' suits and their order?

Answer at the end of the Newsletter



The cards on either side of the four are black.

The club is to the right of the three but not next to it.

The spade is to the left of the heart.

The middle two cards add up to an even number.

Neither of them is a club.



What med  
heat/hot v

## 8 Medications that don't mix with heat

Excerpted from AARP.com

Temperatures are soaring in many regions of the country, putting people — especially older adults — at risk for heat-related illness, even death. And one thing that doesn't help is if you are taking medications that interfere with your body's ability to cool itself down.

To cool off, your body has several tricks. One is perspiration (or sweat). When sweat evaporates from your skin, it cools the body. Another is when the blood vessels underneath your skin vasodilate (widen) and bring warm blood closer to your skin, allowing the skin to release heat.

Several different medications, though, can interfere with this complex thermoregulation system by limiting the body's ability to sweat or by reducing blood flow to the skin. Medications can also cause dehydration, and some may make the skin more sensitive to the sun, causing a rash or sunburn.

Some individuals are more susceptible to these heat-related issues than others. Risk factors include being over the age of 65, having chronic medical conditions and being overweight. Spending time outside in the warmest part of the day — especially if you are doing yard work, physical activity or exercise — also increases your risk.

Check with your doctor if you take medications in these categories:

1. Heart medications (Blood pressure, blood clot prevention)
2. Antidepressants (Depression and anxiety)
3. Antipsychotics (Schizophrenia, bi-polar, other mental health)
4. Central nervous system stimulants (ADHD)
5. Anticholinergics (Parkinsons and overactive bladder)
6. Antihistamines (Allergies)
7. Decongestants (Common cold/allergies)
8. Dopaminergics (Parkinsons)

Read the full story [HERE](#)



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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 August 14 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](http://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/>

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## Without landmarks, humans can't walk in a straight line.

Excerpted from InterestingFacts.com

Humans are masters of navigation. Over the course of history, we've developed tools to help us explore not only Earth but other planets. Yet strip away all those tools, blindfold us, and tell us to walk in a straight line, and inevitably we become a directional mess, turning in tight loops. Many studies in the past century — though mostly informal — have cataloged this phenomenon again and again. Without some form of reference, such as a mountain, a building, or even the sun, humans are incapable of walking in a straight line, no matter how hard we try. It happens whether we're blindfolded or just lost in the forest. So what's going on?

We don't know for sure, but scientists have been able to rule out some popular go-to explanations. Researchers from the Max Planck Institute for Biological Cybernetics in Germany discovered that body asymmetries (different-sized legs, right-handedness vs. left-handedness, etc.) didn't account for such vast misdirection. Additionally, the idea that people can't correctly calculate the

Max Planck scientists theorize that with every blindfolded step, a very small directional discrepancy from a straight line is introduced, which then compounds with every additional step. Without the aid of visual references to unconsciously correct for these discrepancies, blindfolded people are poor at navigating a straight line, and will inevitably begin walking in tight-looped circles. While this theory explains *why* humans do this, scientists aren't sure of the biological *how* (though they think errors in the inner ear may be to blame). For now, this straight-line conundrum remains one of the many mysteries of the human brain and body.

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Thinking back to when  
a new hip joint meant  
someplace I wanted to  
go on Friday night.





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# alzheimer's association

## 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**

**Speakers announced:**

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Clare Day, Chief Program Officer, Alzheimer's Association of Northern California and Northern Nevada

- Eli Gelardin, Marin Center for Independent Living
- Anne Grey, CEO, Vivalon
- Michelle Javid, Jewish Family and Children's Services of Marin
- Aurora Tovar, Marin County In-Home Supportive Services Public Authority

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



**Please don't use glue traps! WildCare rescues a lizard from a glue trap**



## How To Deal With Losing Eyebrow Hair As You Age, According To Experts

Excerpted from SheFinds.com

“Just like our hair on our heads, we can experience shedding in the brows for a variety of reasons,” Merry Thornton, PA-C, Founder of Element Medical Aesthetics says. “Sometimes shedding is due to hormonal changes, aging, genetics, illness, autoimmune disease, or stress. Depending on the cause, it may or may not be possible to stop shedding.”

So, let's say it's not possible to stop shedding completely. That doesn't mean you can't curb it.

As with the hair, Thornton reminds us to make sure to have a balanced diet, adequate sleep, and minimize stress. “Do not over pluck or over wax the brows,” she says. “If the shedding goes on for more than three months, see a dermatologist to make sure there is not an underlying cause that needs to be

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such as biotin, vitamin E, iron, and omega-3 fatty acids," she says.

The eyebrow serum market has become saturated, which is why it's more important than ever to focus on effective ingredients that can actually make a difference in hair growth.

"Hair growth serums really work because they include a special peptide that stimulates hair growth as well as a myriad of other ingredients that provide the essential nutrients for optimized hair growth such as peptides, biotin, panthenol, hyaluronic acid, and botanical extracts," Thornton says.

And while you're waiting for peptide-filled serums to start working their brow-growing magic, don't forget: makeup is your friend here. As for brow makeup technique, she says when she pencils in her brows, she loves starting at the top — the highest point of your brow — and drawing down. "Creating that top corner is essential in creating what's known as the brow spine, the nicely shaped curve in your brows."

Here is one of many YouTube videos on caring for mature brows. This one is by Silver Style Studio on tinting, tweezing and shaping mature brows: [HERE](#)

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SAUSALITO VILLAGE INVITES EVERYONE TO

# READY SAUSALITO

SEPTEMBER 9, 2023 1pm-4pm

Learn how to prepare for the next **emergency!**



Informational booths,  
demos & safety tips



Fire extinguisher  
exchange & refill



Rx drop off for old or  
expired medication



Emergency prep for  
you & your pets



Scam detection &  
protection



Free prizes, hotdogs &  
refreshments



CPR, Narcan & "Stop the  
Bleed" training

## Where?

**MLK Park  
Coloma St.  
Sausalito**



Sponsored &  
supported by:



**READY  
marin**

## Mark Your Calendar!!



## Some of the latest MIT courses available free of charge

Excerpted from Mashable.com

It's perfectly possible to become a student of the biggest and best universities in the world without leaving the comfort of your own home. That's because a wide range of free online courses from institutions like Harvard and Stanford are available to take online with edX.

Where you end up enrolling is down to you, but the range of courses offered by MIT is tough to beat. This famous school offers courses on everything from computational science to sustainable energy, and you don't need to pay anything to enroll. What are you waiting for? This could be the perfect opportunity to finally pursue your passion.

These are the best free online courses from MIT as of July 25, just click on the class to get started:

- [Energy Economics and Policy](#)
- [Entrepreneurship 101: Who is Your Customer?](#)
- [Foundations of Modern Finance](#)

- [Genetics: The Fundamentals](#)
- [Introduction to Biology: The Secret of Life](#)
- [Sustainable Energy](#)
- [Understanding the World Through Data](#)
- [World Music: Global Rhythms](#)

To access the full catalog of EdX courses, click [HERE](#)

It's important to note that these free courses do not include a certificate of completion. You can still learn at your own pace with full access to all the course material,.



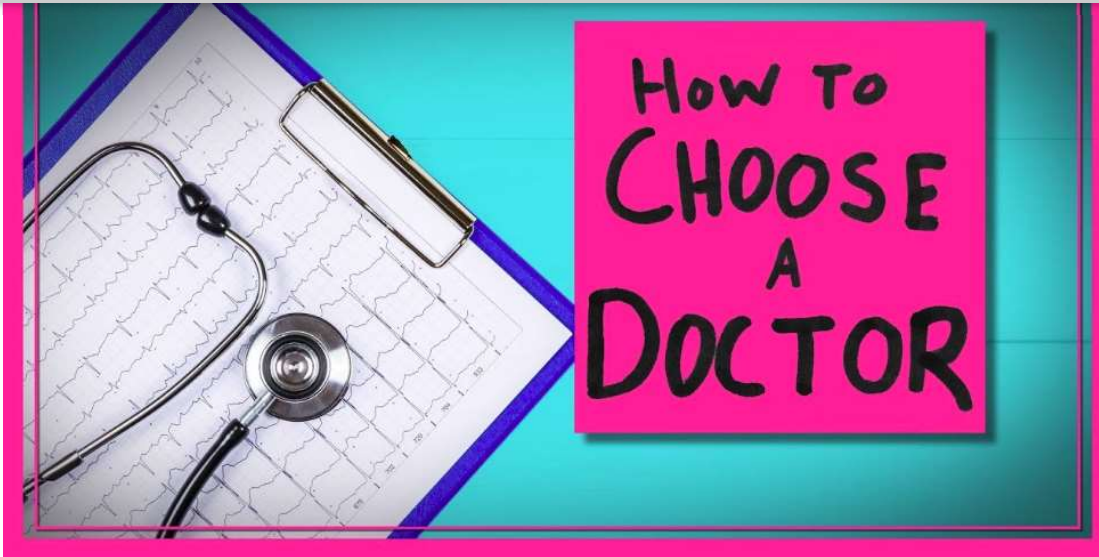
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## Why does your cat sleep so much?

Excerpted from Fact of the Day

Feline researchers believe cats' unique sleeping patterns evolved from their need to store energy between hunts. Prowling for and pouncing on prey is a major energy drain, and resting after hunting and eating allows cats to prepare for their next pursuit. However, cats have developed different styles of sleeping to still be aware of the world around them during their daytime naps. Catnapping felines remain partially awake, and can still move their ears and tails, and even keep their eyes partially open to detect danger. When they do doze more deeply, cats experience REM sleep just like humans — one reason scientists believe they dream like us, too.



## Sausalito Mayor Melissa Blaustein interviewed

Excerpted from PacSun.com (*Nish Nadaraja*)

### **How long have you lived in Marin?**

Born and raised here, 34 years and counting.

### **Where can we find you when not at work?**

Hanging out at the Township in Sausalito, hitting our gorgeous trails to go for a run with my chocolate lab Bowie. Swimming in the Bay in front of my house.

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bar at Sandrino. I'm also frequently sighted at open mic night at the No Name Bar or taking in the live jazz at Osteria Divino.

### **If you had to convince someone how awesome Marin was, where would you take them?**

Wake up early enough to catch the sunrise from the beach at the Sausalito Boardwalk. Grab an oat latte at Firehouse Coffee and an almond croissant as fuel at Cibo Pastry Bar. Drive to Mill Valley's Old Mill Park to run a Double Dipsea (Type Two fun). Post run, hit the Junction for a pizza. Clean up and cozy up in the big booths at the Buckeye for a cold martini. Do dinner at Cavallo Point and finish just in time for the live band playing at Presidio Yacht Club across the way.

### **What is one thing Marin is missing?**

Growing up here, I remember how hard it was to find fun activities in high school, especially on the weekends. I'd love to see more programming geared towards teens and middle school kids.

### **What's one bit of advice you'd share with your fellow Marinites?**

Stop what you're doing at least once a day, look around and be present enough to appreciate how lucky we all are to live in a place this beautiful.

### **If you could invite anyone to a special dinner, who would they be?**

Madeleine Albright. Golda Meir. Angela Merkel.

### **What is some advice you wish you knew 20 years ago?**

The people who are bullying you today will be telling someone all about how well they used to know you in 20 years. Don't let the people who are against you get you down.

### **What is something that 20 years from now will seem cringeworthy?**

TikTok, sushi burritos, middle hair parts and skinny jeans.

### **Big question. What is one thing you'd do to change the world?**

I'd create a housing paradigm that would allow a lot more people to own a home and live in communities with world-class schools, regardless of race, ethnicity or socioeconomic backgrounds.

*Keep up with Blaustein at @sausalitomayormelissa on Instagram.*





## How to prevent motion sickness before your next trip

Excerpted from WashingtonPost.com

The leading hypothesis explaining why we may get carsick or seasick is called the “sensory conflict” theory. Its proponents argue that the part of the brain responsible for integrating input from different sensory channels — like our ears, eyes and nerve endings — receives conflicting information.

Another, secondary theory for motion sickness relies on what Tom Stoffregen, a professor of kinesiology at the University of Minnesota, calls “postural instability.” The idea is that there is a difference between moving in a stable manner versus moving in an unstable manner, and that motion sickness is caused by the latter.

When it comes to motion sickness, “it is much easier to prevent than treat,” Rauch said. This is because some of the responses that motion sickness triggers, such as nausea and vomiting, are difficult to calm down once they’ve begun.

The best prevention for motion sickness is avoiding triggers in the first place,

long cruise in the Caribbean or choosing the front-facing seat on a train.

Being prone to motion sickness doesn't mean you have to forgo all travel.

Some small changes can make a big difference:

- Choose a train or bus seat where you can look out at the horizon.
- Make it a point to spend time above deck while on a boat.
- Open a window when in the car to get some fresh air.
- Do not read or look at your phone or laptop while you're moving. Sensory conflict can be minimized when your body is better able to reconcile what you're seeing with what you're feeling.
- Under the postural instability theory for motion sickness, looking out over the horizon helps stabilize the body and thus helps prevent motion sickness symptoms.
- Travelers avoid eating too much food before travel, especially greasy or otherwise heavy foods, and reduce their alcohol and caffeine intake, as this can lead to more instability.

Read the rest of the story including medications and alternatives to reducing risk of motion sickness [HERE](#)



## FRIDAY PUZZLE

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## ANSWER

### Answer to today's puzzler (from Readers Digest):

From left to right: Three of diamonds, six of spades, four of hearts, five of clubs.

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

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