



Photo by Kevin McCord

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:



SV hosted events in the coming 2 weeks:

November 11 - Salute to our Veterans!

November 13 - [Stretch and Strengthen with Rayner](#)

November 13 - [Felecia Gaston presentation on Marin City history](#)

November 14 - Errand Tuesday

November 14 - [AARP webinar on avoiding holiday scams](#)

November 15 - [Free technology help on zoom Drop In](#)

November 20 - [Let's practice our Apple Watch health features](#)

November 14 - Errand Tuesday

November 21 - [Safeway and Trader Joes shopping trip](#)

November 23 - [Thanksgiving dinner delivered](#)

November 25 - [Saturday Line Dancing](#)

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



Marin County celebrates Veterans Day

Excerpted from [MarinCounty.org/news](https://marincounty.org/news)

Rick Saber, a retired U.S. Navy and civilian aviator and the commander of Veterans of Foreign Wars Post 7816 in Novato, will serve as the keynote speaker for Marin County's annual Veterans Day ceremony on Saturday, November 11, at the military monuments at the Marin County Civic Center.

The host of the ceremony is the Marin County United Veterans Council, representing veterans organizations and military family support groups. The event, which begins at "zero nine hundred" (9 AM), will mark the 105th anniversary of the end of World War I, which took place in the 11th hour on the 11th day of the 11th month in 1918. As per tradition, "Taps" will be played during that 11th hour.

As in recent pandemic years, it will be an outdoor ceremony only with folding chairs for visitors set up along Avenue of the Flags. Major construction is taking place at the Marin Veterans Memorial Auditorium and the Marin Center parking lot area, but County officials



Felecia Gaston presents her new book on Marin City this Monday

[A Brand New Start...This Is Home](#) is a new history book of Marin City written by Felecia Gaston, the founder and executive director of [Performing Stars](#).

Felecia will discuss her book and the work that she has been doing in Marin City at a special program presented by Sausalito Village.

WHEN: Monday, November 13, 2pm-3:15pm

WHERE: Edgewater Room, downstairs in City Hall

REGISTER: <https://sausalito.helpfulvillage.com/events/4083>

All are welcome to this free program, which was originally scheduled



12 Things under Medicare that are free

Excerpted from AARP.com

1. A onetime “Welcome to Medicare” visit

This visit must be made within the first 12 months of signing up for Medicare Part B, the part of Medicare that covers doctor visits and other outpatient services.

Think of this initial visit as a baseline check-in. Your provider will review your medical and personal history, see what medications you are taking, give you a flu and pneumococcal shot, take your vital signs (height, weight and blood pressure), do a simple vision test, ask some mental and behavioral health questions, and offer to help you create any advance directives you might not yet have. And all this will be free.

But note that if after this general check-in, your doctor wants to order some diagnostic tests or perform some other services, the rules governing Part B will

you have supplemental, or Medigap, insurance.

2. A yearly wellness visit

The first thing to know about this is what it isn't: a physical. According to Medicare, this is a once-a-year visit to "update your personalized plan to help prevent disease or disability." Your doctor will probably take your vital signs (height, weight and blood pressure) and review your medical history and the medications you are taking. Providers are also expected to do a cognitive assessment to look for any signs of dementia. If during this visit your doctor needs to order some tests, such as blood work or an actual physical exam, then as with that first welcome Medicare visit, the rules governing your coinsurance under Medicare Part B will apply.

3. Vaccines

Thanks to a federal law passed in 2022, Medicare now covers most vaccines at no cost to enrollees with prescription drug coverage under Medicare Part D or as part of their Medicare Advantage plan. This includes inoculations recommended by the Centers for Disease Control and Prevention, such as the shots for shingles and RSV. Medicare Part B had already covered other vaccines, such as seasonal flu and COVID-19 shots, at no charge.

4. Diabetes screenings

Medicare Part B will cover up to two diabetes screenings each year, including blood glucose tests, if your doctor determines you are at risk for developing diabetes and you have risk factors such as high blood pressure, a history of abnormal cholesterol levels, are obese or have a history of high blood sugar. Part B will also cover these screenings if two or more of the following conditions apply: you are 65 or older, you're overweight, you have a family history of diabetes or you've had gestational diabetes (diabetes while you were pregnant).

Read the entire list [HERE](#)



Learn about the health features on your Apple Watch and more

WHEN: Monday, November 20th, 11am-12:30pm

WHERE: Edgewater Room, downstairs in City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4119-learn-to-use-the-apple-watch-health-features>

This peer training is open to all, geared to seniors and free of charge. Registration required.

Come learn about the health and safety benefits of the Apple Watch from SV Advisory Board Member Rosalie Wallace. As an early adopter of the Apple Watch, Rosalie has learned how to make her watch 'work for her'. She is enthusiastic about all it can do and wants to share her knowledge with other seniors who are either thinking of getting one or want to learn more about the one you have.

We will discuss the different features available, as well as the different models available. We will also discuss the device and system requirements needed.



Don't underestimate the power of a compliment

Excerpted from NYT.com

Offering a compliment has been shown to benefit both the giver and receiver, but we often hold back because we're worried about how we'll come off, said Erica Boothby, a social psychologist at the Wharton School of the University of Pennsylvania, who has studied the positive effects of compliments.

Many of us, Dr. Boothby said, grapple with questions like: Will I make the other person feel awkward? Will the compliment seem fake, or pandering?

"The reality is, these messages are usually much more welcome than we expect," she said. "And we are overly, unnecessarily pessimistic."

(The author asked for recommendations from Dr. Boothby, Dr. Frederickton and British comedian and complimenter-extraordinaire Milo McCabe via his alter-ego Troy Hawke)

Complimenting a stranger? Keep it brief, sincere and positive.

If someone has clearly made an effort to dress up, for example, this should be noted immediately. “I adore that pastel blue blazer,” he told one older man, whose face lit up. “With purple socks? Stunning. Confident.”

McCabe told a woman that she had admirable posture. “You clearly do the Alexander Technique all day,” he said. She smiled and straightened up even more.

Keep it upbeat, keep it short and keep moving, so people are reassured that you don’t have an agenda, McCabe told me.

And be sincere, even with strangers, Dr. Boothby said. “You shouldn’t go around giving empty compliments you don’t genuinely feel.”

Praising a friend or a loved one? Be specific.

If you’re complimenting someone you know, try to make it distinctive, said Barbara Fredrickson, the director of the Positive Emotions and Psychophysiology Laboratory at the University of North Carolina at Chapel Hill and the author of “Love 2.0.” Instead of saying that you like the person’s laugh, say how it makes you feel. (“Hearing you laugh makes me want to laugh, too.”)

Or, if you’re complimenting something someone has done, explain why you admire it, Dr. Fredrickson said. “Instead of just saying, ‘Oh, what a great dinner you made,’” she said, “you can say, ‘You’re always so good at finding a new recipe and being creative.’” Personalizing your compliment with context, she said, makes the person feel even more valued.

It doesn’t need to be a lavish compliment, either, McCabe said. You can use humor to praise everyday acts. (Taking his suggestion, I told my husband, “You change the coffee filter like a champion.”)

Don’t second-guess yourself.

If you have a positive thought about someone, consider sharing it. Even better, look for opportunities to slip a compliment into your conversation.

Most people are “in the grip of their inner critic,” McCabe said. “But if you can give someone a good compliment — that you mean — you kind of give their inner critic a right hook.”

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Comedian and professional complimenter, Milo McCabe as Troy Hawke complimenting at the Scottish Open.



A City Manager's public service journey to Sausalito

Chris Zapata in conversation with Pastor Paul Mowry

RSVP: <https://sausalito.helpfulvillage.com/events/4117>

Join Sausalito City Manager, Chris Zapata, in a very open and revealing conversation with Pastor Paul Mowry hosted by Sausalito Village. Special thanks to Father Chip Larrimore of Christ Church for the use of Campbell Hall.

Parking is limited, please carpool, walk or call ahead for a door to door CARSS ride at 415-944-5474 by November 25th.



Top symptoms of RSV to be aware of in older adults

Excerpted from Parade.com

Symptoms of RSV can range from mild to severe. Dr. Elizalde says that mild RSV symptoms can include a runny nose, sore throat, coughing, sneezing and a decrease in appetite. “In more severe cases, patients can experience acute dehydration or difficulty breathing, which can signal pneumonia or another lung infection,” she says.

If you’re coughing a lot, Dr. Smith says this is definitely a symptom to take seriously. “In adults over the age of 65, symptoms almost always include a cough, whereas with the flu, coughing is usually just present in about two-thirds of patients,” he says. He explains that the cough is usually dry, but if someone with RSV develops pneumonia, it can become a wet cough.

Dr. Smith says that another symptom of RSV is wheezing. “Wheezing is found in more than a third of people with RSV, even if you don’t have asthma,” he says. If you have COPD or asthma, he adds that RSV could cause a flare-up. “Sinus infections are also fair game,” Dr. Smith adds.

If your only symptom of RSV is a cough, Dr. Smith says to rest up at home, making sure to drink plenty of liquids. But if the symptoms go beyond that, see a doctor—especially if you are short of breath. Dr. Podjasek says that RSV can be treated with medications, such as antiviral drugs and bronchodilators, a type of medication that makes breathing easier by relaxing muscles in the lungs and widening the airways.

Dr. Elizalde says that the best way to protect yourself from RSV is to wash your hands regularly and avoid touching your face. “RSV enters the body through the mouth, nose or eyes, and spreads easily through the air,” she says, explaining the reasoning why these two actions go a long way in protecting against the virus.

It’s also important to know that there are two RSV vaccines available, which could offer a layer of protection. If you are older than 65, Dr.

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the vaccine is a good idea for you.



Drop-In Technology Help Via Zoom

Wednesday, November 15th, 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

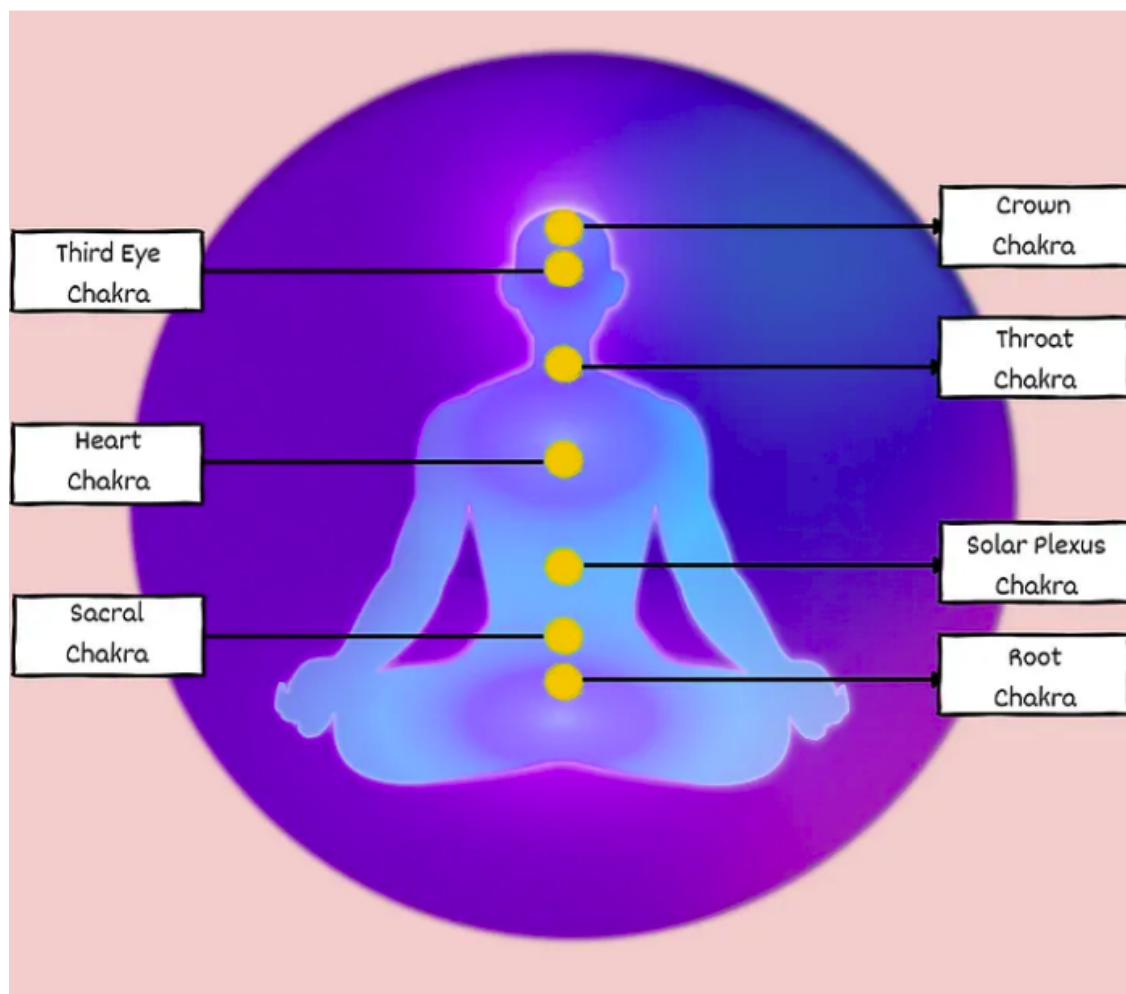
Free Drop-In Technology Help via zoom

Zoom Session:

Wednesday, November 15th from 4:00 to 5:30.

No need to register, just log on:

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



7 Chakras and how to unblock them

Excerpted from TheTaoist.online

1. Root Chakra (Muladhara) — The Foundation:

- This chakra, found at the base of your spine, is all about feeling secure and grounded.
- To open it, connect with the Earth. Try walking barefoot on grass, doing yoga, or simply take deep breaths while visualizing your connection to the ground.

Meditation Technique:

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- Breathe deeply and imagine roots extending from your body into the Earth.
- Chant the seed mantra for the Root Chakra — ‘Lam’.
- Repeat grounding affirmations like “I am safe” and “I am secure” as you meditate.

2. Sacral Chakra (Svadhishthana) — The Center of Creativity:

- *This chakra, located just **below your belly button**, is about your **creativity and sexual energy**.*
- *To get it flowing, **express yourself**. Paint, dance, cook, or do anything that makes your creative side happy. Embrace your sensual side and enjoy your desires.*

Meditation Technique:

- *Sit comfortably and visualize an orange, swirling chakra in your lower abdomen.*
- *Focus on the flow of water, imagining waves of creativity washing over you.*
- *Chant the Svadhishthana Chakra mantra ‘Vam’ for 5–15 minutes.*
- *Use affirmations related to creativity and sensuality like “I am fulfilled in my passions” and “I have an abundance of creativity.”*

Read the entire article [HERE](#)



Mark your calendars for SV Holiday Events coming soon....

We are all still scratching our heads trying to figure out how November got here, but it is, and we want to make sure you know our plans for the upcoming season.

Thanksgiving Turkey Dinner Delivered to your door. Open to everyone. Volunteers will deliver Thanksgiving dinner to your door between 10:30am-noon. Dinners are \$25. More info and registration:

<https://sausalito.helpfulvillage.com/events/4120>

Holiday Souper Monday Club. Open to everyone. Free event on Monday, December 4th, join us for restaurant catered soup in beautiful Campbell Hall. Free but must RSVP. More info and registration: <https://sausalito.helpfulvillage.com/events/4109>

Cheryl's picks for the Holidays at Books by the Bay. Open to everyone. Enjoy the inviting atmosphere of our neighborhood book store and enjoy wine and crudities on December 6th, starting at 3pm. More info and registration: <https://sausalito.helpfulvillage.com/events/4058>

Sing Along and Holiday Party. Open to all Members, Volunteers and a Guest. On Monday, December 18th 3pm, Andy Dudnick and his wife Jan will be in the house! Leading a sing along of holiday songs. Plenty of wine and food. Free but must RSVP. More info and

December 24th Dinner Delivered to your door. Open to everyone. Choice of Ham or Turkey complete dinner delivered between 10:30am-noon. Dinners are \$25. More info and registration:

<https://sausalito.helpfulvillage.com/events/4122>



Second Street on a rainy day in December 2022

Get ready for winter storms

Excerpted from Sausalito Currents

Storm Preparation

- Check your property for clogged drains, gutters, and drainage pipes.
- Check your roof downspouts to make sure that storm water is directed away from foundations.
- Deploy sandbags (see below) to deflect runoff from areas of your property that have been prone to flooding.
- Help prevent storm drain blockages by clearing leaves and other debris from street gutters.
- Check to see if storm drain inlets on the street and near your property are clear of leaves and debris.
- Develop an [emergency plan](#) with your family and practice it.

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Sign up for [Alert Mail](#) to receive emergency alerts by cellular phone call, text message, or email.

Sandbags

- Sand and bags for making sandbags are available at a 24-hour, drive-up location in the [MLK Parking Lot](#) maintained by the Public Works Department.
- The wooden enclosure with sand can be found on the southern edge of the parking lot. Empty sandbags are next to the enclosure.
- A shovel is available for filling sandbags.

During a Storm

- Call 9-1-1 if you come across a downed tree or live wires; do not attempt to move any wires from the roadway or your property.
- Remove accumulated leaves or debris from storm drains on your street if you can do so safely.
- Report blocked storm drains to the Department of Public Works via [online form](#) or by calling (415) 289-4106.

Excess Runoff

- If you see significant runoff on a slope that is not typically used for drainage, it could be due to a blockage or diversion of water from its regular course somewhere upstream.
- Please report these instances to Public Works via [online form](#) or by calling (415) 289-4106.
- If you feel that the situation constitutes an emergency, call 9-1-1.



Calm Mind = Clear Mind; Mastering your self talk - Free class at Sausalito Parks and Rec

Talking to ourselves is something we all do, all the time. However, much of the time, we are unaware of what we are saying to ourselves. Often, we are repeating the words of other people that do not support good health, clear thinking, or a satisfying life. Nevertheless, the words you say and the images you paint in your head with those words have tremendous influence over how you live your life day to day. In these four one-hour lessons you will learn how to quickly:

- relax away tension and stress from your body
- remember names, dates, and details
- let yourself off the hook for past mistakes
- recognize new options and opportunities within your reach.

WHEN: Thursdays, November 16 and 30th, 3pm-4pm

WHERE: Edgewater Room, downstairs City Hall

REGISTER with Parks and Rec:

<https://cityofsausalito.perfectmind.com/24457/MemberRegistration/MemberSignIn?eventId=1d9d88cd-4596-4e72-9ccd-21bdb7dd7d68&locationId=9b43f995-2494-4516-9048-c2ab239cf697&waitListMode=False>

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or recreation@sausalito.gov

Instructor A.T. Lynne

Author, Educator, and Certified Clinical Hypnotherapist, A.T. Lynne has helped countless clients use their own words to relieve worry and anxiety, improve their memory, sleep more soundly, and live happier lives.



How Often Should You Shower? Here's What Experts Really Recommend

Excerpted from Vogue.com

Of course, it goes without saying that bathing regularly is a must when it comes to maintaining good hygiene. But the benefits of showering go beyond simply removing dirt, sweat, dead skin cells, and debris. Showering also offers a host of other feel-good properties: It can stimulate circulation and improve immune function, ease aches and pain, reduce swelling, improve sleep, and lessen

bad day can attest—there are proven mental health benefits as well. Showering can boost our self esteem, ease anxiety, and soothe stress.

But here's the thing: we all might be showering way more than necessary.

"While most people can tolerate daily showering, many people could actually benefit from showering just three times a week," explains board-certified dermatologist Deanne Robinson, MD, FAAD. "It really has to do with your skin condition, the products you're using, and your lifestyle choices." For example, she says you might need to shower more if you're engaging in frequent sweaty workouts or are regularly exposed to allergens or toxins outdoors. "But if you've had a pretty chill day, chances are you can skip the shower and take one the next day," she explains.

Dr. Turegano agrees. "I think that showering three to four times a week is plenty for most people," she says. "We start to see more issues with dry or irritated skin when showering happens more often than once a day." She says this is especially true for those with already-dry or eczema-prone skin.

She also points out that showering too frequently—or not frequently enough—can lead to issues with scalp health, so there's definitely a sweet spot when it comes to washing your hair. "If someone is prone to dandruff, greasy hair, or is dealing with hair loss, then I recommend washing every other day or even daily," she says. And while those with textured hair can get away with doing less, she says that if you're dealing with dandruff or seborrheic dermatitis, you should wash your hair "at least once a week," no matter what.



QR Codes will soon make your recycling easier

Excerpted from Axios.com

QR codes with local recycling instructions based on your zip code will soon show up on your milk cartons, ice cream tubs and more — meaning you'll be able to scan an item, type in your ZIP code and see if it's eligible to go in the blue bin.

Recycle Check, a new program run by The Recycling Partnership, launched earlier this year and is busy signing up consumer brands to add local recycling info to their packaging via QR codes.

Two early adopters are General Mills (maker of Yoplait, Pillsbury, Chex, Betty Crocker, etc.) and Horizon Organics, which makes dairy products.

Products from those companies with local recycling details will soon be on store shelves, says Sarah Dearman, chief innovation officer for The Recycling Partnership. The recycling information will be dynamic — meaning that if a facility starts to accept a type of material that it had previously turned away, that change will be reflected in real time.

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locality) or actively seek out more granular information if it's available.



Order your Thanksgiving turkey dinner delivered now!

Open to all seniors in Sausalito

Dinner will be prepared by Mollie Stones and will include:

Turkey and gravy

Stuffing

Potatoes

Vegetable

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Vetted volunteers from Sausalito Village and CARSS will deliver the meals between 10:30am and noon to anyone in 94965.

Price is \$25 per meal delivered, tax included. If you are a Sausalito Village member who receives a fee waiver, your meal is \$15.

Register and pay: <https://sausalito.helpfulvillage.com/events/4120>



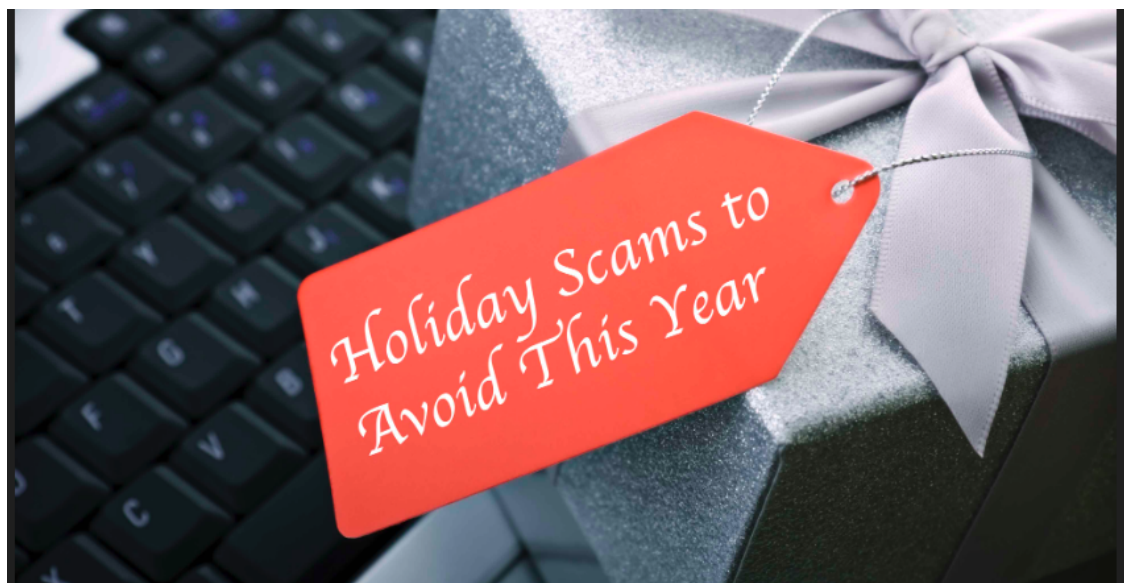
The iconic Hollywood sign celebrates 100 years - here is the backstory

FRIDAY PUZZLE

With the US election less than one year away, let's help you brush up on the electoral college system that will determine the next president.

There are six states that have three electoral votes each. This is the minimum number of electoral votes a state can have, so these states are the ones with the fewest people. Can you name them?

Find the answer at the bottom of the newsletter.



**AARP online presentation to help you
Avoid Scams this Holiday Season and
Beyond**

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The holiday season ushers in times of celebration, but it's also a time when criminals ramp up their efforts. Understanding their tactics can help you and your family stay safe.

AARP's free fraud webinar will cover the kinds of scams that regularly appear during the holiday season as well as the three primary tactics criminals use.

Experts will discuss what signs to look for and describe some of the most common scams, such as online shopping and fake charities.

Don't forget to invite your friends and relatives so that they, too, can find out how to detect and avoid scams during and long after the holidays.

WHEN: November 14th, 7pm

REGISTER: [HERE](#)

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SPECIAL EVENT

Honoring Native Voices, People & Artistry

In Celebration of Native American Heritage Month
Thursday, November 16th, 6pm

Sausalito Books By The Bay | 100 Bay Street, Sausalito



Kim Shuck

Tsalagi (Cherokee) heritage. Poet, author, weaver, and bead work artist. 2017 San Francisco Poet Laureate. Recent collections of poems include *Deer Trails* and *Exile Heart*.



Denise Low

Kansas Poet Laureate 2007-09. Recent books include *Shadow Light*, *Jigsaw Puzzling* and *The Turtle's Beating Heart*. Founded the Creative Writing Program at Haskell Indian Nations University.



Georgina Marie Guardado

Poet Laureate of Lake County, CA (2020-2024) Poets Laureate Fellow with The Academy of American Poets. Currently working on full-length poetry manuscript, *The Length of Trauma Covets*.



Georgina Marie Guardado

Author of four poetry chapbooks and seven full-length collections, most recently *Birds of San Pancho and Other Poems of Place*, as well as two children's books and a memoir. Wampanoag tribe.



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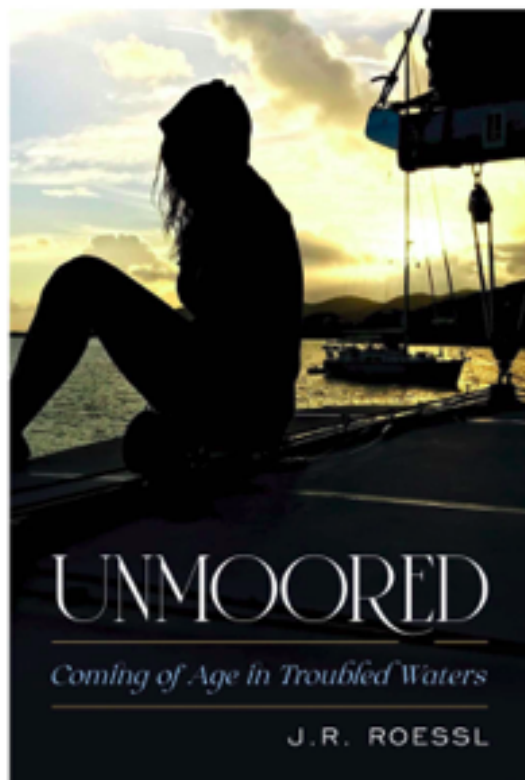
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Author Event



100 Bay Street, Sausalito, CA 94965 • 415.887.9967 • sausalitobooksbythebay.com • literacybythebay.org



J.R. Roessl was raised in the Bay Area graduating from Redwood High in Marin County, and then from New York University with a B.A. in creative writing. For more than thirty years, she traveled the world working as a model and commercial actor. Her debut memoir navigates the turbulent 60's as well as a nautical voyage with her family aboard their 40-foot sailboat. A portrait of personal growth, resilience & indomitable spirit.

Wednesday
November 15th
5 PM

J.R. Roessl
Unmoored
Coming of Age in
Troubled Waters



Unless otherwise indicated all events are open to the public and there is no charge to attend



Use the 'REAP' Method to Study Brand New Information

Excerpted from LifeHacker.com

REAP is an acronym, and stands for “read, encode, annotate, and ponder.”

Using the REAP method, you first **read** the passage, chapter, or section of text on your own. Don't think too hard here; the goal of a reading-first approach is not to read overly critically, but to absorb the information as a whole. Then you **encode** the information by putting it in your own words. You can do this by writing a quick, paragraph-long summary in your notes or describing it out loud to someone else. Next, **annotate** the text by writing down only the main ideas—whether in the form of keywords, pieces of data, quotes, or standout elements of the introduction or conclusion.

When it's time to **ponder**, review the text, your summary, and your high-level notes as you develop additional research questions sparked by what you've read. This is when you can begin to make connections between the information and real-world applications. It's only at this point that you lean on critical reading and reflection: Compare your

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you accurately identified the most critical themes and overall messages in your rewriting.

It lets you familiarize yourself with the full body of text instead of immediately focusing on the nitty-gritty of subheadings and tables. This helps you grasp the overarching meaning before you dive into the weeds. For maximum retention, next try going back through the text and employing [a critical reading technique like THIEVES](#) to extract every relevant detail.



Pareidolia: Seeing Faces in Things



How and what does the carnivorous Venus Fly Trap eat?

Excerpted from TheSpruce.com

The world of plants is full of natural wonders, and one of these is the carnivorous Venus flytrap. This plant is unusual looking and has uniquely observable trait—it captures and consumes insects. Venus flytraps (*Dionaea muscipula*) are perennial plants that grow best outdoors and can survive 20 years or longer in the wild. However, what's different about the Venus flytrap is that it thrives in poor soil and benefits from the supplemental nutrients it gets from consuming live insect prey. Think of insects as the fertilizer you might use to feed other plants.

The insects are made of digestible materials high in essential plant nutrients like nitrogen and phosphorous that often are not sufficient in the plant's boggy, acidic habitat. Some examples of insects the Venus flytrap eats include: ants, beetles, grasshoppers, flying insects, spiders.

The Venus flytrap catches its prey with two hinged lobes on the end of each leaf. The insides of the lobes have small hair-like projections called trichomes which, when stimulated by moving prey, cause the two lobes of the plant to snap together. The lobe edges are bristled with spiky extensions that interlock

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The trichomes must continue to be stimulated for the bristles to close and interlock completely making the trap airtight. This means the Venus flytrap must be fed live prey. Otherwise the lobes fail to lock completely and digestion of the food source stops. In this case, the trap reopens in a day or two, releasing the undigested material.

Depending on the type and size of insect, the trap remains closed for five to 12 days before reopening to release the exoskeleton.



Stretch and Strengthen with Rayner. If you watch this video, please let us know! This class is now co-sponsored with Parks and Rec and they would like to track if people are watching. Please contact Sharon at Sharon126@aol.com. Thank you!

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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



Clasp:

Excerpted from Interesting Facts.com

The long-term uses for a product do not always materialize during the inventor's lifetime. Such was the case with Mark Twain — the celebrated writer born Samuel Clemens — who filed a patent for a clothing accessory when he was 35 years old. Twain found wearing suspenders uncomfortable, so he came up with a device he called an "Improvement in Adjustable and Detachable Straps for Garments." What he envisioned was a versatile two-piece strap — preferably elastic — that fastened with hooks. The hooks were inserted into a series of rows of small holes, chosen depending on how snug (or loose) the wearer wanted their garment. Twain thought this simple, gender-neutral tool could customize the fit of a wearer's vests, shirts, pantaloons, or stays, a corset-like object that women wore under dresses.

When Twain submitted his patent, in September 1871, Henry C. Lockwood was attempting to patent a similar invention he described as an "elastic waist-strap." Utilizing a process known as "interference," the U.S. Patent Office had both men compose statements in order to determine which design originated first. Twain responded by writing a characteristic short story, explaining how he had given the idea thought for four or five years before making his prototype that August. The office accepted his claim to being first, and patent No. 121,992 was granted to Twain on December 19, 1871.

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3.5 hours of November Autumn Jazz



North Dakota, Alaska, Delaware, South Dakota, Vermont, and Wyoming.
(Washington, DC, also has three electoral votes.)

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