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Photo by John Oppenheimer - Sunset over Richardson Bay
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



To view the Sausalito Village calendar full of events [CLICK HERE](#)

SV hosted events in the coming 2 weeks:

- September 3 - [Tales of the Trail](#)
- September 5 - Errand Tuesday
- September 5 - [Line Dancing Mixed Level](#)
- September 6 - [Technology Training on Zoom](#)
- September 7 - [Rides to Marin County Senior Fair](#)
- September 7 - [Line Dancing](#)
- September 7 - [Safeway Shopping Trip](#)
- September 9 - [Ready Sausalito](#)
- September 10 - [Sausalito Grandparents Day Visit SV Table](#)
- September 11 - [Stretch and Strengthen with Rayner](#)
- September 12 - Errand Tuesday
- September 13 - [Dollar Tree/Sprouts Shopping Trip](#)

Mark your calendar for Ready Sausalito, SV hosted Emergency Preparedness Fair Saturday, September 9th, 1pm-4pm

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READY SAUSALITO is open to EVERYONE
Pass the word - invite friends, family, neighbors



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**

INFO Tables will include:

Prepare for Power Outages
Firesafe Vegetation Management
Evacuation ABC's
FREE covid tests
GO Bag and Shelter in Place Bin
Top 10 evacuation items
Sausalito R U OK? Program
Animal safety/emergencies

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Hand sanitizer, CPR, AED
Stop the Bleed, Narcan
Stroke prevention
Advance health planning
Scam protection
Expired medication drop off
Spray a fire extinguisher
Have your fire extinguisher checked
And more!

Free hotdogs thanks to the Lions Club along with
chips, drinks and ice pops

Need a ride? Contact Wendy at 415-332-3325 by
Thursday, September 7th



**Children who spend more time with their
grandparents are happier and more secure**

While parents might think that letting grandparents take care of their children for too long will only turn them into spoilt brats, science asserts otherwise. According to a study conducted at the University of Oxford in the United Kingdom, children who have tight-knit relationships with their grandparents tend to have fewer problems, both emotionally and when it comes to their behavior. In addition to this, children also have less difficulty when interacting and maintaining relationships with peers. The study, completed by Professor Ann Buchanan from the Department of Social Policy and Intervention, surveyed more than 1,500 children and displayed that increased involvement from grandparents can be crucial in a child's development. Furthermore, the study found that while grandmothers take on a more nurturing role, grandfathers become mentors to their grandkids.

Kimberly Agresta, the co-founder of Englewood's Agresta Psychotherapy Group, has also noticed the significant benefits of allowing grandparents to be more involved in children's lives. "If parents regularly involve grandparents in their child's life early on, a child can develop real emotional closeness to the grandparent and begin to see the grandparent as a source of strong social support," she stated in an interview. "So a child will feel that they have other adults, aside from their parents, who love and care about them in the same way, and this adds to their sense of stability and security." This sense of security can be imperative as a child passes through several phases of life.

She continued, "In potentially traumatic situations, like if a child's parents are divorcing or they're being bullied at school, those situations are less impactful because they have other people in their lives who they have these attachments to and support from." This is because grandparents don't generally take on parenting roles - there are no punishments to be doled out or responsibilities to be held accountable for. "Since grandparents are generally not responsible for disciplining or raising the child, they're able to love the child a little more freely and unconditionally than a parent," Agresta explained,

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wealth of knowledge and information, and not only can they pass on valuable skills from real-life experience, but they can also share the past with their grandchildren. They can serve as historians, sharing all kinds of traditions and stories about when their own children were growing up, which creates a sense of continuity for a child." So it looks like it may be time to set up a play date for your kids with the 'rents!



SV's Program Manager, Wendy Nichols, had a full house for the August 29th in-person technology training class and word is, it was fabulous! Don't miss this next class on zoom

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Free Technology Training for Older Adults Group Session on Zoom

Session 1: The Basics

Including Accessing Websites, Apps, Zoom

September 6th

On Zoom

4:00 to 5:30

Register Here:

<https://sausalito.helpfulvillage.com/events/4008>

Each session includes forty-five minutes of training followed by questions and answers, and 1 to 1 training. This is an opportunity to become comfortable with your computer, iPhone or iPad and get your questions answered. Free to all older adults (60+) in Marin County.

QUESTIONS

Call or Email Wendy at (415)332-3325
sausalitovillageconcierge@gmail.com

Presented by
Sausalito and Marin Villages

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2019-2024

| 2019 | 2020 | 2021 | 2022 | 2023 | 2024 |
|-----------|-----------|-----------|----------|----------|----------|
| Andrea | Arthur | Ana | Alex | Arlene | Alberto |
| Barry | Bertha | Bill | Bonnie | Bret | Beryl |
| Chantal | Cristobal | Claudette | Colin | Cindy | Chris |
| Dorian | Dolly | Danny | Danielle | Don | Debby |
| Erin | Edouard | Elsa | Earl | Emily | Ernesto |
| Fernand | Fay | Fred | Fiona | Franklin | Francine |
| Gabrielle | Gonzalo | Grace | Gaston | Gert | Gordon |
| Humberto | Hanna | Henri | Hermine | Harold | Helene |
| Imelda | Isaias | Ida | Ian | Idalia | Isaac |
| Jerry | Josephine | Julian | Julia | Jose | Joyce |
| Karen | Kate | Kyle | Karl | Katia | Kirk |
| Lorenzo | Laura | Larry | Lisa | Lee | Leslie |
| Melissa | Marco | Mindy | Martin | Margot | Milton |
| Nestor | Nana | Nicholas | Nicole | Nigel | Nadine |
| Olga | Omar | Odette | Owen | Ophelia | Oscar |
| Pablo | Paulette | Peter | Paula | Philippe | Patty |
| Rebekah | Rene | Rose | Richard | Rina | Rafael |
| Sebastien | Sally | Sam | Shary | Sean | Sara |
| Tanya | Teddy | Teresa | Tobias | Tammy | Tony |
| Van | Vicky | Victor | Virginie | Vince | Valerie |
| Wendy | Wilfred | Wanda | Walter | Whitney | William |

Why do hurricanes have names?

Excerpted from Today.com

It's a lot easier to talk about Hurricane Idalia than, say, something like "Tropical Cyclone 51.3.35.7" when trying to coordinate during the storm or prepare for its approach.

Using a distinct name also avoids confusion when there's multiple hurricanes in existence at once. A perfect example is that in addition to Idalia, [Hurricane Franklin](#) is currently off the coast of Bermuda right now, where a tropical storm watch is in effect, according to the NHC.

Creating the distinctive names means people in an area where one hurricane is about to hit don't get confused by warnings about a separate area where a different hurricane may make landfall.

How are hurricanes named?

An international committee of the World Meteorological Organization uses a list of different names every year for six years to name Atlantic storms and hurricanes, with one list repeated every sixth year, according to the National Hurricane Center.

The NHC has [published the alphabetical lists of names](#) that will be used to name hurricanes from 2023 through 2028. There are also lists for Pacific hurricanes.

there are no “Q”-named storms on the lists for the current six-year cycle.



Are you prepared to evacuate with your pet in an emergency?

What would you do if there was a knock on the door and the police said you must evacuate in 10 minutes? This has happened to residents of Sausalito in the recent past due to mudslide and fire in the GGNRA. When you have pets, you are not only thinking about what you need to grab for yourself, but for your beloved pet.

[READY SAUSALITO](#) will have a table hosted by experts in pet

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to come to stop by their table on Saturday, September 9th, between 1pm-4pm to learn about items that can make your preparations easier and safer.



Grandparents Day at Dunphy Park next Sunday

Join us at Dunphy Park on Sunday, September 10th from 9:00am - 12:00pm for a morning filled with fun! Sausalito Parks and Rec is partnering with local non-profits and community members to provide families with some quality time together. Share stories, play games, and relax!

All day activities

- Quick portraits by Jenny Siegal, local artist and pastel class instructor
- Tie Dye with our sewing instructor Jai Banks

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- Challenge your neighbors to a series of volleyball games
- Craft with volunteers from Sausalito Village
 - Write a postcard with Parks and Rec
 - Lawn games

More information and schedule of entertainment: <https://www.sausalito.gov/departments/parks-and-recreation/events/grandparents-day>



Scientists solve mystery of why thousands of octopus migrate to deep-sea thermal springs in Moss Beach



Bay Area gas prices will keep climbing over the weekend - but why?

Excerpted from SFChronicle.com

Gas prices for California continued to go up this week even as the weekly nationwide average dropped by 4 cents.

For Bay Area motorists, the sticker shock might feel reminiscent of this time last year, when average prices for a gallon of gas were similar. That's when prices began plateauing after reaching all-time highs that summer as Russia's war in Ukraine led to an epic drop in global supply at the same time travel demand skyrocketed to near-2019 levels.

This time around, the latest surge in prices in California has more to do with the spate of hot weather and an active hurricane season limiting oil supply in the western part of the country, according to John Treanor, a AAA spokesperson.

"During hurricane season, prices are typically going to increase because the threat of hurricanes in the gulf can really shut down production in oil refineries either partially or completely," he said.

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Prices tend to go down in the fall as the weather cools, travel demand drops and oil refineries transition to their cheaper winter blend.

This year's hurricane season, though, brought a rare tropical storm to Southern California and has made gas prices more unpredictable.

"Because of the erratic nature of hurricane season and this extraordinarily warm weather we've had, prices are going to be erratic, too, and likely will remain so through mid-September," John Treanor, a AAA spokesperson said. "For the next couple of weeks, we're going to see prices maybe not significantly increase, but not significantly decrease, either."



Tuesdays are now Sausalito Village Errand days!

Do you need a prescription picked up? A library run? Dry cleaning picked up? A few of items from a store? Our newest volunteer, Amy, is happy to run your errand on Tuesdays.

Please let Wendy know by Monday at 5:00pm what errand you need



SV's Tales of the Trails

WHEN: Sunday, September 3, 7pm

WHERE: Zoom (register for the link)

RSVP: Contact Sue Dunlap at suedunlap46@gmail.com or 415-332-3746 to reserve a spot and for more information.

Join in to hear about Beth Huning's trip as she share photos and tell you more about the "Land of the Pharaohs".



6 Tricks Grocery Stores Use to Influence What You Buy

Here are six ways that stores upsell you even on the quickest of grocery runs.

Listing the Sale Price for Multiple Items

You've probably seen a sale tag that advertises multiple items at a certain price — like two cans of soup for \$5 — but that doesn't necessarily mean that you have to buy two to get the deal. Take a closer look, because chances are those cans are actually \$2.50 each. It's worth looking carefully at the tag just in case you do actually have to buy multiple things, but most of the time it's just a technique to upsell you.

Displaying Items From Different Aisles Together

Chocolate syrup isn't frozen, so why do you sometimes find it near ice cream? It's the same reason you might find marshmallows next to graham crackers, whipped cream in the produce aisle, or red pepper flakes near frozen pizza: to get you to go in for one thing and leave

Displaying Full-Price Items Like They're on Sale

The short sides of the aisle are called end caps, and they're often the source of deals. Sometimes the producer negotiates a low price with the store for visibility, and other times, especially in the back, it's where discontinued or clearance items go. But new or seasonal products sometimes end up in flashy end-cap displays, too — at full price, occasionally with the bonus upsell of pairing up two items from different aisles that go together.

Stocking Essentials in the Back

One thing you might notice about shopping at a grocery store is that staples like eggs, cheese, and bread are rarely placed toward the front entrance — making you walk through a labyrinth of potential impulse purchases (and other sales techniques) on your way to your essentials. That makes it hard for even the most diligent list-makers to stay immune from heavy merchandising. Keep this in mind on your long journey to the back, especially if you can't afford to buy extra snacks.

Stocking Expensive Items at Eye Level

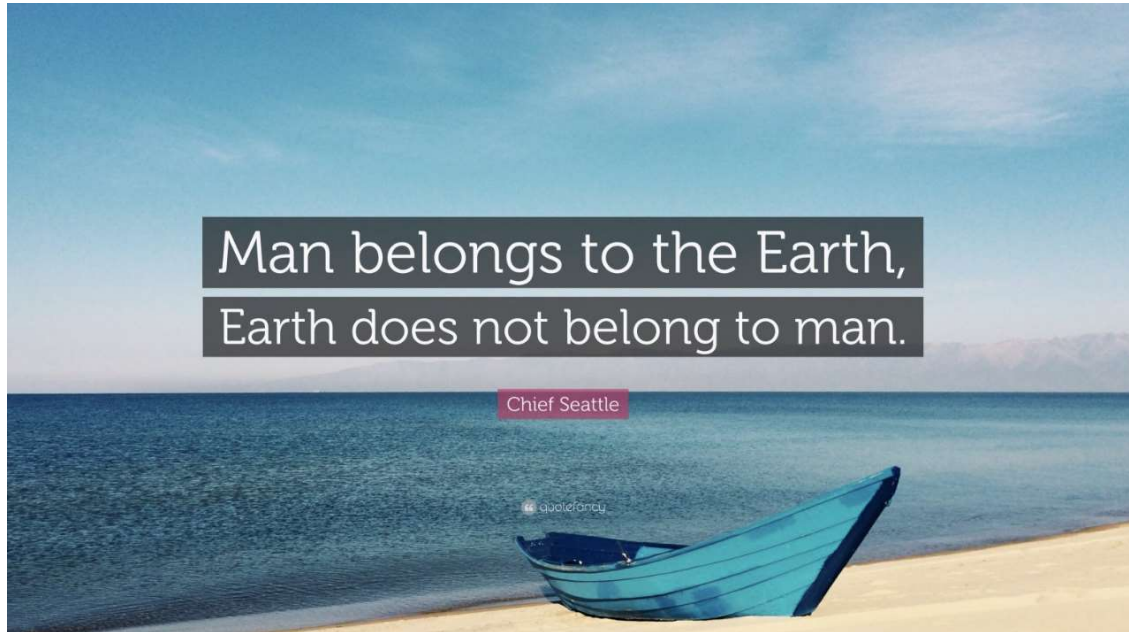
Ever notice that store brands tend to be lower on the shelves than name brands? This makes the more expensive items easier to spot and more likely to end up in a shopping cart. There's a very common exception to this rule: More expensive children's cereals tend to be a little lower down, at eye level with smaller shoppers. Some are even designed so that the cartoon characters on the boxes are looking directly at the kids.

Free Samples

This one may seem obvious. Of course you'll want to buy an item you try first if it's delicious — and that's a big part of it. Sales of an item can go up as much as 2,000% if customers get to sample it, partially because they know what they're getting, but partially because they feel bad for getting something for free.

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sampling something good, customers may be more likely to buy other things that they like throughout the store, not just the sampled product. In other words, while free samples can be great, just make sure to check your instincts after filling up on tiny bites.



SAVE THE DATE! SV Trip to see the Tudors at the Legion of Honor

WHEN: Wednesday, September 20, 2023, 10:15am - 1:45pm

WHERE: Legion of Honor

WHO: Open to SV Members and Volunteers

RSVP: <https://sausalito.helpfulvillage.com/events/3995>

The Tudors: Art and Majesty in Renaissance England

We will meet at Dunphy Park and depart at 10:15 sharp with SV volunteer drivers, driving their cars.

We will arrive in time for the 11:00am docent tour, for those interested. Lunch is available in the cafe. We will depart at approximately 1:45pm.

When you register, **PLEASE let us know in the Comments Section if you are a member of the museum and how many guests you can get in for free.** The cost of entrance for all attendees will be based on how many guest passes we have. Generally, our group has had enough entry passes and been able to get in at no cost, but this is not guaranteed.

About the exhibit: The Legion of Honor is the sole West Coast venue for the first major exhibition of Tudor portraiture, textiles, sculpture, silver, jewelry, and manuscripts in the United States. The exhibition follows the development of the arts in England from Henry VII's seizure of the throne in 1485 to the death of his granddaughter Elizabeth I in 1603. The Tudor period in England saw the end of medieval feudalism, the rise of absolute monarchy, the English Renaissance, the Protestant Reformation, and the expansion of maritime trade. Art and luxury goods were used to legitimize the Tudor dynasty and reinforce shifting religious and foreign policies. Including iconic portraits of England's most enduring monarchs and lavish works of art in a variety of media, the exhibition traces the evolution of courtly



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 September 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/>

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Senior Marin County Fair - September 7th

The Marin County Senior Fair is back and Sausalito Village will be providing rides for its members.

Sausalito Village Members RSVP now to reserve your spot [HERE](#)

10:00am pick up at your home, depart the Civic Center at 1:00 to return to Sausalito

Here is a link to all of the info at the Fair: <https://www.marinseniorfair.org/2023/>



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Create four groups of four!

| | | | |
|----------------|---------------|----------------|-----------------|
| CRUSH | UTAH | RUSH | HAWK |
| MONTANA | MUG | ARIZONA | GENESIS |
| SQUIRT | STARK | YES | COLORADO |
| KANSAS | SPRITE | NEVADA | SOPRANO |

This is a new game from the New York Times. Each set of four is part of a recognizable category of objects, descriptions, phrases or something else.

Find the answer at the bottom of the newsletter.



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The Sausalito Village Happy Hour at Ditas was a roaring success!

Sausalito Village members, volunteers and friends enjoyed a private happy hour in the stunning new Ditas restaurant. Thanks to Nikita, CEO of Ditas and Andrew, Director of Operations, we were welcome to explore the beautiful space and experience samples of the delicious food.

Nikita announced that Ditas will be expanding to offer Sunday Brunch beginning September 10th between the hours of 10:30am and 1:30pm. \$55 per person covers all food offerings served buffet style. Live jazz

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ditas
Champagne Brunch
Sunday | 10:30 AM – 1:30 PM
562 Bridgeway Sausalito
+1 (628) 261 9267
WWW.DITASMARIN.COM/RESERVE



SAVE THE DATE to learn the facts about Reverse Mortgages

WHEN: Wednesday, September 27, 2023, 10am-11am

WHERE: Zoom

RSVP: <https://sausalito.helpfulvillage.com/events/4053>

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to pay for healthcare costs, either now or in the future, take this opportunity to learn more about a reverse mortgage.

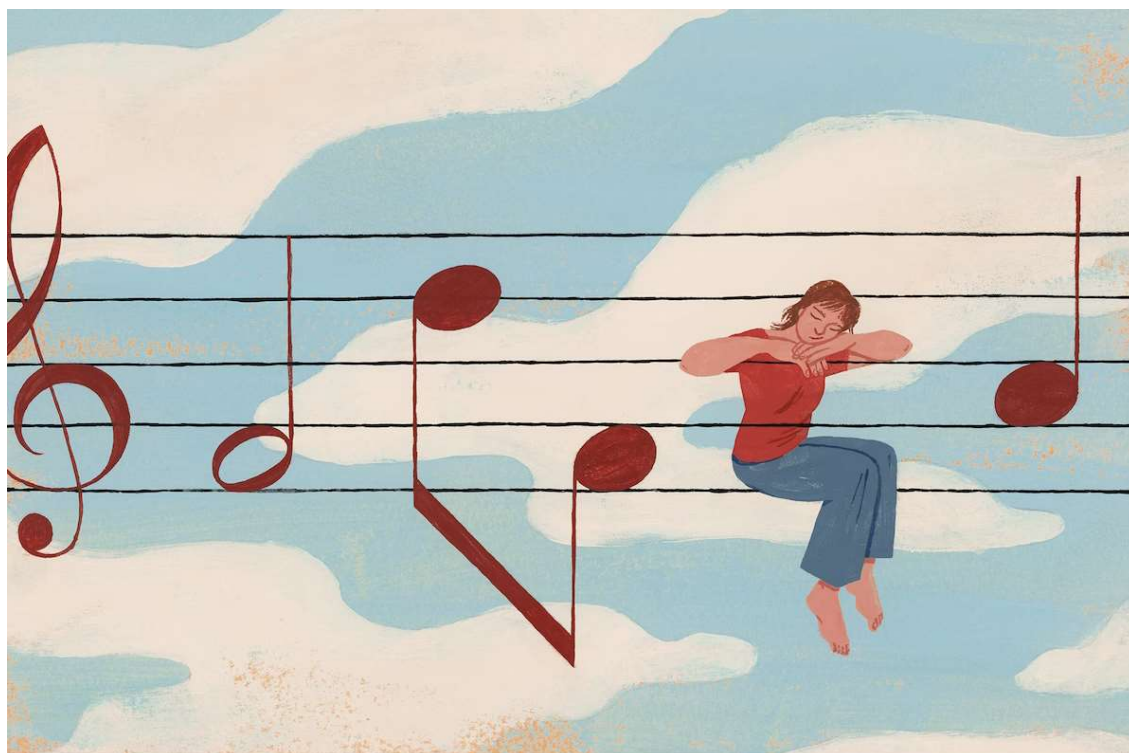
About a reverse mortgage from the Consumer Financial Protection Bureau: A reverse mortgage loan, like a traditional mortgage, allows homeowners to borrow money using their home as security for the loan. Also like a traditional mortgage, when you take out a reverse mortgage loan, the title to your home remains in your name. However, unlike a traditional mortgage, with a reverse mortgage loan, borrowers don't make monthly mortgage payments. The loan is repaid when the borrower no longer lives in the home. Interest and fees are added to the loan balance each month and the balance grows. With a reverse mortgage loan, homeowners are required to pay property taxes and homeowners insurance, use the property as their principal residence, and keep their house in good condition.

Learn more about Reverse Mortgage options with Mill Valley local, Mary-Alice Cardenas who is a specialist with Finance of America Reverse.

About Mary-Alice: Mary-Alice Cárdenas has proudly supported independent and healthy lifestyles for seniors throughout her career. She has been a reverse mortgage specialist serving California for nearly two decades. Before her work in the mortgage industry, Mary-Alice worked at On Lok for seven years as a recreation and Alzheimer's care specialist. She holds a master's degree in public health and also has extensive real estate experience – both of which have lent to her helping over 1,750 older homeowners use reverse mortgages to age safely in place and access the funds they need for a secure retirement.

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Dorothy's funniest moments on Golden Girls



Music can serve as therapy - here is how it can reduce anxiety

Excerpted from WashingtonPost.com

Sometimes, when we are gripped by panic and anxiety, we may not have the words to describe how we are feeling. Then, a song comes

Music — whether the dark, minor essence of Beethoven or the down-tempo sparseness of Lucinda Williams — can speak for us, especially when we are feeling anxious or depressed. Susan Cain explores feelings of longing and melancholy in her book, “Bittersweet: How Sorrow and Longing Make Us Whole.” She theorizes that acknowledging and accepting these feelings make us whole and are comforting.

She references music as a way to help us navigate and own these feelings and says there’s power and a unique beauty in sad or melancholic music. “A moon-lit sonata can be therapeutic for people experiencing loss or depression; it can help us to accept negative emotions rather than ignoring or repressing them; it can show us that we’re not alone in our sorrows,” she writes.

There are many articles with headlines such as “10 best songs to help you relax, according to science” or “30 songs to soothe you when you are anxious.”

What if you don’t like most or any of those songs?

One of the great things about music is that it is subjective and how we use it is personal, too. We can explore ways to use music, all kinds of music, to help us in our lives when we need it. There are times, particularly after an emotional day at work, when heavy rock music relaxes me. The sounds and aural atmosphere match my inner feelings and angst at that moment. It’s a release.

When you are feeling anxious, instead of finding some “relaxing” music, put together a personal playlist and let the music or the song sequence guide you.

Start with a song or piece of music that matches your current mood. The initial song or songs can have a little more intensity, some tension and dissonance or melancholy. Then each ensuing song can gradually, one step at a time, help bring you along toward a more relaxed place.

Use music that you like. Maybe it’s Norah Jones or 80s pop or classic jazz or Mozart.

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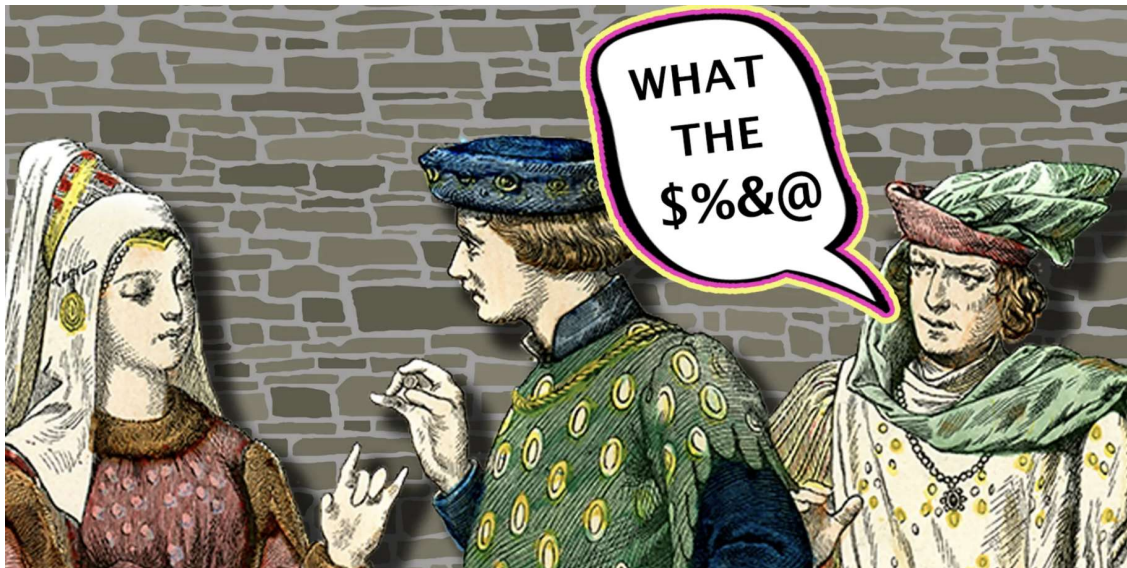
with a bit more intensity, and then moving toward comfort and relaxation:

- “Prelude” — Alex de Grassi
- “Fusion of the Five Elements” — Michael Hedges
- “Megalopolis” — Rodrigo y Gabriela
- “The 2nd Law” — Michael Hedges
- “Sleeping Lady” — Alex de Grassi
- “The Sprinter” — Isato Nakagawa
- “Prelude in D Minor” — Acoustic Alchemy
- “Saint Agnes and the Burning Train” — Sting
- “A Child’s Song” — Will Ackerman
- “In This Moment” — Ken Verheecke
- “The Rain Is Pouring” — Alex de Grassi
- “For the Asking” — Will Ackerman
- “The Water Garden” — Alex de Grassi
- “The Bricklayer’s Beautiful Daughter” — Will Ackerman
- “Golden Slumbers” — Erik Söderlind

Music can meet us where we are — perhaps anxious, depressed or low — and help take us to where we want to be — calm and relaxed. Pick what moves you and make music work for you.



in Colorado



The origins of 4 classic curse words

Excerpted from MentalFloss.com

Ass How did a word meaning “donkey” come to mean “butt”? It didn’t: Each ass has its own etymology. Ass the donkey is an Old English term derived from *asinus*, the Latin word for the animal. Ass the backside is just a variant of *arse*, a different Old English term with Germanic roots. Some people altered the spelling of *arse* to reflect how they said it—without the “r” sound—which is also how we got cuss from curse.

Likening someone to a donkey is a pretty ancient insult. Boethius, a 6th-century Roman senator and scholar, once wrote that a man “sunk in ignorance and stupidity lives like a dull ass.”

Bitch hails from the animal kingdom, too. The earliest sense of the word—Old English’s *biccean*, a borrowing from Germanic languages—refers to a female dog. According to the Oxford English Dictionary, *bitch* originally referred to “a lewd or lascivious woman” before eventually morphing into an all-purpose insult for any kind of woman. Unsurprisingly, women have taken issue with the term for centuries. Francis Grose’s 1785 *Classical Dictionary of the Vulgar Tongue* called it “the most offensive appellation that can be given to an English woman.”

That same century, people began using it in theological contexts to describe the ultimate sentence: an eternity in hell. By the late 16th century, the term had started showing up as an oath “expressing annoyance, hatred, condemnation, etc.,” per the OED.

Shit We have the Germanic languages to thank for *shit*, which Early Old English speakers initially used to describe diarrhea (particularly in cattle), according to the OED. By the 1500s, any feces could be called “shit,” and the term could be spelled basically however you wanted to spell it (including *schitt*). Also around that time, people started using it to describe any obnoxious or despicable person (but typically a man).

Even some of the era’s greatest poets weren’t above calling each other “shits.” In the early 16th century, Scottish poets Walter Kennedy and William Dunbar faced off for a bout of flyting—basically their version of a rap battle—in which Kennedy called Dunbar “a schit but wit” (i.e. a shit without wit).



Imposter scams

Excerpted from CharlesSchwab.com

Imposter scams refer to a scam where a fraudster impersonates a trusted individual, business, or organization to convince a target to transfer money.

In an imposter scam, fraudsters will often:

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- Contact you via a phone call, email, text, online advertisement, or social media post.
- Claim to be security/technical support for a known and reputable company, such as Microsoft, or a trusted financial institution like Schwab.
- Ask you to download software and/or request remote access to your computer.
- Send you an email or text message with a link or attachment, which may ask you to approve/deny a transaction, set up new credentials, or take some other action regarding your account.

Preventing imposter scams requires noticing red flags and taking simple steps.

You should:



Confirm the legitimacy of the organization or person trying to reach you, especially if you did not initiate the contact.



Do not assume you are speaking with an institution based on caller ID. Text messages, emails, and phone calls can appear to come from a trusted institution when they are actually from a fraudster.

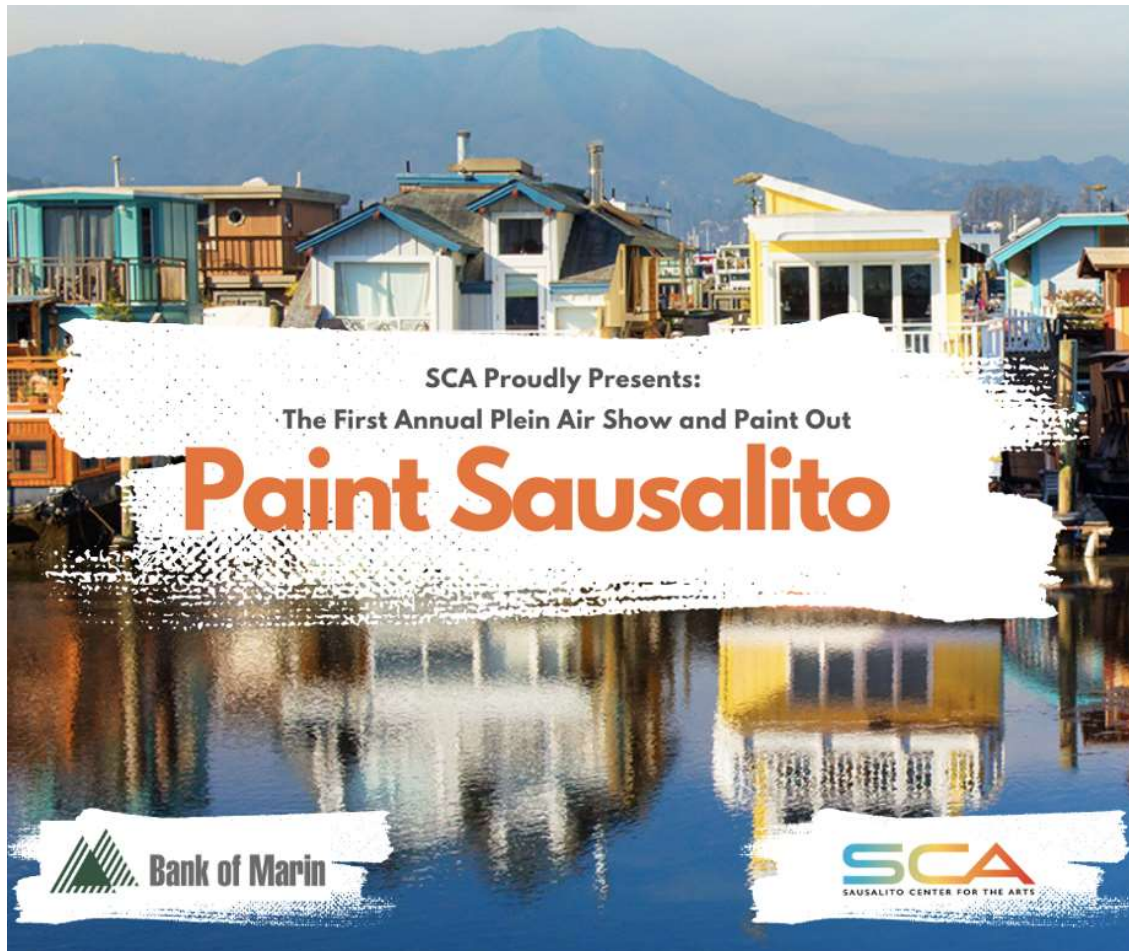


Use caution and take time to research if you receive a request to send money urgently.

FAST (Fiscal Abuse Specialist Team) who will host a table at READY SAUSALITO and provide you with information about the latest scams and how you can get help if you have been a victim of a scam.

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1pm-4pm, Mark Jackson, Court on Columbia



Current SCA show through September 17

More about Sausalito Center for the

Arts: <https://www.sausalitocenterforthearts.org/paint-sausalito>

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writing workshop

100 Bay Street --Sausalito , CA



Thursday
September 7th

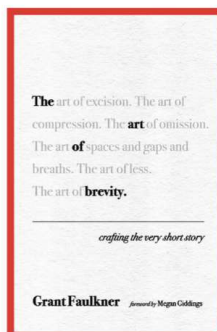
6 -7:30 PM

The Art of Brevity
with local author
Grant Faulkner
in conversation with
Kara Vernor



Kara Vernor

In this 90-minute workshop, Grant Faulkner -- co-founder of 100 Word Story and San Francisco's Flash Fiction Collective, and author of *The Art of Brevity*—will discuss how a different type of creativity emerges within a hard compositional limit, exploring the many different forms that short shorts can take. He will be in conversation with flash fiction author Kara Vernor (*Because I Wanted To Write You A Pop Song*). Grant will also lead a writing exercise that illuminates the aesthetic possibilities of the short form, so come prepared to write and explore the expansiveness of succinctness.



\$40 (includes book) Call the bookshop to sign up for this great workshop -- 415.887.9967



Why You Should Avoid Squishing Ants In Your Home At All Costs

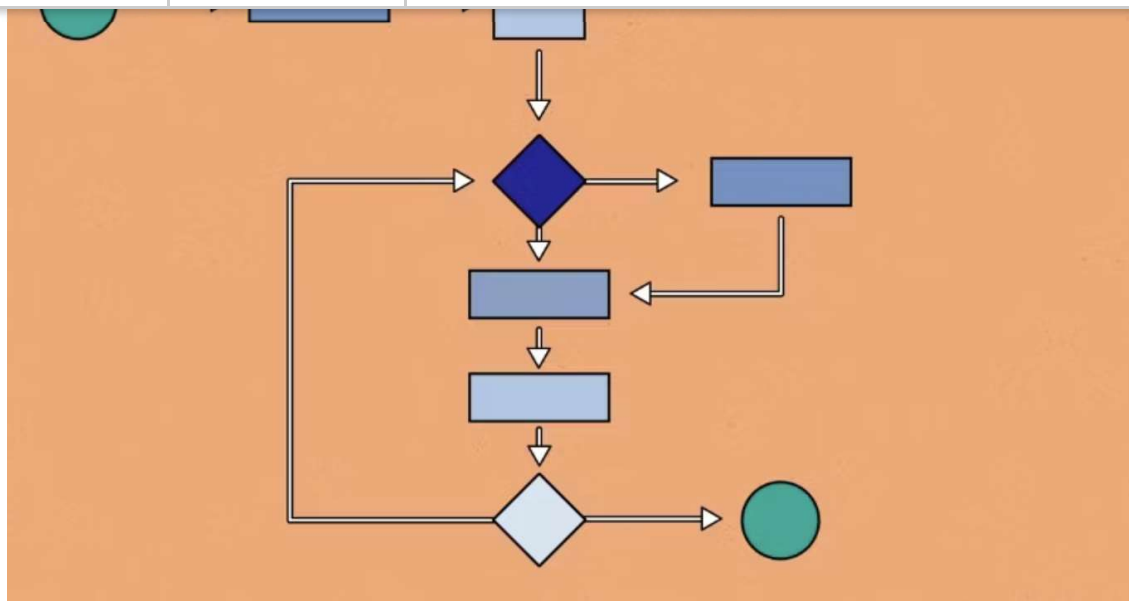
Excerpted from HouseDigest.com

When you squash an ant, bodily fluid seeps out. That fluid from the ant's body produces pheromones, which signal to its entire colony to come to find them. This biological process actually helps keep ant colonies safe from disease, as ants will remove dead ant bodies from the colony and leave them in places where the dead ant can't contaminate the rest of the colony.

Consequently, it's a common occurrence to find one ant, crush it, and later find a large line or pile of ants invading the area where the ant was squashed.



Robin Williams on Sesame Street (blooper reel)



Okay, what are algorithms?

Excerpted from AndroidPolice.com

A computer algorithm is a set of instructions that tell computers how to handle and interpret data. Still, that's vague. Algorithm instructions can range from simple algorithms, like automatically sorting sets of numbers into larger and smaller categories, to complex algorithms, like the Google search engine algorithm that analyzes data about websites and ranks them in the search order. No matter how complex, the algorithm still does the same thing. It takes a set of data and follows a careful process to turn that data into useful results for human users.

The instructions for the algorithm are written in code and typically include significant amounts of math, if/then formulas, and other tools that make a bunch of information make sense. That's why creating an algorithm can take a lot of work and involves many parts.

An algorithm uses math and coding to solve problems and turn data into usable information. But let's dig a little deeper. One model for algorithms suggests that they should have five core characteristics to meet the definition:

described process, with each step in its instructions laying out precisely what it does to reach the endpoint.

- **Inputs:** An algorithm takes data from somewhere, so it gets inputs. That data needs to be labeled or defined so that the algorithm can understand it and categorize it.
- **Outputs:** The algorithm provides an output or the result of its calculations. The output value is the purpose of the algorithm, the information that can be used to make decisions (both automated and non-automated decisions).
- **Finiteness:** An algorithm must be created to have a stopping point. This is the point where it stops working until it's started again. If a process constantly works in an endless loop, it isn't technically an algorithm, although it may do similar things.
- **Effectiveness:** An algorithm should work in the practical world. Algorithms aren't only mathematical theories. They are tools that produce real results when put into practice.



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