

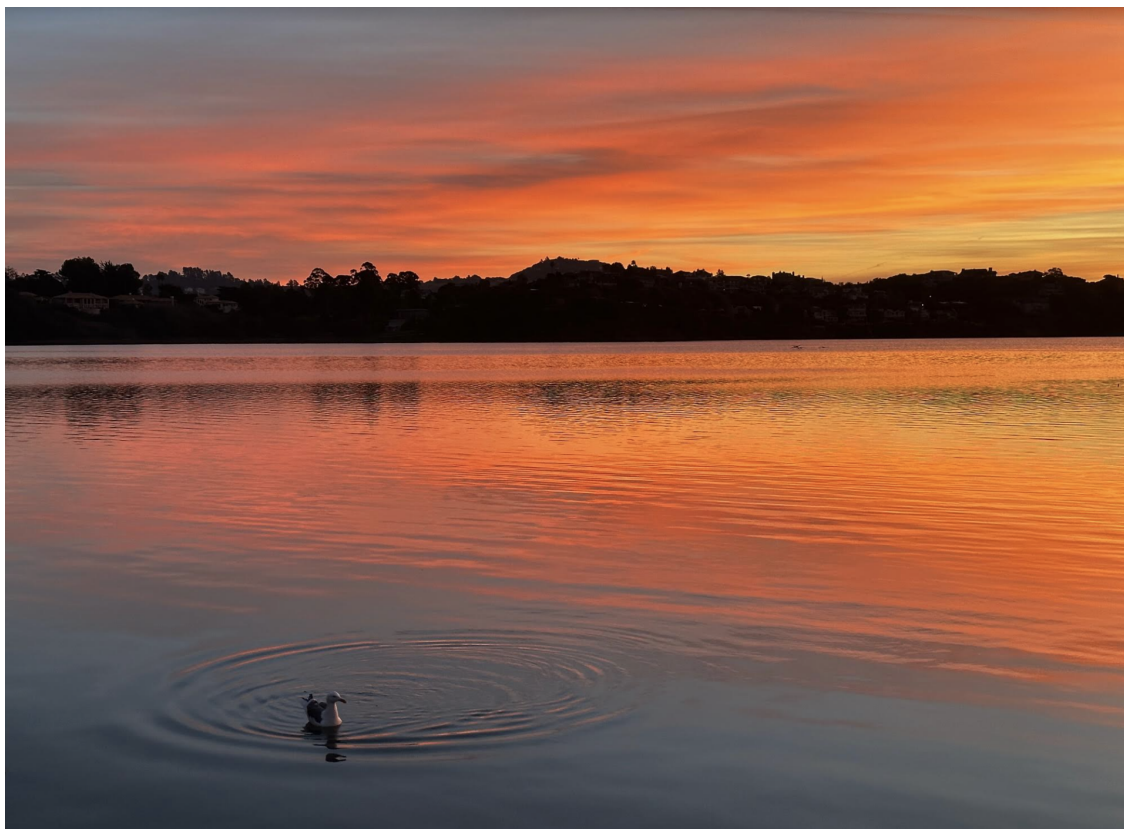
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Photo by Felicity Kirsch

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to 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 25 - [Saturday Line Dancing](#)
- November 27 - [Stretch and Strengthen with Rayner](#)
- November 27 - [Trip to Good Earth and Walgreens](#)
- November 27 - [City Manager's journey to Sausalito](#)
- November 28 - Errand Tuesday
- November 28 - [Afternoon Book Review Group](#)
- November 29 - [Film Group](#)
- December 3 - [Tales of the Trails](#)
- December 4 - [Souper Monday Club](#)
- December 5 - Errand Tuesday
- December 5 - [In Person Technology Help 3pm](#)
- December 5 - [In Person Technology Help 4pm](#)
- December 6 - [Cheryl's picks at Books by the Bay](#)
- December 9 - [Saturday Line Dancing](#)

December 18 - RSVP for [Holiday Sing Along and Party](#)

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



A City Manager's public service journey to Sausalito

Chris Zapata in conversation with Pastor Paul Mowry

WHEN: Monday, November 27, 2:00pm - 3:15pm

WHERE: Campbell Hall, 70 Santa Rosa

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.

Chris will talk candidly about the road that brought him from Anaheim to our small community - **it is quite a story that he was not legally able to discuss until this year.**

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



Adoptable kittens and puppies are back in Union Square

Excerpted from SFGate.com

Hearts melted in downtown San Francisco as red curtains were ceremoniously pulled aside to reveal two sleeping puppies. Little Ezra and Ella snoozed peacefully, oblivious to the gaggle of onlookers oohing and aahing outside.

This was the 37th year the spectacle has taken over the corner of Stockton and O'Farrell streets in downtown SF. The display temporarily reverted to virtual video feeds during the height of the pandemic, but the real-life fur babies returned last year.

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Sundays from 12 to 5 p.m. until Dec. 31 (besides on Nov. 23, when Macy's is closed for Thanksgiving).

The SPCA aims to help more than 600 animals find new homes this year, so it's waiving adoption fees for cats and dogs five months and older, and reducing fees to \$100 for puppies and kittens.



November SV Film Group - 3 short films

WHEN: Wednesday, November 29th, 2pm - 5pmish

WHERE: Sausalito Presbyterian Church Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4088>

Join us for film group with Pastor Paul and Chef Joey, both graduates of NYU film school. They will show the films starting at 2pm and lead a lively discussion afterwards.

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We will be viewing & analyzing Academy award winning short films with themes of Love and Acceptance

1. The Boy, The Mole, The Fox and the Horse
2022 Academy award winning best Animated short film
2. The Neighbor's Window 2019 Academy Award for best live action short
3. (This one is a surprise!)

Parking is **terrible** near the Presbyterian Church and Hall, be sure to ask for a door to door CARSS ride.

Contact CARSS by November 29th. To request your door to door ride call Wendy at 415-944-5474 or email SausalitoVillageConcierge@gmail.com.

Call A Ride for Sausalito Seniors (CARSS) is a City of Sausalito Age Friendly Program managed by Sausalito Village and free for everyone 60 and older in Sausalito.



Don't die with regrets - make changes now

Excerpted from CNBC.com

For eight years, Bronnie Ware was an in-home caregiver who looked after people who were dying. Her clients knew they were severely ill, and most were in the last three to 12 weeks of their lives.

But Ware gradually realized that the most important role she was playing was not physical, but emotional. She was there to listen, and she catalogued those intimate reflections in her book, "The Top Five Regrets of the Dying."

In their last days, many of her patients shared with her their regrets. The most common answer, according to Ware, was: "I wish I had the courage to live a life true to myself, not the life others expected of me."

"It is very important to try and honor at least some of your dreams along the way before it is too late," she writes. "Health brings a freedom very few realize, until they no longer have it."

You don't need to wait and then look back and wish you had done things differently. You can start with a clean slate today. Simply ask yourself what you regret at this exact moment.

If you regret opting for the comfort and familiarity of your current job rather than reaching for the stars, you will likely have a similar regret down the road.

The big difference between now and then is that you have the ability to do something about it today.

Here's another simple exercise: When you say goodbye to someone, say it as if you might not ever see them again. Say goodbye in a way that you demonstrate the gratitude you have for the time you have spent together.

Start with one person today. Tomorrow, two. Work your way until it becomes part of your everyday routine.



SIGN UP NOW! Invite a neighbor or friend, this event is open to all

Everyone is invited - spread the word. This event is free but registration is required.

WHEN: Monday, December 4th, 11:30am - 1:00pm

WHERE: Campbell Hall, 70 Santa Rosa Avenue

RSVP: <https://sausalito.helpfulvillage.com/events/4109> or email

SausalitoVillageRSVP@gmail.com or call 415-332-3325

The idea is simple - enjoy a meal while sitting in community with old friends or new. We have volunteer servers who will get you seated and bring the soup, bread, dessert and hot drinks to you. If you missed the inaugural event in November, we invite you to join us on December 4th.

Each month Sausalito Village invites a different business in town to create a hearty soup for attendees, usually there is a vegetarian and a non-vegetarian option. Souper Monday Club takes place the first Monday of the month unless it falls on a holiday, like New Years, then it moves to the next Monday. January's SMC will be held on January 8th.

We are so happy that Jean Capron will be back playing the piano in the background, lending a warm and inviting atmosphere to our December monthly event. Special thanks to Fr. Chip Larrimore and all

Limited parking is available. If you would like a ride from Dunphy Park or your home, call Wendy at CARSS (Call A Ride for Sausalito Seniors) at 415-944-5474 or email SausalitoVillageConcierge@gmail.com by December 2nd.



Think a Coin Toss Is 50/50? Think Again

Excerpted from ReadersDigest.com

One side of the coin is, in fact, more likely to come up than the other, according to a team of scientists led by University of Amsterdam PhD candidate František Bartoš. But that side is neither heads nor tails, per se. Rather, it's whichever side is facing upward before the coin is flipped.

Their study, which is still undergoing peer review, collected and analyzed the results of 350,757 verifiable coin flips in 46 different currencies and registered that the coins landed on the same side they

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prove a hypothesis pattern in the early 1970s by Stanford University statistics professor Persi Diaconis and his team. According to that theory, “vigorously flipped coins tend to come up the same way they started.” This bias is referred to as the same-side bias.

According to Diaconis’s team, when people flip an ordinary coin, they introduce a small degree of “precession” or wobble, meaning a change in the direction of the axis of rotation throughout a coin’s trajectory. Because of precession, the coin tends to spend more time in the air with the initial side facing up. And because of that, it has a higher chance of landing on the same side as it started—i.e., same-side bias, which makes a coin flip not quite 50/50.

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Free Technology Training for Older Adults In Person Technology Help

Drop-In Technology Help

December 5th at
Marin County Dept. of
Health & Human Services Offices
20 North San Pedro, San Rafael

Two Time Slots

3:00 to 4:00

Register Here:

<https://sausalito.helpfulvillage.com/events/4128>

4:00 to 5:00

Register Here:

<https://sausalito.helpfulvillage.com/events/4129>

Get your questions answered in person during this 1 to 1 training session. 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
sausalitovillageconciierge@gmail.com

Presented by
Sausalito and Marin Villages

Dec. 5th, 3:00-4:00

Register: <https://sausalito.helpfulvillage.com/events/4128>

Dec. 5th, 4:00-5:00

Register: <https://sausalito.helpfulvillage.com/events/4129>



SV December Tales of the Trails goes to Germany

WHEN: Sunday, December 3rd, 7pm

WHERE: On zoom

RSVP: Contact host Sue Dunlap at suedunlap46@gmail.com or (415) 332-3746

Jeanmarie Bascom will present "Wanderung in Germany". Longing for an international trip? Enjoy the slides and description of Jeanmarie's trip to Germany.

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FRIDAY PUZZLE

Rank the following notes in circulation *by volume* (the total number of notes, not their value): \$1, \$2, \$5, \$10, \$20, \$50, \$100.

Find the answer at the bottom of the newsletter.



Beware of online shopping scams - AARP quick video



So that's why our ears look bigger as we age

Excerpted from HuffingtonPost.com

Aging is a battle with gravity, and gravity always wins. While many body parts become droopier with each passing year, there's one that often seems to get *bigger* with time — our ears.

“What’s actually changing is the soft tissue, meaning the cartilage of the external ear or auricle, and the lobule, or ear lobe,” Dr. Nina Shapiro says. “Aging reduces our levels of collagen, which gives integrity to skin and cartilage, which leads to stretching of those tissues. The functional parts of the ear, including the ear drum, ear bones and inner ear structures, aren’t affected.”

And there may even be a reason you suddenly look in the mirror and see your grandpa — especially around the ears. “Ear size and contour do tend to run in families, so while there may not be an actual ‘gene’ for big ears, you’ll probably find ear shape and size to be similar from one family member to another,” Shapiro suggested.

Another culprit may be your longtime love of layering on the jewels.

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earrings, may develop longer and stronger earlobes as they age," Shapiro noted. "If you wear earrings, be mindful of changing out the heavy ones, and try not to sleep with them on."



NEW COLUMN: Recommend a new favorite you are watching

Do you flip through the hundreds of channels on your TV and find nothing to watch?

Let's give one another recommendations to get through the winter months!

Send your recommendation to SausalitoVillageRSVP@gmail.com

Title: *Navillera*

Streaming Service: Netflix - 12 episode series

About: South Korean series about 70 year-old Sim Dock-chu, retired after 40 years as a letter carrier, decides to learn how to dance ballet. By way of explanation for his late-life decision he tells incredulous friends and family members he has always wanted "to soar." More

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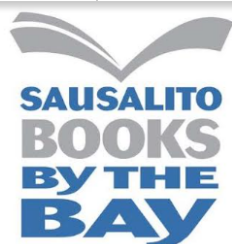
Recommended by: Betsy Stroman and Martin Ressinger

Title: *Live to 100: Secrets of the Blue Zones*

Streaming Service: Netflix - 4 episodes so far

About and Trailer: Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives. <https://www.netflix.com/tudum/articles/live-to-100-secrets-of-the-blue-zones-documentary>

Recommended by: Felicity Kirsch

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BEST BOOKS FOR THE HOLIDAYS!



Books & Gifts for Everyone on
Your List!

Wednesday
December 6th
3 PM

Cheryl Popp Presents
The Best Books
for Holiday Reading &
Gift Giving

Curated exclusively for Sausalito Village

Lite bites & libations!

10% discount for all Sausalito Village Members

415.887.9967 staff@sausalitobooksbythebay.com

Our expert booksellers & personal shoppers are on call to help you!

RSVP for SV Event at Books by the Bay:

<https://sausalito.helpfulvillage.com/events/4058-holiday-shopping-at-books-by-the-bay>

Call for a CARSS ride by December 4th at 415-944-5474

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1978	2023
Long hair	Longing for hair
8 Tracks	Cataracts
KEGs	EKGs
Streaking	Leaking
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Stayin' Alive (the song)	Stayin' Alive (the goal)
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Bell bottoms	Big bottoms
Disco	Costco
Whatever	Depends
Rock n' roll all night	Sleep through the night
Think you know everything	Think you know your name



#1 exercise to do as you get older

Excerpted from AARP.org

Seated? Please stand (don't use your hands) to give tribute to the one exercise that fitness gurus say stands out among the rest for healthy aging. Now be seated again. Consider that your first rep.

Yes, a great workout challenges all of the major muscle groups in your upper and lower body. But if you have time for only one exercise, you'll get the most bang for your buck by doing squats — the classic move in which you slowly lower your bottom to seated level, then stand back up.

Squats strengthen all of the muscle groups in your legs, including your calves, quadriceps, hamstrings and glutes, as well as muscles in your lower back and core. Those muscles provide the foundation for most activities of daily living.

Squats are the antidote to soft couch-cushion syndrome — those challenging moments when we struggle to get up from that deep, old sofa. They can also help protect your joints, improve your balance and prevent falls, says Denise Austin, for 40 years one of America's best-known fitness experts and authors. "Squats are one of

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muscles of the lower body, we need to keep strong and also protect two joints we need help with on a regular basis — our knees and our hips.”

Watch the short video below on the correct way to do a squat:



Denise Austin shows you the correct way to do your squat in a minute



Napping tips from the Sleep Center

Excerpted from Kaiser.org

Sleep is essential for our overall health. It gives our mind and body time to relax and recharge. Studies show that getting 7 to 8 hours of regular nighttime sleep is best for maintaining good health.¹ But what happens when you don't get a good night's sleep and find yourself tired during the day?

Enter the nap. Naps may have health benefits, like reducing stress and improving memory. One study showed that daytime napping following the COVID-19 pandemic actually helped relieve stress and stabilize sleep patterns.² Why not see if some afternoon shut-eye would be right for you?

Dennis Hwang, MD, medical director at Kaiser Permanente's Sleep Center in San Bernardino County, California, shares tips on when to try napping or other relaxation techniques.

Tips on napping

Before drifting off to dreamland, there are a few important things to consider:

- **Know if napping is right for you** — "Every person is different. If someone finds that the occasional nap helps them feel better,

try to avoid naps so they can sleep better at night."

- **Time it correctly** — If you're going to nap, it's a good idea to plan it for halfway through your day. If you wake up at 6 a.m. and plan to go to bed at 10 p.m., your halfway point is 2 p.m. Napping any later in the day could make it harder to fall asleep at night. "Because of our circadian rhythms, our brain naturally has a dip in energy and performance around 2 to 3 p.m.," says Dr. Hwang. "So, this is a good time for a short nap, if you need one." If this time falls during your regular work hours, you may want to plan your breaks so it makes sense for your schedule.
- **Create a calm space** — Just as you might prepare for better sleep at night, you can try the same habits for a midday nap. A cooler room can help you fall asleep. Listening to soothing music can help with relaxation. There are many calming techniques and guided activities you can try for better sleep.
- **Set an alarm for a short period** — How long you snooze makes a difference in how you feel when you wake up. "To avoid entering a deep sleep, set an alarm for 20 minutes. However, up to 30 minutes is fine," says Dr. Hwang.

Read the full article in Kaiser's newsletter [HERE](#)



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

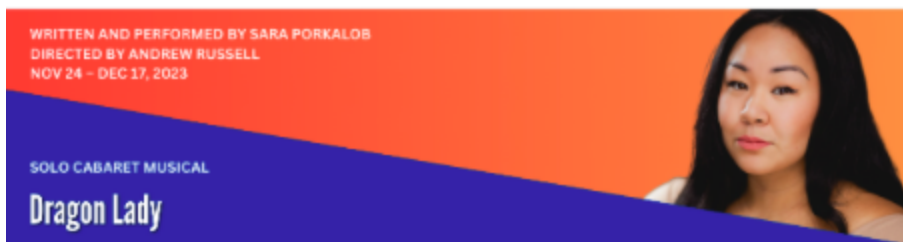
We are all still scratching our heads trying to figure out how November got here, but it is, and we want to make sure you know our plans for the upcoming season.

Holiday Souper Monday Club. Open to everyone. Free event on Monday, December 4th, join us for 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 registration: <https://sausalito.helpfulvillage.com/events/4098>

Christmas Eve 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>



Sausalito Village is invited to join SWC for an afternoon at Marin Theater Company's *Dragon Lady*

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WHERE: Marin Theatre Company – 397 Miller Ave., Mill Valley





\$7 discount with code MTCSWC

Bring your friends!

GET TICKETS NOW:

https://www.marintheatre.org/productions/dragon-lady/buytickets/MTC_2324_DRAGON

Ticket prices before the discount are (code MTCSWC)

	General	Senior
 Center	\$65.00*	\$58.00*
 Wheelchair Access	\$65.00*	\$61.00*
 Side	\$58.00*	\$51.00*
 Unavailable		
* All orders will be subject to a fee of \$6.00		

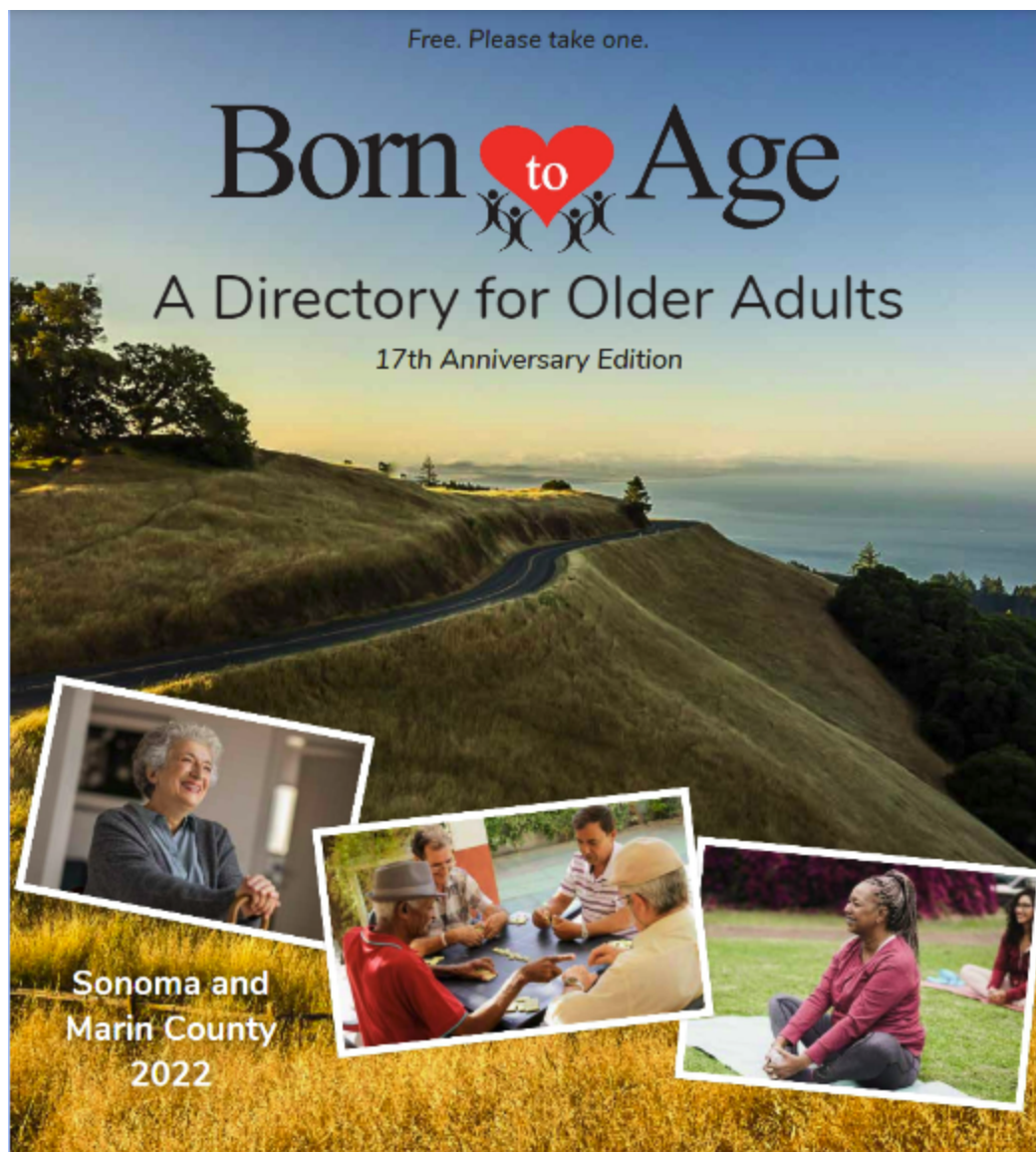
About the show:

Dragon Lady is an award-winning, one-woman show, featuring a live three-piece jazz ensemble. This is a funny and fearless tour de force. A family tale that explores what it means to be an immigrant single mom in America. Sara Porkalob portrays dozens of characters through 50 years of memories and adventures in her Filipino American family.

Questions: contact Julie Carlson at carlson.juli@gmail.com or call her at 415-847-0088

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The Aurora Borealis in UTSJOKI, FINLAND



Check out Born to Age

This is a fabulous directory providing all types of information for senior services, home care agencies, programs and even the cost breakdown of funeral expenses in Marin and Sonoma.

You can click the link below to see the 36 pages of detailed descriptions and contact information.

[BORN TO AGE DIRECTORY](#)



Sausalito Village Annual Holiday Sing Along and Party

SV members and volunteers mark your calendars!

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WHAT: Monday, December 18, 6pm-10pm

WHERE: Campbell Hall, 70 Santa Rosa Avenue

RSVP: <https://sausalito.helpfulvillage.com/events/4098>

Andy Dudnick will be playing holiday music on the piano, and his wife Jan will be leading the sing along, there will be lots of food, libations and of course, free tickets for the many many raffle prizes.

Parking is limited, please plan to walk, carpool or reserve a free CARSS ride.

CARSS provides free door to door rides in Sausalito. Have some wine and leave the driving to us!

Reserve your ride by December 16th at
SausalitoVillageConcierge@gmail.com or 415-332-3325.



Comparing dairy and plant based milks

Excerpted from Kaiser.org

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For nondairy milks, favor ones with fewer ingredients.

Calcium

Calcium is naturally occurring in cow's milk. It's often added to nondairy milks in a process called fortifying (or enriching). Fortified almond and pea milks (made from yellow split peas) have the most calcium, at about 450 milligrams (mg) per serving. Cow's milk and fortified oat, soy, and macadamia milks have 300 mg or more.

Vitamin D

Vitamin D helps your body absorb calcium. It's best to consume these nutrients together. That's why many manufacturers fortify cow's milk and nondairy alternatives with vitamin D. If they're not fortified, dairy and nondairy milks have no vitamin D. Fortified pea, almond, and rice milks have the most vitamin D, with about 5 micrograms (mcg) or more per serving. Fortified oat, soy, and cow's milks have 3 mcg or more.

Protein

Animal products and soy are high in protein, but it's also found in grains, beans, and most plant foods. Low-fat cow's milk is the most protein-rich, with 11 grams (g) per serving. Pea, soy, and regular and fat-free cow's milks have between 7 g and 9 g.

Sugars and Carbohydrates

Check the ingredients list for sugar and the nutrition label — there should be a line for added sugars beneath the total carbohydrates (carbs). Carbs are naturally occurring in cow's, oat, and rice milks. Carbs are an essential nutrient that provide energy. But some people, like those with diabetes, may need to limit carbs for health reasons. (Note: You can't digest fiber, so you can subtract that number from the total carbs.) Unsweetened pea, hemp, macadamia, almond, and coconut milks have 1 g or less of carbs per serving.

Fats

If you drink cow's milk, stick to low-fat or nonfat (skim) varieties. Some nondairy milks have polyunsaturated fats. This fat is better for you than saturated fat. It's found in soybeans and nuts, as well as safflower and

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smooth, creamy texture. Cashew, coconut, and almond, rice, and hemp milks have zero saturated fats. Soy, pea, oat, and macadamia milks have 0.5 g of saturated fat per serving.

Read the full article in Kaiser's newsletter [HERE](#)



Mindful Breathing Benefits Mind and Body: Learn How to Get Started

Excerpted from NiceNews.com

Whether you choose to call it slow breathing, breath control, mindful breathing, paced breathing, or breathwork, the practice involves deliberately controlling your breathing, often by counting the length of

physical, mental, and emotional state. Breathwork involves both neurobiological and psychological mechanisms. Slow and deep breathing stimulate the vagus nerve, which calms the body. Heart rate slows, blood pressure decreases, and muscles become relaxed. Some research, *Scientific American* reports, suggests that breathwork may even have effects on the central nervous system, and possibly upon the brain itself.

These changes in the body, in turn, increase one's sense of calm and well-being.

Smartphone and tablet apps like Calm and Headspace offer users breathing exercises along with other techniques, including guided meditations, sleep stories, and other tools for relaxation. There are also many apps devoted exclusively to breathwork, such as Breathwrk, iBreathe, Breathing Zone, and more. Many of these apps have free versions along with upgraded subscription versions. Should you decide to embark upon a consistent breathwork practice, apps are a great way to lend structure to your efforts.

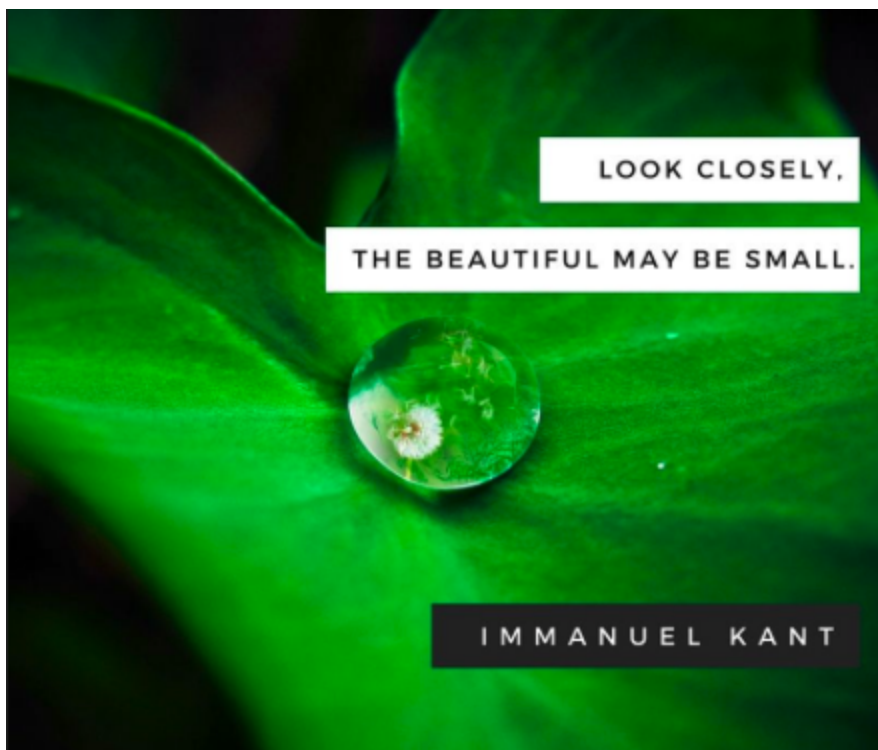
As Western science continues to deepen its understanding of how and why breathwork is so good for us, the fact that a mindful breathing practice can be undertaken by anyone, anywhere, for free, makes this an invaluable tool in anyone's self-care toolbox.

Try this 5 minute guided breath meditation below:

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Planning to pass your home on to your kids? Read this..

Excerpted from SF Chronicle.com

For those passing down property to their children, legal experts recommend meeting with an estate planning lawyer and setting up a living trust. This can help your children bypass probate court, or at least shorten the probate process.

But a living trust does not address the complexities that have arisen with California's Proposition 19, which went into effect in 2021 and curtailed the tax benefits on property transfers between parents and children.

Prop. 19 is the latest in a series of propositions over the past four decades that have shaped and then reshaped how Californians pay property taxes.

The 1978 ballot measure Proposition 13 capped property tax increases at 1% of the full cash value of the property as assessed in 1975, and which thereafter would be reassessed only when purchased or during a change in ownership. Annual increases are limited to 2%.

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transfer a home to a child without the property's value being reassessed. These two amendments resulted in a generous tax break for those inheriting property from their parents.

That's especially true because of the steep appreciation in home values over the past generation in California and the Bay Area. Just in the past 23 years of data available on real estate listings site Zillow, the value of a typical home in the San Francisco metro area has increased from about \$290,000 to \$1.1 million, or nearly four times. Zillow's estimates for typical home value are based not only on the prices of recently sold homes, but also on the estimated value of all homes within a selected area based on the selling price trends of similar homes in the area.

Under Prop. 19, the parents' tax basis does not pass to the child. However, if the home was the primary residence of the parent before they passed away, and the child makes it their permanent family home within one year after the property transfer, they can apply to have up to \$1 million of the value excluded from reassessment. Even with this exclusion, heirs are likely to see a substantial increase in annual property taxes, amounting to thousands or even tens of thousands of dollars, Button said.

This article continues. Read the entire article [HERE](#)

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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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ditas

562 BRIDGEWAY SAUSALITO



MARIN OPEN HOUSE

BITES AND DRINKS

3PM - 5PM

NOVEMBER 25TH

562 BRIDGEWAY SAUSALITO

RSVP - INFO@DITASMARIN.COM

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The Sausalito Players

presents



**Please join us for an evening of
holiday music and merriment!**

**Featuring the talents of Kathy Holly,
Melissa Blaustein, Lawrence Wu, Ciji Ware,
Tony Cook, The Snowflakes
...and many more!**

**Directed by
VanDyke Roth**

**December 13, 2023 @ 7:30 PM
Sausalito Woman's Club
120 Central Ave.**

Free Admission



'Hallucinate' is Cambridge Dictionary's word of the year - and here is why

Excerpted from BBC.com

The traditional definition is to "to seem to see, hear, feel, or smell something that does not exist". It now includes "when an artificial intelligence (AI) hallucinates, it produces false information".

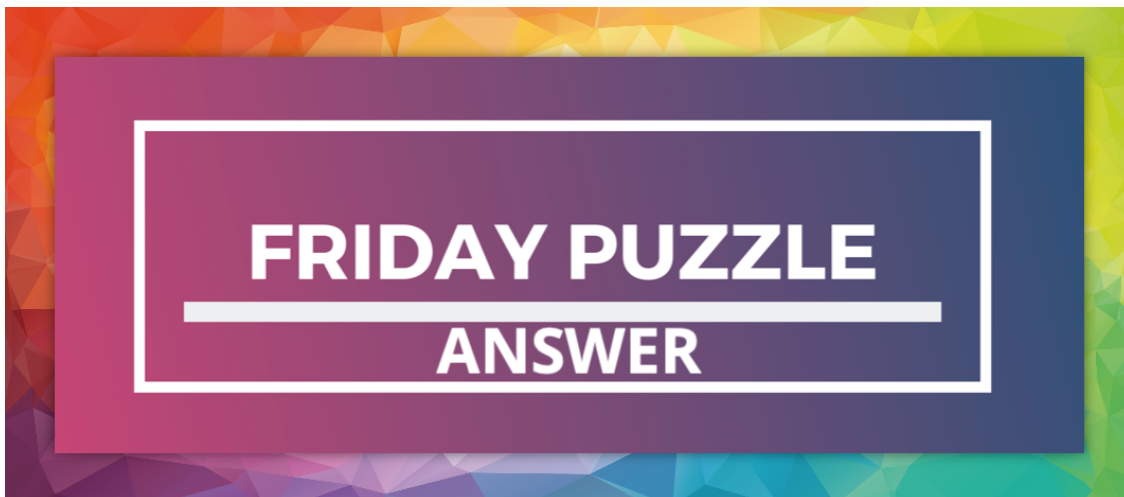
Wendalyn Nichols, Cambridge Dictionary's publishing manager, said: "The fact that AIs can hallucinate reminds us that humans still need to bring their critical thinking skills to the use of these tools.

"AIs are fantastic at churning through huge amounts of data to extract specific information and consolidate it - but the more original you ask them to be, the likelier they are to go astray."

Prompt engineering, large language model and GenAI were among about 6,000 new words and definitions also added in 2023.

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12 hours: Bamboo Flute Music, Positive Energy Vibration,
Cleanse Negative Energy



1. \$100 (18.5 billion)
2. \$1 (14.3 billion)
3. \$20 (11.5 billion)
4. \$5 (3.5 billion)
5. \$50 (2.5 billion)
6. \$10 (2.3 billion)
7. \$2 (1.5 billion)

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