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Photo by Tom Theodores

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

**Have you missed a previous newsletter? They are archived!**

You can view past newsletters on the SV Website:

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### SV hosted events in the coming 2 weeks:

- 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 7 - Hanukkah begins
- December 9 - [Line Dancing](#)
- December 11 - [Stretch and Strengthen with Rayner](#)
- December 12 - Errand Tuesday
- December 13 - [Gingerbread House Group Tour](#)

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

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





## **HAPPY BIRTHDAY to our Sausalito Village members celebrating a December Birthday**

**Lucille Arenson - Larry Dark - Bill Finn - Lauri Flynn  
Sandra Gary - Robert Haslam - Kayla Kahn  
Roberta Maloy - Thelma Olgiati - Frank Pacoe  
Samantha Renko - Jackie Reynolds - Barbara Rycerski  
Betsy Stroman - Elizabeth Trepan - Lori Villars - Pat Wood**

If you are an active Sausalito Village member and your December birthday is not listed, please let us know! We will add your birthdate to our database and be sure to include you in future birthday greetings.  
Contact [SausalitoVillageConcierge@gmail.com](mailto:SausalitoVillageConcierge@gmail.com)



## 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](mailto: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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## What does the 12 Days of Christmas cost in 2023?

Excerpted from CNN.com

The cost of the dozen gifts outlined in the "Twelve Days of Christmas" song rang in at an all-time high of \$46,729.86 this year, according to PNC Financial Services' 2023 Christmas Price Index, a lighthearted seasonal report that measures the average change in prices for the solo partridge, two turtle doves, seven swans, 12 drummers and other presents in the classic Christmas carol.

Prices for five of the gifts — calling birds, gold rings, swimming swans, milking maids and dancing ladies — were unchanged; however, the costs of some live performances increased, reflecting ongoing services inflation and rising wages for skilled labor.

The prices for the 10 lords-a-leaping, 11 pipers piping and 12 drummers drumming increased 4%, 6.2% and 6.2%, respectively. The nine ladies



using multi-year contracts, and the lords' contract is coming up for renewal this year. However, some of the largest increases went to the birds: The partridge in the pear tree went up by 13.9%, an increase driven entirely by the pear tree (a proxy for housing costs), which went up 15%.

The half-dozen geese-a-laying, which have seen their prices soar after backyard farming gained popularity during the pandemic, saw their costs rise by 8.3%, primarily due to higher feed and fuel costs and other rising business expenses, according to PNC. But the pair of turtle doves saw the biggest jump, at 25%, an increase that reflects their rarity and limited supply.

Read the entire article [HERE](#)



## **THIS Monday! 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

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and bring the soup, bread, dessert and coffee and tea 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 of Christ Church for the use of Campbell Hall.

**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](mailto:SausalitoVillageConcierge@gmail.com) by December 2nd.**

[Subscribe](#)

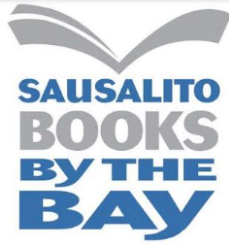
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How to say thank you in multiple languages



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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](mailto:staff@sausalitobooksbythebay.com)

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

**OPEN to all! SV will be serving cheese, crackers, cookies, bubbly water, sparkling apple cider and wine. RSVP:**

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



## 10 of the world's weirdest statues

Excerpted from The Discoverer.com

A 26-foot-tall stainless steel fork sculpture was stuck, tines down, in Lake Geneva in 1995 to commemorate the tenth anniversary of Alimentarium, a food-themed museum in Vevey, Switzerland. After a year, when the anniversary had passed, the immense fork — the work of Swiss artists Jean-Pierre Zaugg and Georges Favre — was plucked out of the lake. It was moved to mark the grounds of a Swiss factory that manufactures cutlery.



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...and the people of Vevey, and they wanted it back. Finally, the fans won. In 2007 it was brought back to become a permanent installation in the water off Vevey. Its mate, a giant spoon, is mounted on the side of the museum, not far from another notable statue, this one depicting former Vevey resident Charlie Chaplin.

## Hand of the Desert – Atacama Desert, Chile





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View and read about all of the photos [HERE](#)

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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  
[sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@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>



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## FRIDAY PUZZLE

Each pair of hints below relates to two words. One of the words is the other one spelled backward. What are the word pairs?

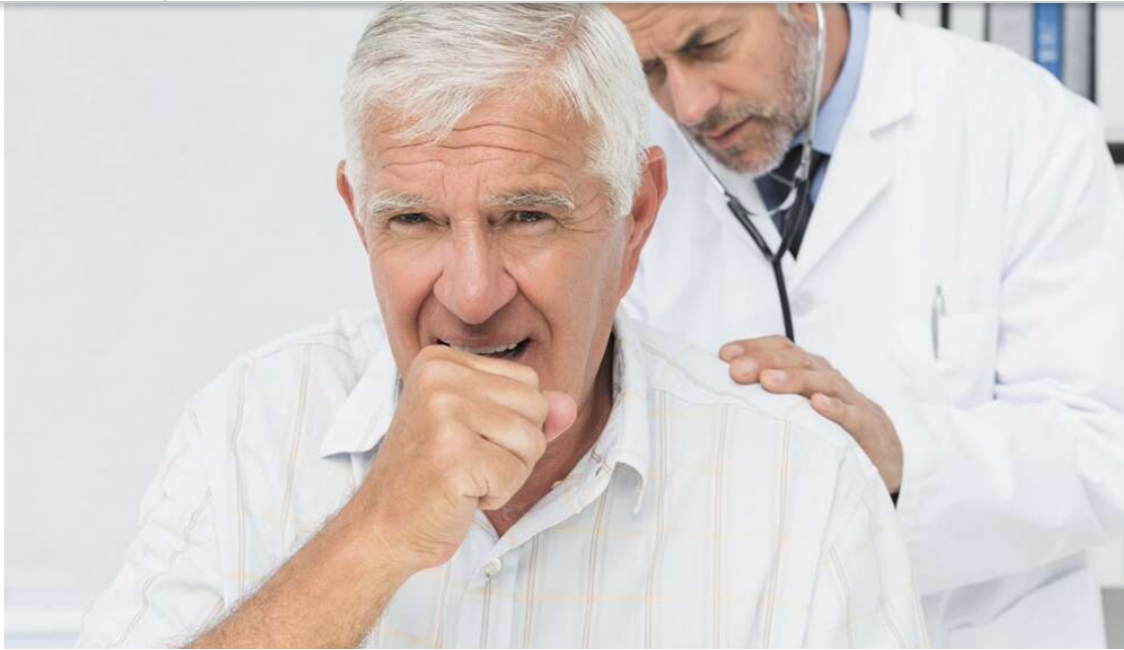
**Example clue:** married, moisture

**Answer:** wed, dew

1. dwell, wicked
2. portion, catching device
3. prize, furniture compartment
4. drinking aid, skin blemishes
5. stopper, big swallow
6. implement, stolen goods
7. precinct, illustrate

**Find the answer at the bottom of the newsletter.**

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## Recognizing the signs of pneumonia

Excerpted from MayoClinic.com

Pneumonia is an infection that inflames the air sacs in one or both lungs. The air sacs may fill with fluid or pus, causing cough with phlegm or pus, fever, chills, and difficulty breathing.

Pneumonia can range in seriousness from mild to life-threatening. It is most serious for infants and young children, people over 65, and people with health problems or weakened immune systems. For some older adults and people with heart failure or chronic lung problems, pneumonia can quickly become a life-threatening condition.

The signs and symptoms of pneumonia vary from mild to severe, depending on factors such as the type of germ causing the infection, your age and your overall health. Mild signs and symptoms often are similar to those of a cold or flu, but they last longer.

Signs and symptoms of pneumonia may include:

- Chest pain when you breathe or cough.
- Confusion or changes in mental awareness in adults 65 and older.

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- Fatigue.
- Fever, sweating and shaking chills.
- Lower than normal body temperature in adults older than 65 and people with weak immune systems.
- Nausea, vomiting or diarrhea.
- Shortness of breath.

Seek medical attention if you have difficulty breathing, chest pain, persistent fever of 102 F or higher, or persistent cough, especially if you're coughing up pus.

To help prevent pneumonia:

- Get vaccinated. Vaccines are available to prevent some types of pneumonia and the flu. Talk with your healthcare team about getting these shots. The vaccination guidelines have changed over time so make sure to review your vaccination status with your healthcare professional even if you recall previously receiving a pneumonia vaccine.
- Practice good hygiene. To protect yourself against respiratory infections that sometimes lead to pneumonia, wash your hands regularly or use an alcohol-based hand sanitizer.
- Don't smoke. Smoking damages your lungs' natural defenses against respiratory infections.
- Keep your immune system strong. Get enough sleep, exercise regularly and eat a healthy diet.

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SAUSALITO PRESBYTERIAN CHURCH PRESENTS

# CHRISTMAS VESPERS XV

## WHAT SWEETER MUSIC

SUNDAY, DECEMBER 17, 2023 5 PM



SPC Presents a Sparkling Array of Poetry and Carols  
Music by Bob Chilcott, Ola Gjeilo, Jake Heggie, Morten  
Lauridsen, James MacMillan, John Rutter, Robert Shaw/  
Alice Parker, Eric Whitacre

Sausalito Presbyterian Choir  
Ralph Hooper, Music Director  
Julie Carlson, Poetry Reader

Free Will Offering - Champagne and Truffles following Vespers  
Sausalito Presbyterian Church is located at 112 Bulkley Avenue



## 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](mailto:SausalitoVillageRSVP@gmail.com)

**Title:** *Finding Your Roots*

**Viewing Service:** PBS, Tuesdays 8pm or <https://www.pbs.org/weta/finding-your-roots/>

**About:** Dr. Henry Louis Gates, Jr. guides influential guests into their roots, uncovering deep secrets, hidden identities and lost ancestors. It is always interesting!

**Trailer on Youtube:** <https://youtu.be/GekwHP-f65E?feature=shared>

**Recommended by:** Tom Smith

---

**Title:** *Fargo, Season 5 (no need to have watched previous seasons)*

**Viewing Service:** FX channel and HULU

**About:** Every season is a new story, they are based on the Coen Brothers film of the same name but do not take place in North Dakota. After an unexpected



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Juno Temple, Jon Hamm, Jennifer Jason.

**Trailer:** <https://youtu.be/8ZdK87tfv6k?feature=shared>

**Recommended by:** Nina Meister

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## Best and Worst Eating Patterns for Alzheimer's Risk

Excerpted from VeryWellHealth.com

The authors of the new study highlight the Mediterranean diet, the DASH diet, and the MIND diet as eating patterns with the most recognition for supporting cognitive health.

- The [Mediterranean diet](#) is defined by high consumption of olive oil, fish, breads and cereals, fruits, vegetables, legumes, nuts, beans, and seeds; moderate amounts of dairy products, poultry, and alcohol; and small amounts of red and processed meat and sweets.
- The [DASH diet](#) (dietary approaches to stop hypertension diet) has large amounts of grains, fruits, vegetables, legumes, nuts, and low-fat dairy products; moderate amounts of poultry and fish; and small amounts of red meat, sweets, saturated and total fat, cholesterol, and salt.

near degenerative delay, are characterized by high consumption of olive oil, fish, whole grains, berries, green leafy vegetables, other vegetables, nuts, and beans; moderate amounts of poultry and alcohol/wine; and small amounts of red and processed meats, pastries and sweets, cheese, butter/margarine, and deep-fried foods.

On the other end of the spectrum, the Western diet, which is characterized by high consumption of fat, ultraprocessed foods, and meat, is linked to poor cognitive outcomes.<sup>5</sup> One study defines the Western Diet as a dietary pattern in which 70% of calories originate from animal foods, oils and fats, and sweeteners.<sup>6</sup> This diet does not include many fruits, vegetables, whole grains, legumes, or nuts—all important sources of vitamins, minerals, fiber, and antioxidants.



## Sausalito Center for the Arts upcoming events

### The Artizan Fair

**Saturday, Dec. 2, 2023 – Sunday, Dec. 3 11:00 AM - 5:00 PM**

On December 2nd and 3rd, we are thrilled to welcome eight, internally known artists to SCA. They are enthusiastic about presenting a unique collection of art, handmade jewelry, and women's fashion curated from North America, Europe, and Asia. This curated collection showcases exquisite materials and styles, all offered at remarkably affordable prices.

### The First Annual Sausalito Print Marketplace

**Saturday, Dec. 9 & Sunday, Dec. 10 10:00 AM - 6:00 PM**



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forms of visual art that have been reproduced in print form.

### Winter Market '23

**Saturday, Dec. 16m 10:00 AM - 6:00 PM**

Join us December 16th as the City of Sausalito brings together a talented group of makers for a one-day Winter Market.

Sausalito Center for the Arts is located at 750 Bridgeway.

<https://www.sausalitocenterforthearts.org/>



## City of Sausalito Holiday Tree Lighting with singing and entertainment

**WHEN:** December 2, starting 5:30pm

**WHERE:** Vina del Mar Park (by the fountain)

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Enjoy a Festival of Lights with the Sausalito Tree Lighting.  
Community Sing Along with Sausalito Silver Belles & Performing Stars  
with Van Dyke Roth and a special arrival by Santa Claus himself!  
Sponsored by The Inn Above Tide



## 4 Things to remember when life feels hopeless

Excerpted from TinyBuddah.com

If you're going through difficult times now, the following four reminders may help you be more resilient.

**1. Remember that life always changes. Things can get better.**

to the pessimist in us talking. If we keep the faith and respond to the situation with positive and constructive actions, we can break out of the cycle and things can get better. Sometimes all we need to do is to simply let time pass and to resist the temptation to overreact and aggravate the problem.

## **2. Recall how you overcame similar struggles in the past.**

When plodding through a challenging time, it's natural to be gripped by fear, self-doubt, and pessimistic thoughts that we won't be able to surmount the obstacles. We forget that it always feels impossible until it's done, and that we have overcome similar struggles in the past.

## **3. Remember that things aren't as bad as they seem.**

Zoom out on the issue and focus on the grand scheme of things. More often than not, the raging fires in our lives hijack our attention and we fail to see the big picture. It's rarely the case that every aspect of our lives went awry at the same time, and it's critical to keep the right perspective when the going gets tough.

We need to remember that our problems are merely a subset of everything that's going on in our lives and not let the worries, fear, and anxiety overtake our minds. Even if every area of our lives—namely health, relationship, work, money, and passion—went haywire, the fact that we're alive means there's hope for things to turn around.

## **4. Remember that there are still things to appreciate.**

Do not let the darkness blind you from seeing the stars. It's human nature to get caught up with the things that are not working out in our lives and forget the good bits. I'm a big believer of a grateful heart being a magnet for abundance and miracles.

No matter how terrible life may seem at any single point, there are always good things if we keep our eyes peeled for them.

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The science behind why gratitude is good for you - 12 minute video



## Line Dancing on December 9th and 30th, 4pm-5pm

**WHEN:** Saturdays, December 9th and 30th, 4pm-5pm

**WHERE:** Exercise Studio, downstairs in Sausalito City Hall

**COST:** FREE!!

**REGISTER:** <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/Class?classId=15e3c83a-0e03-4a45-9791-3d0eb0bda0ef&occurrenceDate=20240114>

Sausalito Village and Sausalito Parks and Recreation host Line Dancing

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registering? You can drop in for class and sign your waiver there.

Open to all, geared to seniors.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.

IMPORTANT: If you are new and want to meet with Laurie ahead of class to go over basic moves, email her: [phototeacher94@gmail.com](mailto:phototeacher94@gmail.com) several days ahead



## Sausalito Village Annual Holiday Sing Along and Party

SV members and volunteers mark your calendars!

**WHEN:** Monday, December 18, 3pm-4:30pm

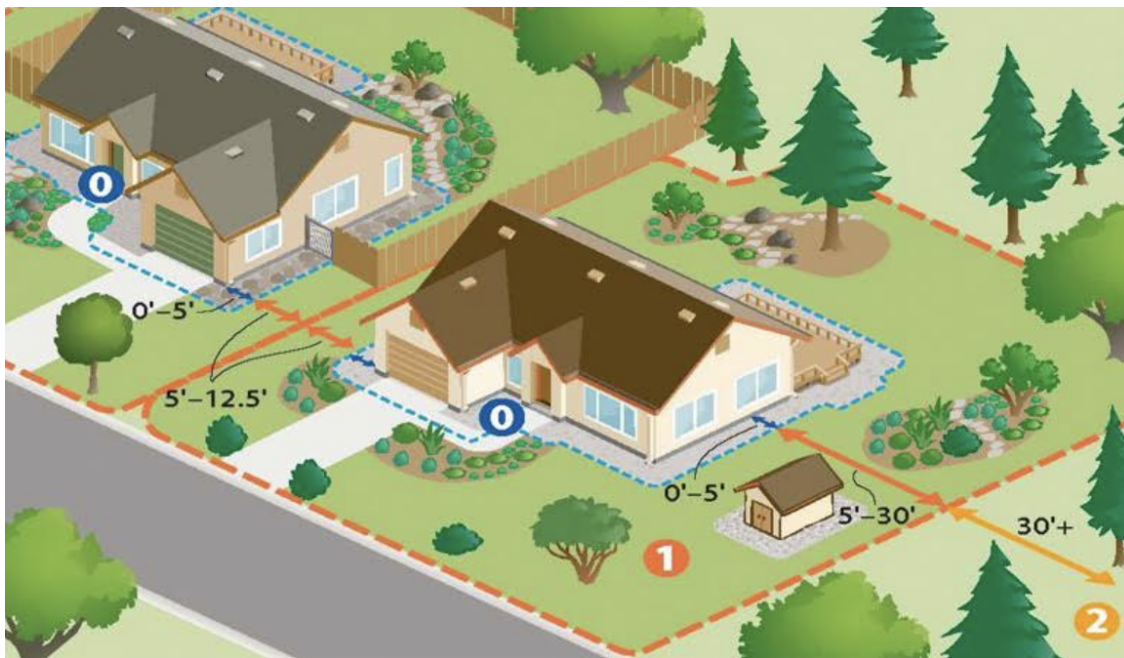
**WHERE:** Campbell Hall, 70 Santa Rosa Avenue

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.



## December Fire-smart Tips from the UC Master Gardeners

### Planning Your 3 Defensible Zones for Fire Safety

When planning your fire-smart landscape, start from the home and work your way out. The first 5 feet from your home is the most critical area.

Zone 0 – 0 to 5 feet from the house



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- Use non-combustible mulch and hardscaping such as concrete, brick, rocks, decomposed granite, and gravel

- Avoid planting near windows

Zone 1 – 5 to 30 feet from the house

Objective: Reduce heat and movement of flame by creating a “lean and clean” environment.

- Allow for ample plant spacing to slow the spread of flames
- Plant low-growing and well-irrigated plants closer to the home and larger shrubs and trees further away

- Break up mulched areas with hardscaping

Zone 2 – 30 to 100 feet from the house

Objective: Decrease the energy and speed of a fire by eliminating plant density.

- Allow ample plant spacing both vertically and horizontally to slow down the spread of fire
- You may need to collaborate with your neighbors to plan out this defensible zone

FOR MORE INFORMATION VISIT UC MARIN MASTER



## What is the geographic center of the U.S.?

48 contiguous states of the U.S. that is

Excerpted from InterestingFacts.com

Many states consider themselves the heartland of America, but where *exactly* is the geographic center of the U.S.? If you're including only the lower 48 states, look no further than a nondescript field north of Lebanon, Kansas (located at 39° 50' 00" N 98° 35' 00" W). Not much marks this otherwise typical stretch of Midwestern farmland, except for a nearby historical marker noting that the location was determined by the U.S. Geological Survey, and that the point is "where a plane map of the 48 states would balance if it were of uniform thickness." In earlier times, this accolade garnered enough tourists for a motel to be built nearby, selling souvenirs and a night's rest at the center of the country. While the souvenirs remain (in downtown Lebanon), the motel has since closed up shop.

Of course, this isn't the center of the *entire* U.S., which drastically stretched its borders when it welcomed Alaska and Hawaii into the union at the end of the 1950s. In 1959, a U.S. Coast and Geodetic Survey concluded that the new center of the U.S. (excluding territories) had lurched northwest toward the small town of Belle Fourche, South Dakota, which today posts a similar plaque regarding its centralized status. How long Belle Fourche keeps its title remains to be seen, as many contenders to be the 51st state — whether Puerto Rico, Guam, or some other territory — could once again relocate the bullseye of the U.S.

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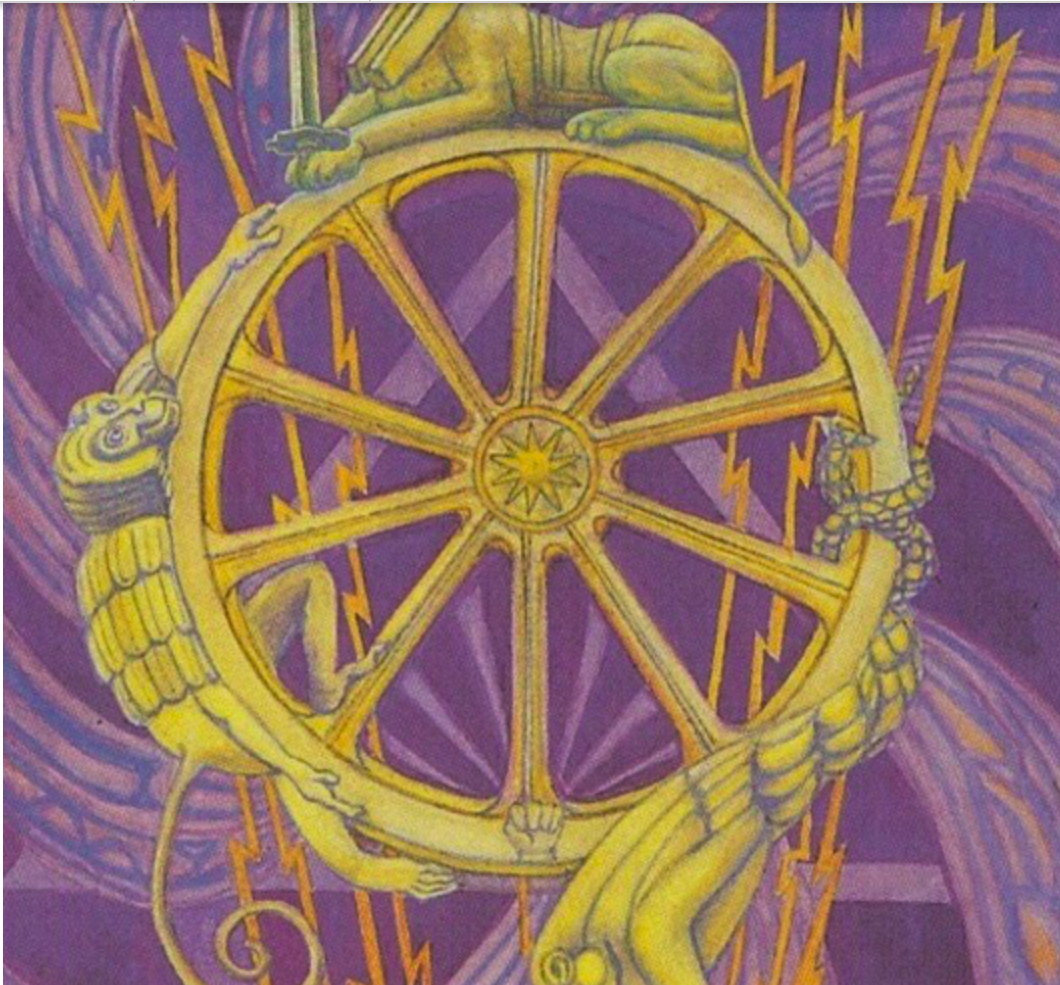
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Laurel and Hardy danced to Michael Jackson's Billie Jean





## RSVP for this January special event: The Tarot is in Every One of Us!

**WHEN:** Tuesday, January 9th, Noon to 2:00pm

**WHERE:** Edgewater Room, City Hall downstairs

**OPEN TO:** SV Members and Volunteers due to space limitations

**RSVP:** <https://sausalito.helpfulvillage.com/events/4094-the-tarot-is-in-every-one-of-us>

The Tarot is a 78-card deck used for centuries to mirror your subconscious and help inform your choices. In the past few years, interest in the Tarot has grown as more and more people seek ways to blend inner and outer realities to live their lives more creatively and intuitively.

Start your New Year with this two-hour workshop led by Sausalito Village member, Elyn (Kimery Wiltshire), appropriate for those new to Tarot and those



The Tarot is in every one of us.

Thanks to Elyn's generosity, this workshop is free of charge.



## Why even one glass of red wine gives you a headache

Excerpted from SFGate.com

A new study by researchers at UC Davis and UC San Francisco could have answers to why you keep getting mind-numbing headaches after drinking red wine.

A study published in Scientific Reports investigated whether red wine can cause headaches for some people due to higher levels of quercetin, a natural compound or flavanol found in fruits and

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in alcoholic beverages can slow down metabolism when the body turns it into quercetin glucuronide after consumption. Quercetin glucuronide can block the metabolizing of alcohol, leading to the buildup of a toxin called acetaldehyde that can trigger that pesky headache.

Some folks can get a headache between 30 minutes and three hours after drinking a single glass or two glasses of red wine due to the buildup of acetaldehyde, the study continued. Moreover, migraine sufferers and those who are prone to headaches are more likely to suffer a red wine headache than others.

The report mentioned that researchers have also found that grape varietals that are grown exposed to the sun, like Napa cabernet sauvignon, have higher levels of quercetin than other red wines. Higher sun exposure can create more quercetin levels in red wine, but the report also noted that fermentation and aging can also play a big role.

The report mentioned that two studies have found that white wine has “almost ten-fold” lower flavonol content than its red wine counterpart.




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**SAUSALITO CHAMBER OF COMMERCE**  
*is pleased to present the*  
**17TH ANNUAL GINGERBREAD HOUSE COMPETITION & TOUR!**  
*December 8-31*  
*in partnership with*  
**SAUSALITO ON THE WATERFRONT FOUNDATION**


Come visit our participating bakers and vote for your favorite!  
 Maps are available online or at participating locations.  
 Follow us on social media throughout the season!

**GINGERBREAD HOUSES**

AMOUR VERT	DYNAMIC ENERGY CRYSTALS	SAUSALITO OPTOMETRY
ANGELINO RESTAURANT	EQUATOR COFFEES	SAUSALITO POTTERY
BARREL HOUSE TAVERN	GALLERY SAUSALITO	SAUSALITO VISITOR CENTER
BAY CITIES REFUSE	HUBBA HUBBA	SEAPLANE ADVENTURES
BEST FRIENDS PET SUPPLIES	J ROLAND SALON	SOXALITO
CAVALLO POINT LODGE	LOVE MARIN	SUSHI RAN
DITA'S RESTAURANT & BAR	PEGASUS LEATHER	THE INN ABOVE TIDE
	POGGIO TRATTORIA	THE SPINNAKER
	SAUSALITO BOOKS BY THE BAY	TIVOLI DECOR
	SAUSALITO JEWELERS	WATERFRONT WONDERS



*Scan the Code!*  
 BRING IN THIS CARD OR  
 MENTION IT FOR A  
 SPECIAL OFFERS &  
 HOLIDAY PROMOTIONS!



*Be the Judge!*  
 TAKE THE TOUR  
 AND VOTE FOR  
 YOUR FAVORITE  
 GINGERBREAD HOUSE

**Join other Sausalito Village members and volunteers to tour the downtown Gingerbread Houses together**

**WHEN:** Wednesday, December 13th, 2pm-4pm

**RSVP:** <https://sausalito.helpfulvillage.com/events/4170-sv-group-for-the-gingerbread-house-tour>

We will be walking for nearly two hours so please keep that in mind before you sign up. Also, dress for the weather! The event will be postponed if it is raining.



## The serious side of too much cushioning and comfort in your shoes

Excerpted from WellandGood.com

The human foot is designed to walk barefoot on surfaces like soil. In our modern age, cushion is key to act as a shock absorber when walking or standing on harder surfaces, but too much of it, and you begin to lose the support and stability you need underfoot for proper balance.

You also run the risk of losing strength in the muscles and ligaments on the bottoms of your feet. “Once you have those really cushioned shoes, people start to rely on them because your own body isn’t doing the work to stabilize or strengthen,” says Suzanne Fuchs, DPM, a podiatric surgeon in Florida. “The foot muscles become weaker over time, which could cause a decrease in the height of the arch of the foot.”



fasciitis, a painful inflammation of the tissue on the bottom of the foot that connects the heel bone to the toes, says Dr. Fuchs. Though putting those sneakers back on may temporarily relieve the pain, the lack of support can cause the plantar fascia to twist and strain, leading to more inflammation.

Not all cushioning is bad—in fact, you very much need *some* cushion for shock absorption, especially if you're running or jumping, standing on hard surfaces, or have high arches. But how much is too much? There are a few easy ways to tell: For one, when you put your foot into the shoe, it shouldn't feel like your foot is sinking into it—you should feel some resistance and support.

You also shouldn't be able to easily bend your shoe in half, or twist it like a towel. And if you push your thumb into the insole for a few seconds and it leaves an imprint rather than retaining its shape, that's a sign the foam is too squishy.

While you can sometimes judge a shoe by the thickness of the cushion, the *quality* of the foam is what's really important.

And cushion addicts, fear not. Wearing your pillowy shoes every once in a while probably isn't going to hurt you.

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Unable to attend the Stretch and Strengthen class with Rayner?

Here is the most recent class taped for you to enjoy at home. We like to know if you have watched the class, please email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) and let us know!

**AARP®****Fraud Prevention****Watchdog Alerts**

### **Online Shopping Practices Pose a Risk During Holiday Season**



[Online Shopping Scams](#) – Making a purchase through an online ad may lead to fraud.

out that either nothing arrives or the product they receive is not what was advertised.

- Be suspicious of any online offer that offers a deep discount over what other retailers offer. Do your online shopping with trusted retailers.

[Gift Card Graft](#) – Giving or receiving a gift card that has no value on it isn't uncommon.

- Criminals manipulate cards on store racks or use electronic means to scan for activated gift cards online and drain the value off the cards.
- Consider purchasing gift cards directly from the retailer online and register it if that's an option. Use the card sooner than later to improve odds that you'll get to spend the balance before a criminal can.

[Package Scams](#) – Fake notifications abound from the likes of UPS and FedEx about an alleged shipment issue.

- Criminals send out droves of texts, claiming a delivery is on hold because of an issue with your address, insufficient postage, nobody was home to receive it or some other "problem." You're asked to click a link or call a given number to address the alleged issue.
- Avoid clicking on links from texts; rather, type the web address into your browser directly, use your app if that's an option or contact the shipping company using a verified phone number (for example, look up the number at UPS.com vs. "googling" it; you may come across a listing that a criminal paid for).





## FRIDAY PUZZLE

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## ANSWER

1. live, evil
  2. part, trap
  3. reward, drawer
  4. straw, warts
  5. plug, gulp
  6. tool, loot
- 



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