



## Happy Saturday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.

*Note: The Tips now has it's own [email address](#) to forward ideas for content. Please correct your email.*

Photo: January 25 Fresh Snow in Nevada City by Barbara Nelson

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The [SausalitoVillage Website](#) has up-to-date information on COVID vaccinations and tests.

The New York Times just published this comprehensive [overview](#) on Covid vaccinations.



During the pandemic I ....

"Sheltering provided one benefit: it forced me to finish writing a book," says Sausalito Villager physician Martin Terplan. Terplan, who specialized in geriatric medicine, says "it provided one handicap: an inability to hold bookstore discussions."

Terplan's book is a comprehensive examination of the process of aging and its impact on all body parts as well as discussions on choices regarding choosing a nursing home or living at home. He also provides insight into how such things as exercise, medications, diet, and money influence the aging body.

Order your copy by calling [Sausalito Books By The Bay](tel:4158879967) at (415) 887-9967.

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***Is there anything you've accomplished during the pandemic? Share your success with us @ [sausalitovillagetips@gmail.com](mailto:sausalitovillagetips@gmail.com).***

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## WHY DO OUR MINDS WANDER? BRAIN STUDY SHOWS BENEFITS OF DAYDREAMING

EVEN WHEN WE'RE RESTING, the mind is tremendously active. While we sleep, the brain processes memories, quietly operates a vast network of bodily systems, and repairs damage.

During all of this activity, the mind still wanders. But where, exactly, does it go?

## Take a Survey on the Most Important Issues in Sausalito

**To help prioritize their efforts in 2021 and beyond**, the five members of the Sausalito City Council want to hear from residents about the most important issues facing our city. A series of virtual town hall forums are planned, with the first one scheduled from 6:00 to 8:00 p.m. on Thursday, February 4. Details on how to access the town hall forum via Zoom are available on the City website.

This brief survey was created to help frame the forum by giving councilmembers and residents a preview of the most important issues in Sausalito. For the survey, residents are asked to list up to five issues that they think the City Council should prioritize.

Please note that this is not meant to be a scientific survey, but rather an opportunity for the Council to gather general feedback from the community.





## Essential oils: Are they safe to use?

Chances are you've probably heard of essential oils — but what can they really do? Can lavender really help you sleep better? Does citrus actually boost energy? The short answer is yes, when used correctly.



## Modernism Art for Dummies: A Beginner's Guide

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## [What should you read in 2021? These 10](https://mailchi.mp/aef01432322f/sausalito-village-tips-of-the-day-1138539)

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we take hundreds and thousands of photos these days, because we can. Long gone are the days of film rolls limited to 24 shots. Storage is trending cheaper and more infinite. You don't want to miss any of your dog's cute moments or your kids' as they grow up. But when we have so many digital images and we want to cull them down a bit and get organized, where do we even start?



***For information about emergency preparedness and COVID resources, visit the continuously updated Sausalito Village [website](#).***

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