

Photo by Katie Godowski, 4th of July Parade
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:

Sausalito Village Tips@gmail.com

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What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! <u>CLICK</u> HERE

Here are a few highlights:

Every Tuesday/Thursday Line Dancing

July 19 -CHP class: 'Age Well Drive Smart'

July 20 - SV Trip: SF Ferry/Salesforce Gardens

July 20 - Movie Group

July 27 - Broadway tunes-themed Sing Along/Concert

July 27 - Death Cafe



Sausalito Village Ferry Trip and Docent Led Walk/Tour of Salesforce Park

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NOTE: 4 miles of flat walking

Join us for an all day event. We will take the 10:30am ferry from Sausalito to San Francisco and leisurely walk to Salesforce Park. This is approximately 1.5 miles.

Bring a bagged lunch which we will enjoy at the park before we take a guided tour.

The private group tour will be provided by Paul Fisher of City Guides. The tour will begin at 1:00pm and take approximately 1.5 hours.

We will walk back to the Ferry Building(1.5 miles) and stroll around until the 4:00pm departure.

The total price for Members/Volunteers is \$30 which includes the ferry tickets and guided tour. Members who receive SV Membership fee waivers may attend for \$15.

15 person maximum for the tour

Comfortable shoes a must! Be sure you are able to walk the distance - 1.5 miles in each direction to and from Salesforce Park plus walking around the park, approximately 4 miles total.

Let us know if you need a ride to/from the Ferry by requesting the ride in the 'comments' section when you RSVP.

RSVP and more info HERE

(Members who receive SV Membership fee waivers should RSVP by emailing <u>SausalitoVillageRSVP@gmail.com</u> to ensure discounted amount is charged)

About Salesforce Park: https://salesforcetransitcenter.com/salesforce-park/

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The history of the world's first Vending Machine

Democracy, theater, olive oil, and other bedrocks of Western civilization all got their start with the Greeks. But even some things that might seem like squarely modern inventions have Hellenistic roots, including the humble vending machine. In the first century CE, Greek engineer and mathematician Heron of Alexandria published a two-volume treatise on mechanics called *Pneumatica*. Within its pages were an assortment of mechanical devices capable of all types of wonders: a never-ending wine cup, rudimentary automatic doors, singing mechanical birds, various <u>automata</u>, the world's first steam engine, and a coinoperated vending machine.

Heron's invention wasn't made with Funyuns and Coca-Cola in mind, however: It dispensed holy water. In Heron's time, Alexandria was a province of the Greek empire and home to a cornucopia of religions with Roman, Greek, and Egyptian influences. To stand out, many temples hired Heron to supply mechanical miracles meant to encourage faith in believers. Some of these temples also had holy water, and experts believe Heron's vending machine was invented to moderate acolytes who took too much of it. The mechanism was simple enough: When a coin was inserted in the machine, it weighed down a balancing arm, which in turn pulled a string opening a plug on a container of

— many of them using the same principles as Heron's miraculous holy water dispenser.

CALIFORNIA HIGHWAY PATROL



A program for older drivers

Join us on July 19, 2022 from 2:00 p.m. to 3:00 p.m. for a presentation designed to help senior drivers:

- . Tune up driving skills
- . Refresh knowledge of rules of the road
- . Learn about normal age-related physical changes
- And how to adjust to these changes

LOCATION: Sausalito City Hall (420 Litho Street)
Edgewater Room





Register <u>HERE</u> for the CHP program. Or go to the events page at SausalitoVillage.org

BTW special thanks to SV Member, Walter Lemmermann, who is also the CHP volunteer running this important program.



Here's How People Laugh Online in Different Languages

Excerpted from Modern Met

When it comes to in-person conversations, laughter is universal. You may not speak the same language, but you can understand one another through laughter. Online humor, too, has become a significant portion of our communication with people from all over the world. If you speak English, you probably tend to use onomatopoeia ("haha"), abbreviations ("LOL" or "LMAO"), or maybe you have a favorite emoji. But have you ever thought about laughing online in different languages?

Language-learning website <u>Preply</u> compiled a list of <u>how to laugh online in 26 languages</u>. It turns out that the onomatopoeia for laughter—"haha" is the most

communicating laughter, depending on where you're from and what language you speak. For instance, in Thai, you may write "55555" instead of "Haha." Why? It turns out that the number five is pronounced like "haa" so the series of fives is a form of onomatopoeia.

Here are 3 samples:

Indonesian

The Indonesian spelling may have come about due to the languages' keyboard layout. "Wkwk," "wkwkwk," "wakaka" and "xixi," are popular, reportedly because it was easier for users to type "k" rather than "h," which requires them to move their forefinger away from its place on the keyboard.

Italian

For Italian speakers, the onomatopoeia for laughter is different, resulting in the spellings "ahahah" and "eheheh," because the language does not have the strong aspirated "ha" sound.

Jamaican Patois

As an English-based creole language with West African influences, speakers of this language use the abbreviation "**DWL**," which stands for "dead wild laugh."

Click <u>HERE</u> for more!

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Great 4th of July Parade!

Charlotte Mastrangelo and her brother Ron, outdid themselves in hosting the 4th of July Pre-Parade Party! While enjoying donuts and coffee (and libations) in the backyard, volunteers decorated the four cars in the parade. BIG THANKS to all who participated!





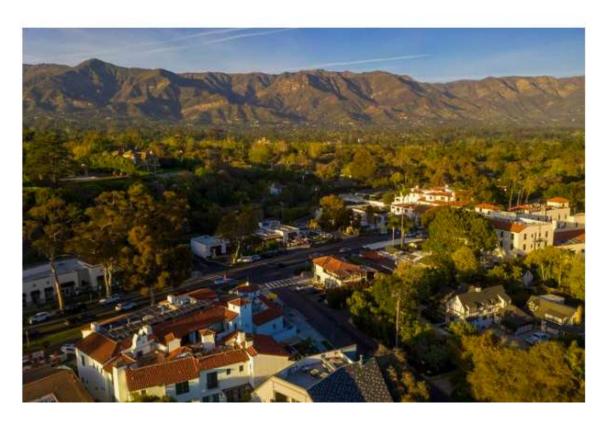






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The most expensive suburb in every State

From \$315,000 for a median home price in West Virginia to a whopping \$5,600,000 in Montecito, CA. No wonder our country is so divided!

Read the full article in Travel and Leisure magazine HERE

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Anyone can fall for online scams — even you. Here's how to avoid them

Read the entire story with more detail about each point below on Vox HERE

#1: Don't panic

Scammers know that emotions make their job easier. People get careless or let their guard down, which is why so many scams start with urgent messages asking you to do something immediately: dispute an erroneous charge on your Amazon_account, fix your hacked social media account, avoid being arrested by the IRS police by settling a bill that for some reason can only be paid_off_in_gift_cards. In almost every case, a legitimate message doesn't need you to respond within the next 30 seconds. So take that 30 seconds to calm down and think before you click anything.

#2: Don't engage

If you get a message or call you weren't expecting and don't know, the best thing to do is ignore it. Even what appears to be a perfectly innocent wrong number text could be something more insidious: someone trying_to_scam you by starting up a conversation. I've gotten a few of those wrong number texts, and while I'd like to think they kept texting me back because of my

Even better is stopping scam calls and texts from reaching you at all. Phone companies now offer free spam-blocking services, which can identify and stop potential scam or spam calls. Some services can block potential spam texts: iOS devices have built_in text_filters, and Google's Messages app can warn you if a text seems suspicious.

#3: Don't give out your password

This should be obvious by now, right? Clearly not, since it's believed that 90 percent of cyberattacks are the result of successful phishing schemes, where a hacker or scammer tricks victims into thinking they're a trusted or known source to give their sensitive information to. Some are better than others. I've seen some knowledgeable people in my own life fall for email_from_your_employer attacks (they clicked the links, but I hope they all stopped short of giving out their passwords).

Scammers love to use social media to find victims, too. If you've ever so much as tweeted the word "hack," you'll get a series of what I like to call Twitter Scam Reply Guys, who will usually recommend that you contact someone they claim to know who can get your account back, as long as you give them your login credentials and/or pay them (don't_do this).

#4: Know where links are taking you

A common way people get hacked or scammed is through malicious links, often in their email, texts, or DMs. Always check where a link is taking you before you click on it, and only go to websites you trust.

The best thing to do is go to a company's website directly, rather than through a random link in a text you weren't expecting in the first place. If you get a text that claims to be FedEx or Wells Fargo, go to FedEx.com or WellsFargo.com; don't click the link on the text. And definitely don't enter any of your sensitive information — like your credit card, social security number, or your password — on a site if you aren't absolutely sure that it's the site you think it is.

#5: Be very careful with payment apps

Peer-to-peer payment apps like Venmo, Zelle, and Cash App have made a lot of scams easier because it's fairly seamless to send money through them, and those transfers are instantaneous. There's a reason why those apps tell you over and over again to be sure that the person you're sending money to is who you think they are: Once your money is sent, you often can't get it back. These

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There are ways to protect yourself to a certain extent on these apps. Most will give you a way to verify that you're sending money to the right person by confirming their email address or phone number first. Use these safeguards. Consumer Reports suggests connecting your peer-to-peer payment apps to a credit card instead of a bank account, as credit cards have more protections for fraudulent transactions. If the app won't protect you, your credit card company might, though most payment apps make you pay a 3 percent fee on credit card transactions.

It's also a good idea to put a PIN code on those apps, so even if someone gets into your phone — say, if they asks to borrow it to make an emergency call — they can't get into your apps and send your money away. This will add an extra step to using your payment app, but an easily remembered four-digit PIN takes about a second to enter and could save you a lot of money.

#6: Don't use crypto

Even in the best of circumstances, crypto is a loosely (or barely) regulated market that's as volatile as it is hard to understand. That has helped make it a prime target for scammers and hackers.

#7: Protect yourself from yourself

One way to avoid getting scammed is to preemptively protect your accounts from your mistakes as much as possible. If Giordano had two-factor authentication on her Instagram account, the scammers wouldn't have been able to get into it through the URL — they'd need the code from her authenticator, too.

There are a few ways you can protect your accounts from getting hacked, including setting up two-factor authentication and using different passwords for everything via a password manager. You can lock things down even more by using hardware authenticators and anti-malware software, which you can get for mobile devices too.

"That's what security software is supposed to do," Mark Ostrowski, head of engineering at cybersecurity company Check Point, says. It should protect you from "a lapse in judgment or if the scam is really, really, really, really good."

At a certain point, your security measures might feel like more trouble than they're worth. I have to admit, things were easier when I didn't have to juggle my password manager, two different authenticator apps, and text messages for the accounts where authenticator apps aren't available. But I'd rather have to

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account. You never know who has your password or how they got it.

"There's an ongoing usability versus security thing where it's not fun, it's time-consuming, it's annoying," Grauer, of Consumer Reports, says.

It's up to you to decide where the balance between usability and security should be, keeping in mind what you would lose if someone took over your accounts. After that, all you can do is try to keep these tips in mind, hope for the best, and don't be too hard on yourself if you fall victim to the worst.

"Having a healthy paranoia, I think, is important," Ostrowski says, before confessing that even he has slipped up and clicked on a few links he shouldn't have. "I hate to admit it, but I think everybody has, right?"

Again, if you want more info about each point, read the entire Vox article HERE



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Answer at the bottom of this newsletter



Good Feng Shui bed placement

Excerpted from Home and Gardens online Magazine

Learning how to position your bed using Feng Shui is believed to improve mood, health and wellness. Insufficient rest can cause our body to produce increased levels of the stress hormone cortisol, so getting a good night's sleep with the right bed placement can improve your ability to rationalize worries and boost your mental health.

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The best location for your bed is in commanding position. This means that, when in bed, you're facing the door while not directly in line with the door. You also don't want any doors to open up directly in line with the bed.

According to Feng Shui philosophy, you want to avoid the dreaded 'coffin position' where your feet point towards the door. This position, also know as 'dead man's position' is said to disrupt sleep and cause tension and unease.

In Feng Shui the headboard represents stability, support and security in your life, and especially in your romantic relationships. The best Feng Shui headboards are solid, without any perforations. The idea behind this theory is that a solid wall will provide you with the necessary stability to face life head on. Most Feng Shui practitioners recommend between 15-20 inches on each side. The space on both sides allows a positive balance of your yin and yang, as well as space for each person. This is because this layout can cause your chi (also known as qi) to rush in too quickly and settle on and around your bed. You'll want to avoid anything too stimulating into the bedroom.

For the best Feng Shui bed placement, you want the area above your bed to be free of beams or soffits.

If you find these ideas impossible in your space, there are ways to mitigate the issues. Read the entire article for more in-depth information HERE

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Yes! that is Andy Dudnick, pianist for the SV monthly Sing Along and Concert!

Speaking of the Monthly Sing Along and Concert, Ciji Ware will be hosting the July event and has chosen the theme of Broadway and Hollywood music.

Mark your calendar! Monday, July 27, 3:00-3:30 social wine/cheese, 3:30-4:30 singing

Where? Campbell Hall, across from Christ Church at the intersection of Santa Rosa/San Carlos Streets

More info **HERE**

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Avoid Rambling - Put your mind ahead of your mouth

Pause and give your brain the opportunity to create a script for your mouth to express precisely

Excerpted from INC.

Public Speaking requires two human tools: your mouth and your mind. Each relies on the other to effectively conceive and convey your ideas.

But we often forget this interdependency. We sometimes allow our mouths to run ahead of our minds, shooting out words and ideas like a fire hose instead of a laser beam. Lagging behind, our minds are robbed of the opportunity to pick words with precision and prioritize them appropriately.

Speakers who put their mouths first ramble, repeat themselves, and frequently use filler words like "ah" and "um" and "you know." They commingle essential and nonessential details and fail the most important job of all--conveying a clear point.

To speak clearly and effectively, speakers need to flip the order of those functions, enabling their minds to go first, producing a rolling mental script their mouths can simply follow. This is what the difference sounds like:

Mouth Ahead of Mind: "So, I thought we could talk a little bit about the project and talk about what makes it a great idea on so many levels to make us do better overall, including ways to save money and be more efficient--like, cutting our costs--and help us to achieve awesome results every day for most but not

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Mind Ahead of Mouth: "I'd like to explain how the ABC Project will increase efficiency and productivity across the company."

How do you establish a mind-first, mouth-second order (short of hypnosis)? One tactic helps more than any other: Pauses.

You may already know that pauses are a useful tool to create drama and grab attention, but one benefit of pausing tops them all: When you pause, you create time for your mind to do its job of counseling your mouth (similar to how your mind counsels you to look both ways before crossing the street and think twice about that new investment).

Pausing also slows your pace, giving your mind even more time to formulate ideas and even steer your mouth away from filler words.



A farewell to Kulning, Sweden's ancient cow calling, over 5million views

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Felecia Gaston Grandmothers Feed Us Love

This delightful new cookbook showcases cherished recipes and photos from Marin City grandmothers – all born before 1942. This special historical collection was curated as part of the 80th anniversary celebration for Marin City.

Come meet Felecia and some of the wonderful grandmothers who are featured in the book and share some of their delicious dishes prepared with lots of love.

Felecia Gaston is founder of Performing Stars of Marin and the Marin City Historical & Preservation Society.

Grandmothers Feed Us Love at Sausalito Books by the Bay

WHEN: August 8th, 6pm

WHERE: Books by the Bay, 100 Bay Street

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How the Savannah Bananas became best story in baseball

SAVANNAH, Ga. — It's three hours before the first pitch, but the <u>Savannah</u> <u>Bananas</u> already are well into their pre-game routine on a hot, humid day in June.

On the field at Grayson Stadium, players take batting practice and scoop ground balls. And just outside the lines, other players practice dance routines and watch as the first-base coach works on a stunt that involves launching himself in the air, twisting over three chairs and a picnic table with a player laying on top, and, hopefully, sticking the landing.

He does.

"If you ask more people, the Savannah Bananas are the best thing in baseball right now," says Bananas manager Tyler Gillum as he hits ground balls to infielders.

Gillum, an assistant baseball coach at South Mountain Community College, is biased, of course, but that doesn't mean he's wrong. Attending your first Bananas game is like seeing Times Square for the first time. You don't know where to look, and you're sure to miss something.

Players dance and participate in promotions before, during and after the game. The Bananas have a pep band, their cheerleaders are either women over 65 — the Banana-Nanas — or a heavyset guy who is in worse shape than the "Dad Bod" printed on his shirt suggests.

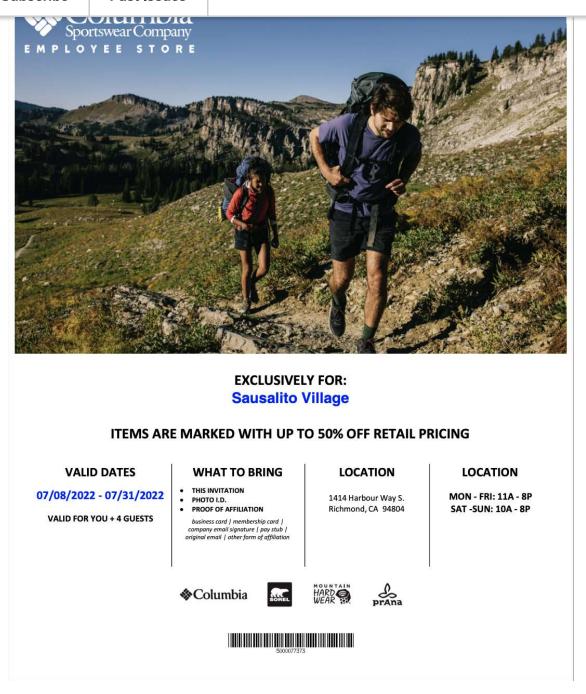
wants to give the Bananas a whirl these days, or to be whirled by the Bananas.

Grayson Stadium was built in 1926, seats 4,000, is sold out for the summer and there are 60,000 people on the waiting list for Bananas tickets. The ticket window at Grayson is a lonely place because you can't buy tickets there. They're only available via the online waiting list, and receiving an e-mail that your turn has arrived is cause for celebration.

"I brought three people here from out-of-town last week," says Keith Royal, a Savannah resident since 1999. "They had never been to a Bananas baseball game, and they're like, 'I just watched an entire show for like \$20 and the baseball game hasn't even started yet.' "

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Sausalito Village member and volunteers can use this invitation to shop at the Columbia Employee Store! You will need to show a copy of this invitation.

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Missing Rayner while she is on vacation?
Watch one of the archived Stretch and Strengthen Classes. She will return on August 8th, 11am Live on Zoom



Just outside Yosemite, the Iron Door Saloon claims to be the oldest bar in California



Pinning the dollar bills to the ceiling is harder than it looks, and considering it requires launching a thumbtack as hard as you can, discretion is advised.

Couple Chris and Corinna Loh have owned and operated the Iron Door since 2004, but the saloon has been in Corinna's family since 1985. But even they can't say definitively if the Iron Door really is the oldest bar in California. While records show the building was finished in 1849 — which would make it the oldest in the state — it's impossible to know when the first whiskey would have been poured.

Chris and Corinna say they feel no ill will towards other bars, like <u>Smiley's Saloon</u> in Bolinas and <u>William Tell House</u> in Tomales, which both also claim the title.

"Claims like this to history are a fun thing," Chris said. "I have no rivalries."

Read the full story in SF Gate HERE

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DO NOT FLUSH DISPOSABLE WIPES DOWN TOILET

'Do Not Flush' law goes into effect in California

New law just went into effect - PLEASE don't flush those wipes!! Without watching this video:

https://flipboard.com/video/kcra/370f800ec5



Octopuses may be so terrifyingly smart because

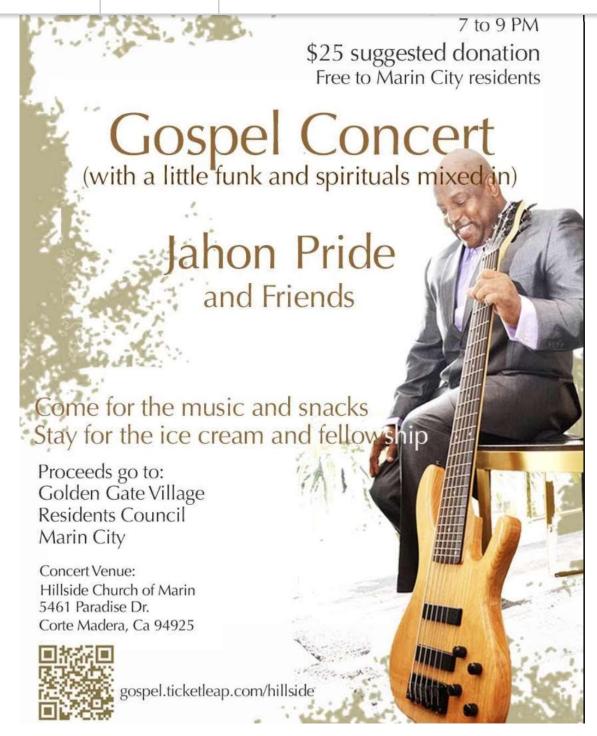
Excerpted from Live Science

Octopuses are brainy creatures with sophisticated smarts, and now scientists have uncovered a clue that may partly explain the cephalopods' remarkable intelligence: Its genes have a genetic quirk that is also seen in humans, a new study finds.

The clues that scientists uncovered are called "jumping genes," or transposons, and they make up 45% of the human genome. Jumping genes are short sequences of DNA with the ability to copy and paste or cut and paste themselves to another location in the genome, and they've been linked to the evolution of genomes in multiple species. Genetic sequencing recently revealed that two species of octopus — Octopus vulgaris and Octopus bimaculoides — also have genomes that are filled with transposons, according to a study published May 18 in the journal <u>BMC Biology</u>.

In both humans and octopuses, most transposons are dormant, either shut down due to mutations or blocked from replicating by cellular defenses, the study authors reported. But one kind of transposon in humans, known as the Long Interspersed Nuclear Elements or LINE, may still be active. Evidence from prior studies suggests that LINE jumping genes are tightly regulated by the <u>brain</u>, but are still important for learning and for memory formation in the hippocampus.

Read the entire story **HERE**



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Timelapse flowers blooming 1.5 minute video



Scientific best way to pack a cooler

Excerpted from PopSci blog

As tempting as it may be to just toss your sausages and frosty beverages into an insulated box with some ice, a little planning and the right stacking strategy will help your food and drink stay cold longer. You'll also stymie bacterial growth, which the Department of Agriculture says occurs rapidly between 40 and 140 degrees Fahrenheit (4 to 60 Celsius). And a weekend marked by

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Use Two Coolers..here is why

We know you're here for the best way to pack a cooler—one cooler—but our first recommendation is to use two coolers. Bear with us—there's good rationale for doubling up. Simply put, you want one cooler for drinks and another for food.

Choose Your Cooler

The best cooler for your trip is the one you can stuff to its limit, leaving as little empty space as possible. You want as much heat transfer as possible inside your cooler to happen between the ice and your goodies—you don't want precious ice chilling random air. Your main consideration will be size: use one you can fill to at least a third of its capacity with ice, with the remainder reserved for food or drink.

Make your own ice

We say one third of your cooler's contents should be ice because many major retailers (like <u>Yeti</u> and <u>Canyon</u>) recommend a 2-to-1 ratio of food or drink to ice. The easiest way to visualize this is to divide your cooler into thirds and ensure your provisions fill two of them. Just don't pack it like that—we'll get to the proper packing plan shortly.

If you have enough lead time, it's best to freeze your own ice. As long as you have water, you won't have to worry about running out, and you can make the cold stuff work for you in ways you might not be able to if you buy a sack of ice from the store. And don't just make cubes—make larger chunks too. Freeze trays, bags, and bottles of water, the last of which can serve as extra hydration at the end of a particularly scorching day.

Pre-cool your cooler

Once your cooler is clean and ready to go, stash it in the coolest place you can until you're ready to pack it up. Maybe that's a shady spot outside your house, your basement, or inside a freezer, but you want to avoid pulling a cooler straight out of a hot car or steamy shed and immediately stuffing it full of ice and goodies. The warmth from the cooler will seep into the cold stuff inside and you'll waste ice cooling the cooler. Not ideal. Keep the cooler on ice (or as close

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Prepare your food and drink

Before you pack your cooler, you'll want to get rid of as much dead weight as you can. That means preparing food in advance so it's essentially ready to cook or eat right off the ice. Get rid of packaging too—don't waste ice chilling some plastic you're going to immediately throw in the trash when you get to your party spot.

Freeze what you can, too, because a frozen burger patty is just as good as a block of ice when it comes to cooling things down.

Craft a smart stacking strategy

The more intelligently you pack your cooler, the less you'll have to disturb its contents, and the less heat you'll introduce into that refrigerated environment. We recommend starting with a base of ice or reusable ice packs, and we highly recommend you do so by dropping in a block of ice that fits snugly into the bottom of your cooler.

Finish with a cold cap

Once your cooler is stuffed to the brim with ice and goodies, fill the last bit of space under the lid with something cold. We think the best choice here is a reusable_freezer_sheet, because these ice packs are flat and thin, easily serving as a second lid. If you don't have some of those, reusable ice packs are a good secondary option because they also tend to be uniformly flat and are larger than ice cubes (surface area always matters). Regular ice will do the trick too, but it won't last as long as our preferred options.

Read full story **HERE**

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CARSS Program

(Call A Ride for Sausalito Seniors)

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age
Friendly Program for residents of Sausalito and the floating
homes community, who are 60 and older. CARSS is managed by
Sausalito Village with one goal in mind – to keep older residents
connected to the community and safe as they age.

CARSS provides:

- Free Rides around Sausalito and Marin City.
 Volunteers can also do errands.
- Service available Monday, Wednesday and Friday between 10am-2pm.
- Schedule a Ride/Errand a day ahead or the same day. Need a ride at other times or days just call 48 hours before.
- Rides/Errands provided by vetted volunteers with their cars.
- · Masks and proof of vaccination are required.

RIDE FOR FREE WITH CARSS!

For more information go to www.carss4you.org or call (415)944-5474 or infocarss4you@gmail.com

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Over 11 hours of acoustic cover music



Answer to todays puzzle can be found in this Youtube: Click <u>HERE</u> to watch the short youtube that reveals the answer



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For information about our programs, events, emergency preparedness, COVID resources, archived copies of our weekly newsletters, visit the continuously updated Sausalito Village website.

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