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Happy Thursday, Villagers

Please <u>send along</u> your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our <u>website</u> for more information about our organization and programs.

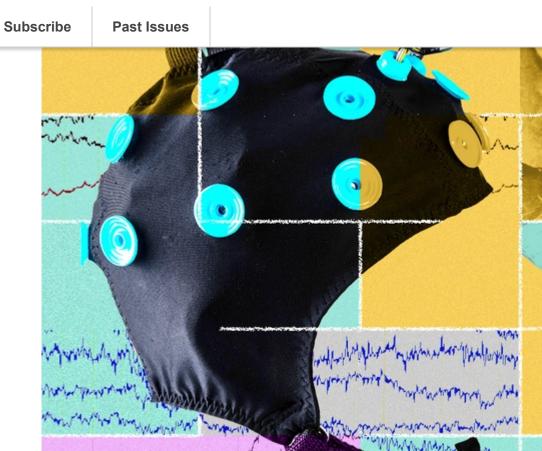
https://mailchi.mp/a36b35e8a61f/sausalito-village-tips-of-the-day-7875443

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Note: The Tips now has its own <u>email address</u> to forward ideas for content.



Thursday: <u>BECOMING AN ENTREPRENEUR LATER IN LIFE - SPEAKER</u> <u>THROUGH SENIORS AT HOME. 2-3</u>



<u>A Map That Shows You Everything Wrong With</u> <u>Your Brain</u>

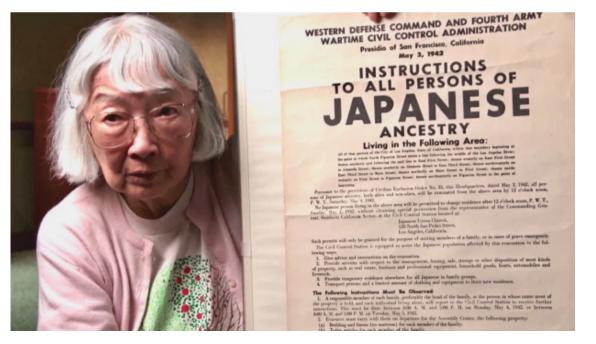
Technology that compares your brain's electrical activity to everyone else's could revolutionize mental-health treatments—or worsen people's obsessions with perfection.



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If your cat turns from an elegant hunter into a drooling ball of fluff at the merest whiff of catnip then you might be curious to know how such a nondescript plant has the power to cripple such a ferocious beast. Seventy per cent of domestic cats are susceptible to catnip, and so are big cats such as lions, but how did this plant evolve to hold such sway over our pets, and what exactly is it doing to them? This week, Science with Sam explains why cats love catnip.





Film festival on aging spotlights people who survived the Holocaust, internment camps and

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The Legacy Film Festival on Aging will put triumphs and tribulations of older adults under a cinematic microscope May 24-31.

"These are stories of courage and conviction, from events of long ago to the present," says Sheila Malkind, the nonprofit San Francisco festival's 82-year-old founder and executive director.



Marin County declares drought emergency

The Marin County Board of Supervisors declared a drought emergency on Tuesday in response to historic dry conditions, potentially opening the door to state and federal disaster aid and new tools to prevent reservoirs from depleting.

The unanimous decision was the latest action in response to what is expected to become Marin's worst drought on record. Marin water utilities saw record-low rainfall this past winter and were the first in the Bay Area to impose mandatory use <u>restrictions</u> on residents.

"You only have to drive by Nicasio Dam or Stafford Lake to see the dire conditions we're facing for water supply this year," Supervisor Dennis Rodoni, the board president, said before the vote. "Drought conditions are the worst

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DEBUNKING COMMON MYTHS ABOUT AGING

Many of the things people fear about aging aren't actually true! Let's disprove some common myths about aging, plus get to know the time-tested facts and learn tips for healthy aging.

Aging is a natural process that we can't escape. Some embrace it while others fear it, but some of that fear is based on common misconceptions. If you think things like depression, dementia, and weight gain are all unavoidable parts of aging, think again. Many of the things people fear about getting older aren't actually true. With the right mindset, aging can be a beautiful thing!



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Former NASA Engineer Builds *Mission Impossible*-Style Obstacle Course to Protect His Nuts From Thieving Squirrels

One of the most popular YouTube videos of 2020 was from former NASA Jet Propulsion Laboratory engineer Mark Rober who <u>attempted to build a squirrel-</u> <u>proof obstacle course</u>. Spoiler alert: it wasn't, so a year later he's trying again, and this time taking inspiration from movies like *Mission Impossible* and *Ocean's Eleven* with laser rooms, trap doors, and rooftop mazes.



For information about our programs, events,

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resources, visit the continuously updated Sausalito Village <u>website</u>.

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