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Photo by John Truxaw

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

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

https://sausalito.helpfulvillage.com/newsletters?newsletters_month=7&newsletters_year=2023

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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 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 zoom
 - August 17 - Line Dancing
 - August 23 - Elder Fraud Summit - rides
 - August 23 - Supper Club "Summer in Provence"
-

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**Private Happy Hour at Sausalito's newest culinary gem, Ditas!
Wednesday, August 30th from 3:00 to 4:30**

Please join us to experience the beauty of Ditas, the newest waterfront restaurant now occupying the space previously held by Ondine's.

Enjoy drinks created by Alvaro Callie, Ditas' Mixologist, while taking in one of the best views in Sausalito, and meet Nikita Khandheria, the 20 year old creator and CEO of Ditas who will share her journey with us.

No host bar. Sausalito Village members and volunteers will receive a coupon from the Village for \$5 off a drink. Nibbles will be served.

Open to Sausalito residents.

RSVP Now for Ditas Marin Private Happy Hour

<https://sausalito.helpfulvillage.com/events/4006>



Why do some people develop allergies in adulthood?

Excerpted from NewYorkTimes.com

Allergies come in many different forms, and generally develop when your immune system mistakenly treats a harmless allergen, like pollen or animal dander, as a threat. It then reacts every time it encounters that allergen, with symptoms that can vary widely, ranging from coughing, sneezing and itchiness to more serious reactions like hives, vomiting, trouble breathing and loss of consciousness.

About 26 percent of adults and 19 percent of children in the United States have a seasonal allergy, and about 6 percent of adults and children have a food allergy, according to the Centers for Disease Control and Prevention.

The causes of allergies are complex, said Dr. Corinne Keet, a professor of pediatric allergy immunology at the University of North Carolina School of Medicine — depending on your genes and what kinds of allergens you're exposed to and when.

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system — like puberty, pregnancy, transient or chronic illnesses, or organ transplants — “can change your allergic responses to things that you previously tolerated,” Dr. Keet said.

Experts don’t know how common it is for different kinds of allergies to develop in adulthood, though we do have some data as it relates to food allergies. In one survey of more than 40,000 adults in the United States published in 2018, for instance, researchers found that about 45 percent of those who had food allergies developed at least one new food allergy in adulthood. Of this group, a quarter never experienced food allergies as children.

An important question for researchers is what exactly might cause adults to develop an allergy to a food they’ve eaten before. Right now, researchers don’t know.

Dr. Jyothi Tirumalasetty, a practicing allergist and clinical assistant professor of medicine at Stanford University, has seen patients of all ages develop various kinds of new allergies, including some to common allergens such as pollen, pet dander or tree nuts.

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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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Please arrive to watch the film at 2pm. The movie runs 1hr 45min. Discussion will 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.



What Miss Manners says about giving the 'gift' of covid

Excerpted from the WashingtonPost.com

Dear Miss Manners: Is a person who probably transmitted the

a point where people have given up fighting it and feel no obligation toward others?

Answer:

Or have they just given up apologizing, on the grounds that it implies guilt? Of course, these individuals did not intend to give you the coronavirus. Being asymptomatic, they may have felt they had taken reasonable precautions.

But equally, they should be sorry that they infected you. Very sorry, and very apologetic. Even if they did not know about having given it to you, they should have been in touch with anyone they may have exposed.

People seem to have the notion that saying “I’m sorry” is an admission of guilt that might be used against them. (When actually, apologies have been known to head off lawsuits.) The word “sorry” is now so connected with the idea of purposeful wrongdoing that people who express sympathy to the bereaved are sometimes asked: “Why are you sorry? It’s not your fault.”

It is too bad, because apologies help smooth the rough parts of life. Miss Manners hopes you feel better — physically, if not about society.

Covid is back in town

Excerpted from the Marin IJ

“We’re in a place in the pandemic where we’re mostly providing information and asking the public to make their own decisions,” said Dr. Sara Cody, the public health officer in Santa Clara County.

“Unfortunately, with the narrative that the emergency is over, the public has heard that COVID is over and it’s not around anymore, and that’s not true. The truth is we know COVID is still circulating, and you can still get sick and miss a lot of work and miss a lot of school.”

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infection,” Willis said, “but it does protect against hospitalizations or severe illness among those infected.”

Marin County’s COVID-19 mortality and hospitalization rates have been among the lowest in California throughout the pandemic, despite the county having one of the older populations in the state.

Willis said he is not alarmed by the recent spike in transmissions.

As for the cause of the increase, Willis said there could be several explanations. One is that it is summer, so more people are traveling or spending more time indoors because of the heat. Another factor could be the increasing prevalence of a new omicron subvariant, XBB.1.16, sometimes referred to as “arcturus.”

Willis said the more likely explanation, however, is that immunity from vaccines and COVID-19 infections is wearing off.

“About four to six months after your last vaccination or infection with the virus you start becoming susceptible again,” Willis said.

Willis isn’t advising people to rush out and get vaccinated. An improved booster is due out in the fall that will be better matched with the XBB.1.16 variant.

“The simplest thing people can do to protect themselves is to wear a well-fitted, high-quality mask,” Willis said. “One-way protection is very effective.”

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Simone Biles is back! Better than ever!

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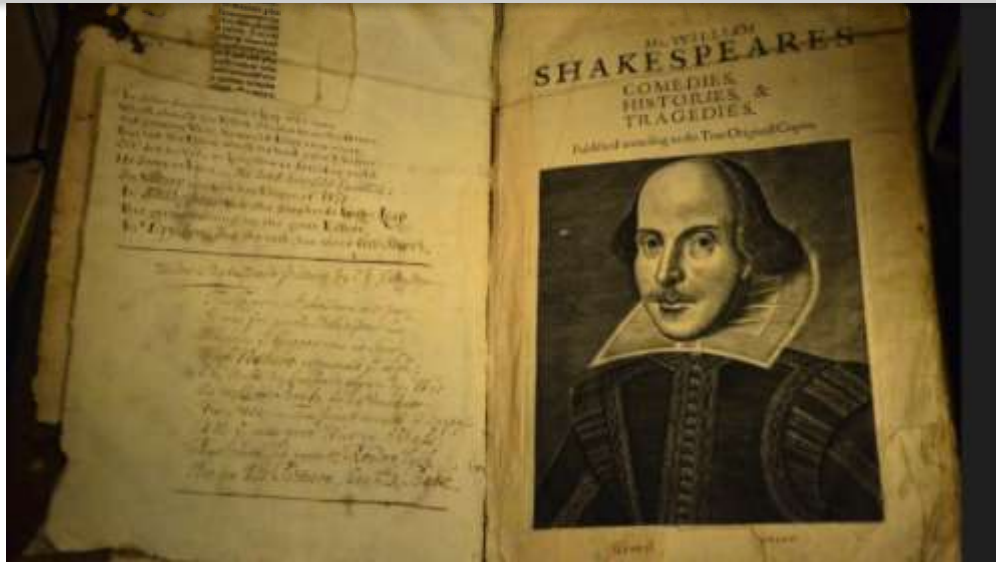
SAUSALITO VILLAGE INVITES EVERYONE TO

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!!

Pass the word, everyone is invited!



NEW! SV Monthly Group

Shakespeare Oral Interpretation Sessions with Judy Holmes

Word to the wise....IF you were part of Judy's beloved *Read Aloud Shakespeare* weekly group that took place prior to covid, you will want to be first in line to sign up for this event.

Please only sign up if you are committed to attending monthly. Open to SV Members and Volunteers only due to very limited space.

Judy's description of the Shakespeare Oral Interpretation Sessions:

This is a class to foster the enjoyment of SPEAKING Shakespeare's words.

Since we will be meeting just once a month we will not be reading thru full plays, but will focus on reading specific speeches and soliloquies.

Each member of the group will be expected to read chosen speeches , even if haltingly or nervously. The purpose of each speech, the meaning of unfamiliar words and pronunciation will be discussed and

Although progress is assured, the goal of these meetings is enjoyment not scholastic accomplishment.

(It is helpful, as it is in most situations, to be able to laugh at one's self)

WHEN: Tuesday, September 19th, 2pm-3:30pm (monthly thereafter)

WHERE: Judy's home in Sausalito

WHO: Open to SV Members and Volunteers ONLY due to limited space

RSVP: <https://sausalito.helpfulvillage.com/events/4005-shakespeare-oral-interpretation-class-with-judy-holmes>



How bluetooth could be making your car a target for break ins and what to do about it

Excerpted from SFGate.com

Thieves in at least three major Bay Area cities have been turning to Bluetooth technologies to help them nab electronics from parked

intractable issues, according to law enforcement officials.

This may help explain why, even if people take necessary precautions to hide their valuables from thieves — such as tinting their windows or stashing their electronics out-of-sight — they still could be the victim of a smash-and-grab.

ny smartphone can scan for Bluetooth signals, which means that if a phone is close enough to someone's stashed cell phone, iPad or laptop, thieves who walk up to a car can detect its presence in just a matter of seconds, said Rob Enderle, a technology analyst and consultant.

A thief could pick up a smartphone, scan the Bluetooth devices that are in close proximity and narrow it down to one or two cars, said Enderle.

Some thieves also opt for higher-tech tools, such as radio scanners or specialized applications downloaded from the dark web that can unlock cars in a matter of clicks.

Most experts agreed that removing electronics or valuables from one's vehicle is among the best ways to avoid getting valuables stolen, even if your car is broken into. But in situations where electronics have to be stored, turning Bluetooth off or powering down the device entirely can help prevent a device from being detected remotely.

Simply closing a laptop isn't enough: it'll go into suspend or sleep mode, which could still send out a Bluetooth signal, said Enderle.

When electronics are powered off, they're undetectable on Bluetooth scanners, said Enderle. But he said the slew of new break-in technologies should be a wake-up call for technology and car companies: Security needs to be upgraded.

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One-On-One Technology Training for Sausalito Village Members

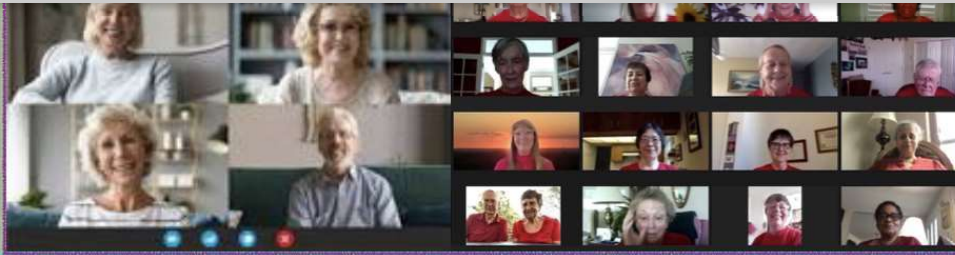
Having problems with your computer? iPhone not working properly? Would you like to learn something new on the internet? If so, we have a new program for Sausalito Village members to receive free one-on-one technology training from July until December. This opportunity is available to all Sausalito Village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

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Drop-In Technology Help Via Zoom

Wednesday, August 16th, 4:00 to 5:30

Issues with your computer? iPhone not syncing properly? If so, join Marin Villages volunteer tech support group for the answers to any of your technology questions! This is a time where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice. If you'd just like to sit in to learn a little more about technology, please join. This opportunity is available to all Sausalito and Marin Village members and volunteers.

QUESTIONS?

No need to register for this event.

Just join the Zoom at:

<https://us02web.zoom.us/j/89289995207>

Any questions, please call Wendy at
(415)332-3325



Over 50 and thinking of getting a tattoo?

Excerpted from ParadeMagazine.com

If you're over 50 and have never gotten a tattoo—or it's been a long time since you last got one—there might be more things to consider. First off, older skin feels different and might react differently to getting a tattoo than a younger client's might. And also, what do people over 50 years old get tattooed on them? Is it silly to get back in the tattoo chair and get ink at an older age?

Nonsense; tattooing is for anyone who wants it. But yes, there are some more things to think about when getting a tattoo over a certain age. To help with that, celebrity tattoo artist, Eva Karabudak, spoke with *Parade* about the most popular tattoo style for people over 50 and some tips for older people getting tattooed.

“Younger clients have been embracing body-flow and ornamental works that accentuate their natural curvature and anatomy,” she tells *Parade*. “There's less direct meaning and more of a fashionable statement.”

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necessarily meaning to the wearer, but they're aesthetically pleasing.

These body-flow tattoos create movement in their art and often “flow” over larger parts of the body, like down an arm, over a shoulder or across the back or chest.

“I've seen quite a range—but many of our older clientele tend to gravitate towards symbolic and sentimental work: floral arrangements for loved ones, scenery from a fond vacation, a childhood keepsake, etc,” she says. “I think there's naturally a heightened sense of nostalgia and wanting to commemorate things.”



Supper Club: 'Summer in Provence'

WHEN: Wednesday, August 23, 5pm-7pm

WHERE: Sausalito Presbyterian Church Patio

WHO: Open to SV Members and Volunteers only

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.**

Joey is serving "Summer in Provence"

Prosciutto et Melon

(Melon and Prosciutto)

Tarte aux oignons servie avec carottes marocaines et salade de courgettes

(Onion tart served with Moroccan Carrot and zucchini salad)

Poulet au citron et ' l'ail avec sauce au vin et a la creme

(Lemon garlic Chicken with a wine & crème sauce.)

Riz de Camargue aux champignons des bois

(Red Camargue rice with wild mushrooms)

Brocoli Rabe

Tarte Tatin - Caramelized apple tart

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.



How Often Should You Pee & When Is It Too Much? Here's What Doctors Say

Excerpted from Eating Well.com

The average person urinates about every 3 to 4 hours, for a total of 6 to 8 times per day; the experts we spoke to agree. Anywhere from 4 to 10 pees daily can be considered normal if that's your routine.

"Listen to your body. If you feel that something is not right with your urination—you're going more or less often, or different amounts than normal—talk to your doctor," advise experts. "While these changes may be OK, a shift in your urination levels may indicate that something is happening in your body that should be evaluated further."

Many factors influence the volume and frequency of urine production. Everything from the time of day (while sleeping, the kidneys generally decrease activity and urine production) to body size (weight may play a role in urinary function) may impact how often you feel the need to urinate.

The following conditions may also be related to how often you pee.

This term refers to a group of bladder symptoms, including urinary frequency, strong urge to urinate and loss of urinary control (aka incontinence).

"OAB is caused by improper nerve signals between the bladder and the brain and increased activity or sensitivity of your bladder muscles. This is not uncommon—and can be very bothersome," says Scarpato.

Diabetes

Some patients with diabetes experience an increase in the need to urinate, particularly how often they feel the need to go, clarifies Scarpato. When the kidneys detect extra sugar in the blood, they pump out more urine to try to chip in to help eliminate that sugar. At high levels, blood sugar can also seep into the urine, which can irritate the bladder and cause people with diabetes to pee more, say Scarpato.

Urinary Tract Infection (UTI)

When a person has a urinary tract infection, the bacteria irritate the bladder lining, leading to that burning sensation that anyone who's felt before will never forget. UTIs may also trigger bladder pain, even when you're not peeing. This pain can make it hard for you to urinate or lead to leakage of urine. Sometimes, a UTI can cause you to need to go more frequently.

Kidney Damage or Disease

In rare cases, lower amounts of urine or less frequent urination may be a sign of kidney disease (which can be caused by diabetes, high blood pressure, certain medications, repeat kidney infections, bladder/kidney stones or urine blockage) or damage. Watch for other symptoms like fatigue, nausea or muscle cramps, which often come along with kidney damage or disease.

Obstructive Sleep Apnea

When left untreated, obstructive sleep apnea can not only raise the risk for heart disease but can also result in feeling the need to wake up to urinate multiple times overnight.

Heart Disease

Any decrease in blood flow to the kidneys—often impacted by how well the heart is performing—can decrease how much urine your kidneys produce in a day.

Enlarged Prostate

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(BPH), often notice changes in their urination.

If the prostate grows in a way that blocks the flow of urine, it can become difficult to empty the bladder. This may result in only small amounts of urine each time they go to the bathroom. Some men may need to go more frequently, about every one to two hours, particularly at night, due to difficulty emptying the urine.

Read the entire article [HERE](#)



As areas of knowledge
grow, so too do the
perimeters of ignorance.

Neil deGrasse Tyson

 quotezany



Evacuation Guide from Fire Safe Marin

Studies Showed Three Major Factors Contribute Most To Civilian Fatalities:

1. Extreme Fire Behavior Conditions
2. Failures And/Or Delays In Alerting And Communication Systems
3. Delays In Evacuee Departure Due To Last-Minute Evacuation Or An Inability To Evacuate

To learn more about preparing for evacuations and evacuating, read this important guide from Fire Safe Marin [HERE](#)



What to do if you get lost on a hike

Excerpted from Explore.com

Despite all your preparation, route planning, and hiking experience, you may still find yourself lost. While this may be a scary realization, it's absolutely crucial not to panic. Panicking can affect your thinking and problem-solving skills, leaving you even more vulnerable. To help prevent panic, you should follow a simple acronym called STOP: stop, think, observe, and plan.

First, you should STOP walking. By continuing to walk after realizing you're lost, you may become "more lost," or farther from a rescue team's search area, due to panic and irrational thinking. So, stop, take a few deep breaths, take a sip of water, and calm down. After you're composed, then you can THINK clearly. What direction were you moving? Are there any landmarks you should be able to see? Don't move just yet. Just think.

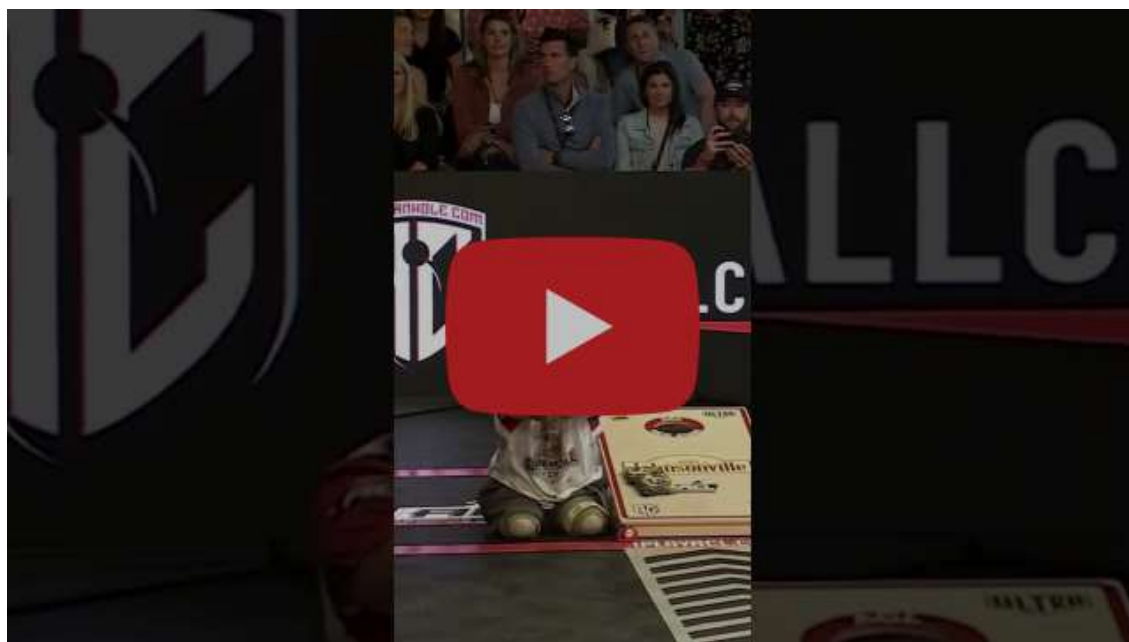
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directions, and identify landmarks you should be able to see. Consider your water, the weather, the time of day, and the needs of other group members.

Lastly, after observing your surroundings and considering your circumstance, PLAN. If possible, try to come up with a few plans before acting on one. If you believe you can arrive at a designated spot before nightfall, then go carefully and mark your route as you hike. If you're not very confident in your route, the best plan is to stay in place to be found.

As stated, staying put may be the best plan of action. If you've told someone you were hiking, where you were hiking, and when you expected to complete the hike, then a rescue team should be informed of your situation. However, you may need to shelter in place for the evening, and there are a few things you can do to "stay found" when lost. It's important to remember that common protocol dictates sending rescue teams during the day, so don't panic.

Read the entire story [HERE](#)



Given a 3% chance to live, Dayton Webber is now national corn hole champion even with no arms or legs!

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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.



Maybe you don't need a printer in your home

Excerpted from Washington Post.com

It's now entirely possible, even preferable, for regular people to live without home printers. Many of the reasons we hung on to printers are outdated. Boarding passes, document signing and even filing taxes can all be done digitally. Even the medical industry, which famously loves a fax machine, is slowly transitioning away from paper.

Yes, you will need or want to print the occasional document. Use one of these resources for your occasional print jobs, but be careful printing anything sensitive.

- Public Library
- Fed Ex and UPS stores, Staples

Security tip: Avoid printing sensitive information like bank account numbers at public printers.

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concert tickets, transit passes and more on smartphones. Some are built-in to the Android and iOS wallet apps and others are just emails with QR or bar codes you scan in person. In fact, you can move almost your entire wallet onto a smartphone with a few exceptions.

Paperwork: You can sign a lot without a pen. Digital signatures on official documents have gone mainstream and are accepted by many institutions. Each will have their own legal requirements but may use DocuSign, Dropbox Sign or Acrobat Sign. For something less serious you can use built-in signatures in apps like Apple Preview. It's even possible to get things notarized digitally now, using video chat.

Return labels: This one is hard to work around. If you're ordering and returning a large volume of things, you may find yourself printing out tons of printing labels. However, check the sites you order from to see if they have alternative drop-off options. For example, most stores will let you return something you got in the mail to a brick-and-mortar location. Amazon returns can be taken to a UPS Store or Whole Foods where you show a QR code, no printing necessary.

If you are ready to ditch the printer, do it responsibly. You can sell it, donate it or recycle it instead of dumping it into the trash. If you do throw it out, make sure you use your local e-waste services to keep dangerous chemicals out of landfills.

Read the entire article [HERE](#)



SV Summertime Sing Along - Join us, it will put a smile on your face!

We have Jean Capron on the keys and the entertaining Maria Paterno and Ciji Ware at the microphone. Come to sing or just listen!

Words are shown on the screen above or in printed song books.

Wine and cheese will be served on the patio at 4pm and singing will start promptly at 4:15pm.

WHEN: Monday, August 28, 4pm-5:15pm

WHERE: Campbell Hall, 70 Santa Rosa Street

RSVP so we can plan accordingly:

<https://sausalito.helpfulvillage.com/events/4007>

Plenty of parking.

Need a ride? Door to door rides are available, reserve yours by Friday before at noon by calling 415-332-3325.



Tom Carvel: The Greek Who Introduced Soft Ice Cream to America

Excerpted from TheGreekReporter.com

For decades, its founder, Tom Carvel, was a household name. Like many great stories, it all started by accident because of a flat tire, to be specific, in 1934.

The Karvelas family made the fateful decision in the early twentieth century to leave what was then impoverished Greece for the promised land that was the U.S. Young Thanassis Karvelas was only four years of age when he left Athens and arrived in Connecticut with his parents.

A few years later, his father, Andreas, sold wine in Greek restaurants during the years of the Prohibition.

By the age of 23, Thanassis, a restless spirit, had tried and left several jobs. By then, he had changed his name to the more American-sounding “Tom Carvel.”

It was only then that he decided to become an ice cream vendor. He borrowed fifteen dollars from his future wife and took to the streets of Hartsdale, New York with his truck, selling ice cream from one of its windows.

It was Memorial Day in 1934, one of the hottest days of the summer, when Carvel’s truck got a flat tire and he had to pull into a parking lot, located next to a pottery store. Meanwhile, his ice cream had begun to melt.

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revelation and turned it into a roadside ice cream shop.

By then, he had created the formula to make what became known as soft-serve ice cream. His store was the very first anywhere that sold soft ice cream.

Unlike the traditional ice cream of the time, “soft ice cream” was made by a secret formula based on a pastry cream invented by Carvel. The mixture was kept in the machine at a very low temperature, but without freezing it, like the traditional cone or boxed ice cream.

Tom ran into the pottery shop to ask to use their electric power to save his merchandise and asked the store owner if he could also sell his ice cream on the spot.

The pottery store owner promptly agreed, and the Greek-American entrepreneur began selling his melted ice cream to passersby.

It turned out that they actually adored his almost-melted, “soft” ice cream, and within two days, the Greek merchant had sold every bit of the ice cream he had had in his truck.

It suddenly dawned on him that it was actually easier to sell his ice cream from a fixed location. His second revelation was that people really liked soft ice cream.

Read the rest of the story [HERE](#)



A map of where the Grateful Dead lived, worked and played in SF

Excerpted from SFGate.com

In the course of their 30-year career, the Grateful Dead covered an enormous swath of geography, crisscrossing the U.S. dozens of times as well as playing Canada, Europe, and as far away as Egypt. But San Francisco was the place they called home, the city where they performed over 320 concerts at more than two dozen venues. That connection began with their debut album, which bore the phrase “San Francisco’s Grateful Dead” across the back, and they mapped that relationship in songs, recordings and performances throughout their history.

Although the band began moving to Marin in the late 1960s, the Dead never forgot their roots. In 1993, Jerry Garcia, Bob Weir and keyboardist Vince Welnick sang the national anthem to open the Giants’ season at Candlestick Park, but their most moving tribute was “Standing On the Moon,” one of Garcia and lyricist Robert Hunter’s

narrator in San Francisco, looking up at heaven and saying he'd rather "be with you." It is a poetic summation of the Dead's enduring affection for the city.

87 Harrington St.

Jerry Garcia spent five years of his childhood here with his grandparents, after the tragic death of his father. In the late 1960s, the house became a base for visiting friends and members of the Dead's extended family, including colorful characters such as poet Max Finstein. It was also a site for art, Garcia using it as the focal point for his illustrated "anecdotal" memoir, "Harrington Street," published shortly after his death in 1995.

710 Ashbury

The Dead began moving into the big Victorian just up from Haight Street in summer 1966, where it quickly became a neighborhood center. It hosted a legendary Thanksgiving that fall, with dozens of friends and fellow musicians, and a historic press conference in 1967, where the band defended themselves against a police raid. Their debut album featured pictures of them at the house, which remains a site for Deadhead pilgrims today.

Upper Haight Street

The stretch of Haight between Buena Vista Park to Stanyan Street was ground zero of the hippie movement, immortalized by the Dead with a March 3, 1968, free concert that filled the street with friends, fans and neighbors. While the Dead lived in the neighborhood, they frequented Peggy Caserta's boutique Mnasidika, the Thelin brothers' Psychedelic Shop, and performed a handful of concerts at the Straight Theater, a short-lived neighborhood venue that played a key role in the Summer of Love.

Keep reading and try the clickable map [HERE](#)

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*"Progress is impossible
without change,
and those who cannot
change their minds
cannot change anything."
(George Bernard Shaw)*



Lolita the orca returns home to the ocean after more than 50 years of captivity

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Marin Village is now collecting for its Pop-Up Thrift Boutique

The time you've been waiting and holding your treasures for has arrived! We are about to start taking donations for our Pop-Up Thrift Boutique at the Northgate Mall. **Starting Friday, July 28**, you can drop off your gently used goods **Fridays & Saturdays, 11:00am – 4:00pm**, until we are full. Each year we reach capacity and eventually have to turn donations away, so the sooner you can donate the better.

Curbside drop-off is located between mall entrances on the east side of the Northgate Mall, just across the parking lot from HomeGoods. There will be a sign on the sidewalk outside (near the Cinemark Century Theater entrance) letting you know you're in the right place. Just pull right up to the curb at the sign!

They will gladly ACCEPT:

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-
- jewelry
 - artwork and collectibles
 - kitchenware
 - home décor items, including small-scale furnishings, rugs, lamps, and baskets
 - games and puzzles
 - linens
 - luggage

Due to space constraints this year we CANNOT accept:

- large furniture
- men's clothing or shoes
- sports equipment
- kids' clothing
- toys
- tools or gardening equipment
- computers, monitors, or other electronics
- office supplies
- holiday decorations
- books
- CDs & DVDs (no VHS or Betamax, either!)

Please contact Sue Steele at xerty.10@gmail.com or (415) 966-6614 with questions. Or call the office. (415) 457-4633 Also call us if you'd like to volunteer to help collect and sort donations—it's fun!



Airlines are dropping prices to keep you in the U.S.

Excerpted from MorningBrew.com

Travel within the US is down this summer, and airlines are slashing prices in the hopes that a \$60 ticket will be cheap enough to convince you to visit Cleveland.

Earlier this week, US-focused JetBlue cut its earnings forecast for the year and warned of a loss in Q3. Other primarily domestic airlines are also experiencing turbulence:

- Alaska Airlines has slashed fares, while Southwest, Spirit, and Frontier held flight promotions this summer—a sign of struggle within the industry.
- US round-trip fares are down 11% compared to 2022 and 2019, according to Hopper.com.

Meanwhile... American Airlines, Delta, and United—all carriers with global operations—have exceeded expectations and kept prices high.

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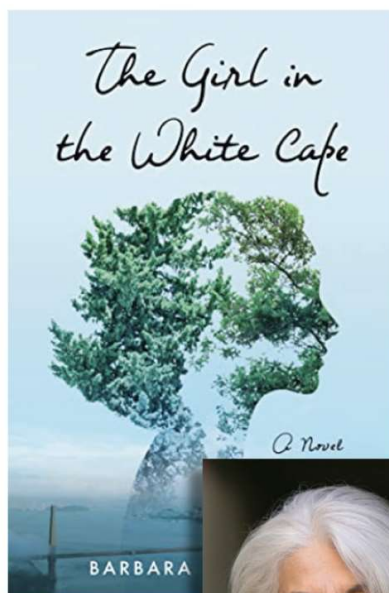
from 2019, per Hopper.

Why are people traveling outside the US? It's not exactly a mystery: Americans who were stuck in the country for nearly two years are ready to put their Duolingo streak to the ultimate test. Mastercard said that spending linked to overseas travel is currently at 154% of pre-pandemic levels.

So...where is everyone?

- Predictably, a lot of Americans are in Europe. According to Allianz, the number of Americans traveling to Europe this year will be 55% more than last summer, with London, Paris, Dublin, and Rome as the top destinations.
- Travel to Pacific countries, including China and Japan, has also popped off. American Airlines said passenger revenue for trans-Pacific routes has more than tripled in the first half of the year.

All the international travel has left American attractions feeling a little empty inside. Major theme parks, including Disney World, Universal, Six Flags, and SeaWorld, have all reported lower-than-usual attendance rates this summer.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**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

Question:

The year 2023 is special for the four members of the Smith family who

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Smith family?

Find the answer at the end of the newsletter.



The Most Effective Ways to Prevent Clogs in Low-Flow Toilets (and Why They're So Common)

Excerpted from LifeHacker.com

If your toilet was manufactured before 1980, you're probably using six or seven gallons per flush. Toilets made between 1980 and 1994 got that down to around 3.5 gallons per flush, while those produced after that have no more than a 1.6-gallon flush.

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your wallet (if you pay for water), they also tend to get clogged easier than older models with higher-volume flushes. Here's why that happens, and what you can do to prevent the clogs.

With less water to flush down whatever ends up in the toilet bowl, low-flow—or “low flush”—toilets tend to get clogged more often than older toilets. Although low-flow toilet technology continues to improve, it's still important to be mindful of how much you flush.

Here are a few things you can do to reduce the chance of clogging a low-flow toilet:

Modify your toilet paper usage

Ultra-thick quilted toilet paper may feel luxurious, but(t) it's easy to use too much of it, and end up with a clog

Don't flush anything else

Regardless of where you land on toilet paper, that should be the only thing that you flush down the toilet (aside from whatever comes out of your body). This means no wipes of any kind (even if they're labeled “flushable”), paper towels, or menstrual products.

Plunge regularly

Instead of waiting until your toilet is clogged, do some preventative plunging on a regular basis—like when you clean the bowl. This will help stop multiple small obstructions from accumulating into one massive clog or overflowing situation.

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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

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/>



Free food fridges take off in parts of Europe in eco-friendly bid to fight waste

Excerpted from AssociatedPress.com

In an effort to help eco-conscious consumers, a Geneva nonprofit is ramping up its rollout of street-side, free-access public refrigerators that restaurateurs, at-home cooks and others can use to give away food that's about to go bad. It's part of a bigger effort by communities in Switzerland and other European countries to do their part for the environment while helping to cut down on food waste.

The nonprofit Free-Go — whose name riffs off the word “frigo,” a colloquial French word for refrigerator — has rolled out refrigerators and pantry shelves in Geneva where passersby can grab fruit, vegetables, bread, croissants and other perishables to take home for free.

The program costs about \$40,000 to run each year and enjoys the support from both charity groups and the city government. It launched a year ago with a single fridge outside a community center in western Geneva and it now has four fridges, strategically placed around town. A fifth one is planned before year's end.

Free-Go says about 1 billion tons of food go to waste every year around the world — using up energy and other resources in the farming and transportation

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“Wasting food is not only an ethical and economic issue but it also depletes the environment of limited natural resources,” the EU’s Commission says.

Similar food-sharing campaigns are in place in the capital, Bern, and in western Neuchatel, after the idea was imported from Germany.

According to Foodsharing.de, a community group in Germany that started more than a decade ago, more than a half-million people in Germany, Switzerland and Austria have made “the food-sharing initiative an international movement” and have helped save 83 million tons of food from going to waste.





Cacao v. Cocoa - what is the difference?

Excerpted from PureWow.com

Although they're both connected to chocolate, there is a key difference. Much like how grapes go through a chemical change to become wine, cacao goes through a similar journey to become processed cocoa.

The seeds from the fruit are placed into sweat boxes (or fermentation boxes), then covered with banana leaves and burlap sacks to begin the fermentation process. This is where they start to turn into the edible beans that are used to make chocolate.

Sheldon Natoo, a tour guide at Belmont Estante said, "In the pulp, there's natural sugar. When you put the beans in [sweat boxes], you'll get natural yeast, and during fermentation, the yeast converts the sugar into alcohol."

He added, "It's just like making wine or making beer. The alcohol would run through the beans and mix with bacteria. The bacteria breaks down, or oxidizes, the alcohol into lactic and acidic acids. These acids go through the

develop. And they will turn golden brown in color.”

After fermentation, the beans are typically roasted in open sheds and then sent out to factories. According to Aaron Sylvester, it’s at this stage when the fruit becomes cocoa.

He said, “If it hasn’t been roasted, if it’s in its purest form in the tree, it’s a cacao tree. Once it’s had heat applied to it and it’s been roasted, it then becomes cocoa. So, there’s cocoa butter, cocoa powder—that’s all after the roasting phase. The cacao gets roasted and then it changes its form to become cocoa.”

The bottom line? **Cacao refers to the original fruit while cocoa refers to the roasted and processed beans.** However, it’s worth noting that the term “cocoa” is still used colloquially by farmers and chocolate makers around the globe. In Grenada, they call their trees cocoa trees. And then if you go to Latin America, they call them cacao trees.



Why do we say Dog Days of Summer?

Excerpted from InterestingFacts.com

When things heat up around July and August, you’ll inevitably hear the phrase “dog days of summer.” No, this doesn’t have anything to do with canines lying around panting in the heat — instead, the phrase is a celestial reference. Sirius, the brightest star in the night sky, is

constellation Canis Major (Latin for “Greater Dog”). In Greek mythology, Canis Major is said to be a hunting dog who belongs to the legendary huntsman Orion. Cosmologically speaking, this relationship is fitting, because the three stars that make up the asterism Orion’s belt point to the “dog star” in the southern sky.

The phrase “dog days of summer” actually refers to a specific period on the calendar, from July 3 until August 11. The ancient Greeks and Romans believed these “dog days” occurred when Sirius appeared to rise with the sun, which always occurred during the summer. The idea was that the immense luminosity of Sirius along with the sun’s heat somehow created summer’s scorching temperatures. Of course, we now know this doesn’t make much sense. For one thing, Sirius is much farther away from Earth than the sun is — like 50 trillion miles farther — so the star has absolutely no effect on Earth’s climate. For another, the dog days of summer are relative to where you live on Earth, appearing earlier in the year for those living farther south and later for those in the north. Also, the position of Sirius is subject to Earth’s wobbly rotation — meaning that in 13,000 years, Sirius will instead rise in midwinter rather than midsummer. So no, “dog days of summer” isn’t an allusion to our cuddly canines, but a vestigial phrase derived from some 2,500-year-old astronomy.





Tokyo smile coach teaches people how to get back their grins in a post-pandemic world

Excerpted from ABC.com

Suddenly with bare faces, some people are realizing that when it comes to smiling, they're a little rusty.

Enter Tokyo smile coach Keiko Kawano, a former radio host who says she noticed that her own smile started to fade as her facial muscles weakened. A growing number of people in Japan are signing up for Kawano's classes, they say, to get their grins back in a post-pandemic world.

Students learn about the muscles involved in achieving that perfect grin before evaluating their own smiles and receiving pointers for how to exercise the muscles behind them.

Kawano says that facial muscles, like the rest of the body, need to be constantly exercised to stay in shape. Her facial workouts involve contorting the mouth and cheeks into different shapes. While they

swears by them.

Kawano normally offers a one-hour personal session for about \$50.

But not everyone is sold on the benefits of achieving a million-dollar smile.

Keio University historian Tomohisa Sumida, who studies the history of masking in Japan, argues that this emphasis on improving your smile shows the influence of “Hollywood culture” from American entertainment, when Japan has a “long tradition not to smile,” he said.

Kawano says that more people in Japan are “catching on the importance of both facial expression as well as words in communication.”



Best walkers rated by MarketWatch

Excerpted from MarketWatch.com

Anyone who has balance or stability concerns, arthritis, hip, knee, or back problems, a temporary disability (such as from a knee, hip, or foot surgery), or respiratory issues could benefit from getting a walker or rollator.

Though walkers and rollators are often thought of as interchangeable, they have important distinctions.

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or two non-swiveling wheels in the front. Walkers generally don't have a seat and are most useful for those who need stable support or have hand dexterity limitations. They are usually best suited for indoor use; the small wheels on the wheeled versions often can't handle irregular surfaces, and models with no wheels (which have to be picked up and set down to move) can be hard to use on uneven sidewalks and grass.

- **A rollator**, which typically costs more than a walker and comes in various colors and styles, has three or four swiveling wheels, a cushioned or mesh seat, a pouch or basket, and hand brakes that work when the user squeezes a lever or pushes down the brake. Larger, bulkier, and heavier than a walker—they often weigh 11 to 30 pounds—a rollator is best for people who want to be able to use it outside, sit frequently, and have a place to store small items, as well as for those with less strength in their arms. Although a rollator isn't lifted when in use, it can require more coordination than a walker.

"Most people gravitate towards wanting to use a walker or rollator that has wheels," said Theresa Marko, a New York City-based clinical specialist in orthopedic physical therapy and a spokesperson for the American Physical Therapy Association. "People who aren't able to control the rolling would need a walker without wheels."

Walkers and rollators can help older adults and those with disabilities maintain their independence and walking abilities, and they can be especially helpful in preventing falls for many adults in their 60s and beyond. Roughly one in four Americans age 65 or older [falls annually](#); 37% of them get an injury that requires medical treatment or restricts their activity, according to the Centers for Disease Control and Prevention.

"Most people don't want to have to use a walker or rollator. That being said, it's necessary to have one for people whose balance is getting a bit worse and other people who have back pain or hip pain," said Marko.

Before purchasing or renting a walker or rollator, it's best to consult a doctor, a physical therapist, or occupational therapist for advice about the most suitable one for your needs.

MarketWatch pick for BEST ROLLATOR

The [Drive Durable 4 Wheel Rollator with 7.5" Casters](#) is easy to assemble and intuitive to use. It comes with a handy storage pouch and has a firm seat and

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wheels roll well on many different surfaces, and the braking system is simple.

At about 18 pounds, it's not the lightest rollator we tried, but we found it easy to collapse and transport.

MarketWatch pick for BEST 3-WHEEL ROLLATOR

If maneuvering tight corners and small bathrooms is a chief concern, this compact, agile, lightweight three-wheel rollator is a very good choice. Its triangular shape, with one wheel in front and two in back, makes the [Vive Health 3-Wheel Walker Rollator](#) great for safely navigating sharp turns, doorways, and getting around furniture.

Folding and unfolding this rollator is simple, and the ample storage pouch is large enough to carry keys, a cell phone, and a small purse or wallet. However, like most other three-wheel rollators, this model has no seat, which can be a dealbreaker for some people. The price is pretty typical for this type of rollator, but it's more expensive than our four-wheel pick.

MarketWatch pick for BEST FOLDING WALKER

At around 7 pounds, the [Drive Deluxe Trigger Release Folding Walker](#) is one of the lightest models we tested. It has two small front wheels, so you don't need to pick it up and put it down with every step as you would with some other standard walkers.

Its small wheels don't do well on rougher terrain, so it's best for indoor use. The two trigger release handles make opening and closing this walker easy. Once folded, it's compact enough to easily store in a closet or a car's trunk. But like other traditional walkers, it doesn't have a seat or storage pouch.



Can you guess the nation where average person is barely over 5ft?

Excerpted from DailyMailUK.com

The shortest people in the world live on the 11,883-square-mile Southeast Asian island of Timor-Leste.

The average Timorese man is just five feet 2.9 inches tall, while the average woman stands four feet 11.5 inches.

Several other countries in Southeast Asia also made the list, including Laos and the Philippines, which experts believe is because their ancestors adapted the smaller stature to withstand the overwhelming heat.

Timor-Leste, also known as East Timor, is a small island separated into two parts, shared by Indonesia's capital Kupang.

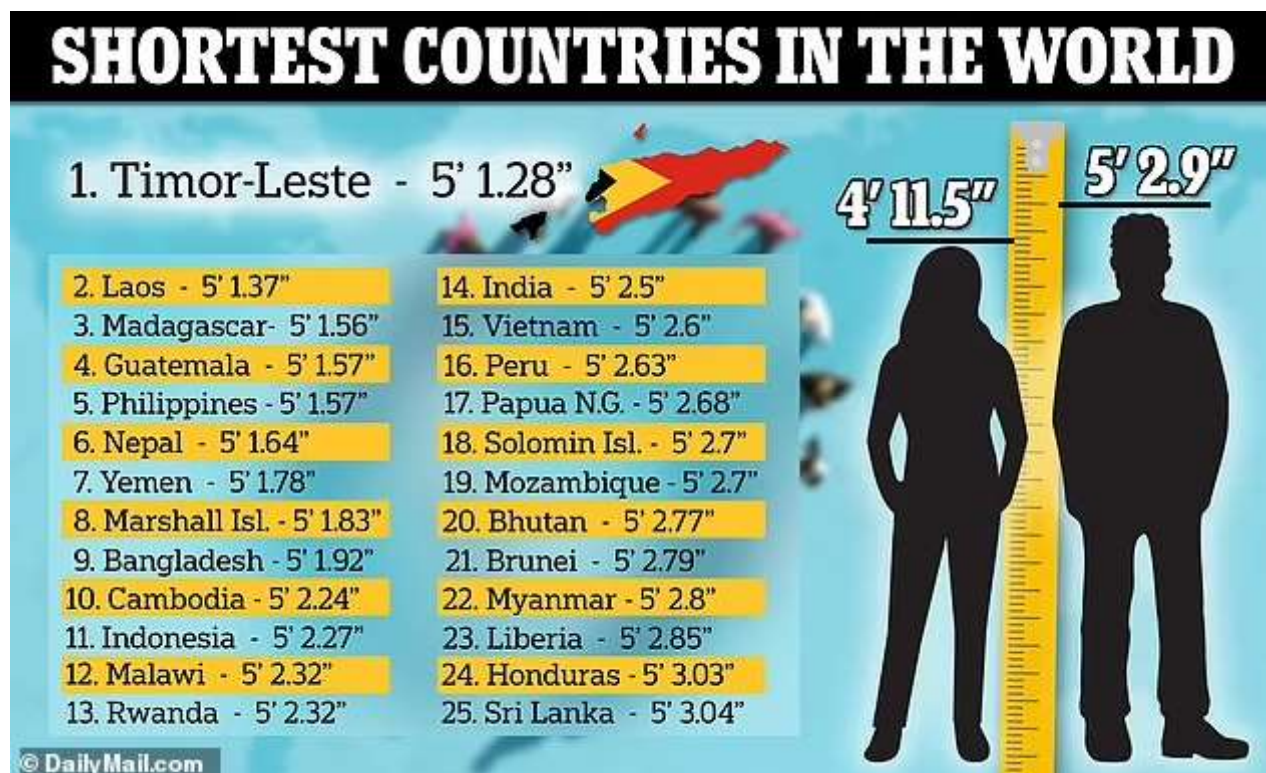
At the same time, the Portuguese occupied the eastern part of this island, but the southeast region is home to the shortest people in the world.

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However, settlers from Portugal and Indonesia moved in during the 20th century, which led to a change in the appearance of the natives.

But in the 1970s, Timorese had grown to five feet three inches, on average, but then saw a decline to five feet or less due to civil war that impacted their evolution.

This is because people no longer moved around the island and mated with different ethnicities.



The US did not make rank among the 25 nations with the shortest people - the average man is five feet nine inches, while women are about five feet four inches.

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Greatest hits of the Grateful Dead, 2.5 hours of music



2029. In 2023 all their ages are prime numbers, and the next year they'll all be prime again is 2029 (17, 19, 47, 53).

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

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