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Photo by Ingrid Kreis

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: SausalitoVillageTips@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! [CLICK HERE](#)

Here are a few highlights for SV hosted events in the coming 2 weeks:

Stretch and Strengthen with Rayner the 1st and 3rd Mondays

December 11 - Line Dancing Workshop

December 14 - Film Group

December 19 - Holiday Sing Along and Party 3-5pm

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Andy Dudnick will be playing holiday music on the grand piano and Candace and Elin will be leading a sing along.

Plenty of food, libations and of course raffle prizes galore.

Food/drink will be served outside (weather dependent).

Masks encouraged indoors.

Test kits and holiday medical grade masks will be available.

RSVP and let us know you are coming at

SausalitoVillageRSVP@gmail.com

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CARSS rides are available but must be scheduled by Friday, Dec. 17th, 5pm at 415-944-5474 or InfoCARSS4You@gmail.com



Need home covid tests?

SV will deliver free tests to your door

Sausalito Village has free tests available for you. It is important to test prior to group gatherings this holiday season (like the SV Holiday Sing Along and Party)!

Please contact SausalitoVillageRSVP@gmail.com to request a drop off of tests to your door.

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Holiday events in Sausalito this weekend

Updates, times, details and registration links [HERE](#)

Friday, December 9th - Opening of Candy Cane Lane on Caledonia Street

Saturday, December 10th - Sausalito Books by the Bay for children and grandchildren, 12 Zany Days of Christmas, Lighted Boat Parade

Sunday, December 11th - Winterfest Jingle Bell Run

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Middle Class Tax Refund

Did you get a debit card from the State of California?

The Middle Class Tax Refund (MCTR) is a one-time payment to provide relief to Californians.

If you are eligible, you will automatically receive a payment. Payments are expected to be issued between October 2022 and January 2023.

For questions or to activate your card, visit the [contact information](#) on this page.

Some taxpayers will receive their payment on a debit card.

FTB has partnered with Money Network to provide payments distributed by debit card.

Refer to the [How you'll receive your payment](#) section for information on how debit cards will be distributed.

Visit the [Money Network FAQ](#) page for details on making purchases, withdrawals, and transfers with your debit card payment.

You are eligible if you:

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the What you may receive section

- Were not eligible to be claimed as a dependent in the 2020 tax year
- Were a California resident for six months or more of the 2020 tax year
- Are a California resident on the date the payment is issued

Watch a Youtube video that describes the process [HERE](#)



Can you become a morning person? Sleep scientists say it is possible with these key tips

Excerpted from Inverse.com

Our circadian_rhythm is the underlying mechanism that dictates when we start to feel sleepy at night and awake in the morning. Chronotype and circadian rhythm are closely related, though different. According to the Sleep Foundation, “while circadian rhythm can be ‘trained’ by adhering to a strict schedule, the underlying chronotype exists on a more permanent basis.”

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Natural sleep cycles shift slightly as we age.

If you're a night owl whose life requires morning-person hours, don't despair; you can alter your behavior to make working on a morning-person schedule a little easier.

Whitney Roban, a clinical psychologist and sleep specialist, says it's all about training your body's circadian rhythm to get on an earlier schedule.

When the sun goes down, the lack of light and colder temperature signals the body to release melatonin, a hormone associated with sleep. However, artificial light and heat mean our circadian rhythms aren't as strictly governed by the sun as they once were. Things like light, warmth, and exercise in the evening can all trick our circadian rhythm into operating in daytime mode. Instead of releasing melatonin, the body can release glucose, something sure to keep you awake. When you're trying to get on a sleep-wake schedule more akin to a morning person's, sleep hygiene and early morning activities matter.

Roban says, "If you naturally start to wind down on the later side, you're going to want to deliberately start winding down earlier. You can do that by having a relaxing nighttime routine."

That includes:

- Staying off electronics before bed
- No caffeine after lunchtime
- No alcohol before bed
- Turning down any heaters for a cooler bedroom temperature

Read entire story [HERE](#)

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12 Zany Days of Christmas

WHEN: Saturday, December 10th, 5pm (just before the Boat Parade)

WHERE: Sausalito Center for the Arts (Old BofA building)

Free and Fun!

Several of our own S.V. Volunteers are leading the fun!



Top slang words of 2022

Excerpted from Yahoo.com

"Ghosted," which means to quit communicating with someone without an explanation, remained the survey's top slang term. Coming in second: "salty," a term for being exceptionally bitter, resentful or angry; the term was the second most popular slang term last year, too.

Ghosted is popular because "it's easier than ever to cut off all communication with people and (has) unfortunately become kind of a norm in ending short-term relationships," Saccardi said.

As for "salty," there's plenty of reasons for folks to be angry or resentful, she said. Whether Americans are salty about the state of our political affairs, the state of our economy, or the issues at work or home, whenever someone is angry in 2022 they are most likely feeling salty.

Other top slang words:

- catfish – assuming a false identity or personality on the internet.
- low-key – understated or secretly.
- bomb – cool or amazing.

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A few still-popular slang terms trended down from last year. Those include "woke," being alert to social justice; "GOAT," greatest of all time; and "on point," for exactly right or perfect.

The word "bae," used as a term of endearment or labeling something as good or cool, was the 10th most popular word, but also the most annoying one. Next among the most annoying slang terms: "on fleek," which means perfectly executed or extremely good, attractive or stylish.

Some other particularly bothersome phrases? COVID-related slang such as "rona" and "zoom fatigue," which two-third said they were annoyed by.



Livestream of Mauna Loa Volcano erupting in Hawaii



92 yo WWII fighter pilot flies her plane for the first time in 70 years

Excerpted from UpWorthy.com

It's been decades since her last flight, but Joy Lofthouse, a 92-year-old Air Transport Auxiliary veteran, was given the chance to board a Spitfire airplane for one more trip.

Lofthouse was one of just a few female pilots to fly for the British during World War II, part of an all-female division nicknamed the "Attagirls."

Her job as a service pilot was to shuttle planes from the front lines back to factories for repairs. During her time in the service, she flew 18 different aircraft, but one always held a special place in her heart.

To mark the 70th anniversary of the war's end, she was called on to once again fly in a Spitfire, her favorite model.

After landing, Lofthouse just beamed, proving that it's possible to be amazing at any age.

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SV Film Group shows 'Spirited' for the holidays

Pastor Paul Mowry and SV Chef Joey Silverman host our monthly Movie Group. Both are graduates of NYU film school, worked in the business in their past lives and are avid film fans. Discussions are always lively!

This month we will be showing "Spirited" the holiday movie with Ryan Reynolds and Wil Ferrell. A musical version of Charles Dickens's story of a miserly misanthrope who is taken on a magical journey.

The film can be viewed ahead of the event on Apple TV+ OR join us for in person watching at the Sausalito Presbyterian Church Hall at 1:45pm. The film is 2 hours 7 minutes.

Discussion will be both on zoom and live at the Church Hall at 4pm.

RSVP to let us know if you are coming in person or if you would like the zoom link for discussion [HERE](#)



SV presented at the National Village conference in October on the topic of emergency preparedness along with Jersey Village, TX and Madison, WI. Each speaker/topic is 10 minutes.

Tricia Smith, President of the Board, spoke about SV's Emergency Preparedness Neighborhood Program. This presentation begins at minute 14:38.



Some of the weirdest driving laws on the books

Excerpted from Car and Driver.com

South Carolina – Don't Get Trashed

Do you consider yourself a neat freak? You're good to go in Hilton Head, South Carolina, where it is against the law to store trash in your car.

Rhode Island – Passing Noise

When passing another vehicle, drivers in Rhode Island are required to honk their horns. Failure to do so could result in a ticket.

Oregon – Shut It, Already

Whether you're loading or unloading people or cargo from your vehicle in Oregon, be quick about it. You can be fined for leaving your car door open for an excessive amount of time.

Read the entire article [HERE](#)



The controversial history behind Geritol

Excerpted from TheList.com

First introduced in 1950 as a liquid vitamin marketed toward geriatrics — hence the name — Geritol promised to nip fatigue in the bud by invigorating iron-deficient blood. Naturally, this claim and its slogan, "twice the iron in a pound of calf's liver," had older people running to pick up their own bottle of Geritol, because who doesn't want to feel refreshed and 30 years younger?

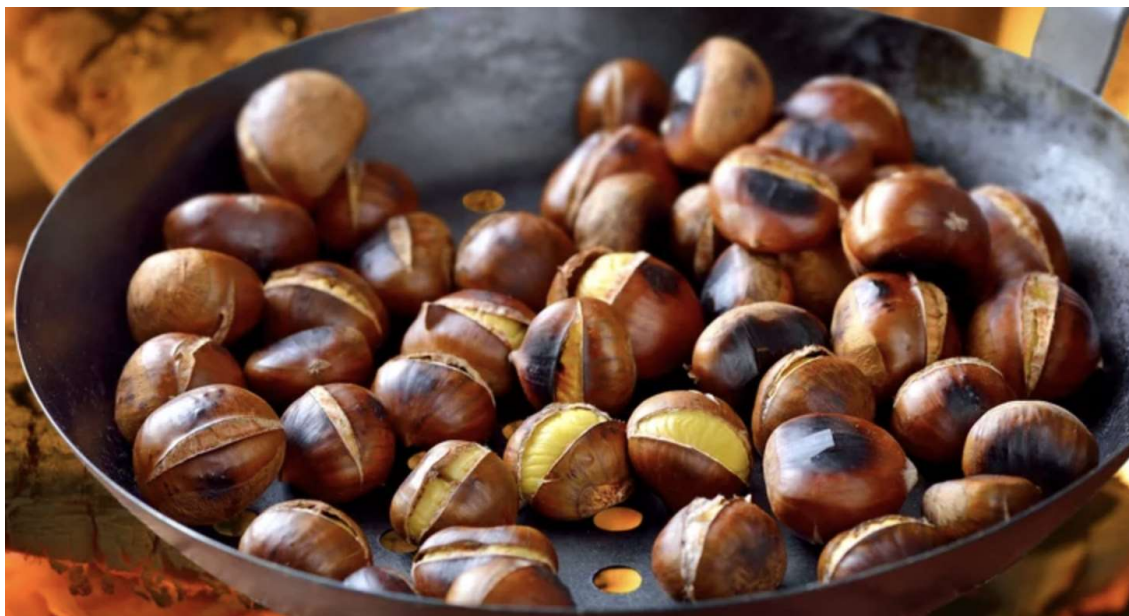
But the problem with Geritol, as is the problem with any substance that promises things that sound too good to be true, was that it was — gasp! — too good to be true. In fact, the formula that was being made in the 1950s and 1960s contained 12% alcohol — not quite the best ingredient for reducing fatigue.

After years of investigating Geritol, the Federal Trade Commission (FTC) eventually filed a \$1 million lawsuit in 1970 against the companies that made the liquid vitamin for false claims. But that wasn't the only controversy the brand had to contend with over the years.

In 1973, Time magazine wrote about Geritol: "Though the FTC has received

spouse's achievements, intones: 'My wife. I think I'll keep her.' The Williams Co. might be well advised to note that the judge, prosecutor, and FTC lawyer in last week's action were all women."

Geritol was also primarily marketed to older people. Its TV ads appeared during "The Lawrence Welk Show," "Hee Haw," and "Ted Mack's Original Amateur Hour," as well as a handful of others. Marketers have long relied on the belief that you can slip things past the elderly and sell them anything (via AdSpeed). Although this isn't true of all older people, for some, especially those with age-related cognitive decline, products and services with outrageous claims can be an easy sell — one of the reasons why the FTC had to step in and sue the manufacturers of Geritol.



The symbolic reason that chestnuts are eaten at Christmas

Excerpted from TastingTable.com

Today, chestnuts might not be the first treat you think of around Christmastime,

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'em out for yourself, as you knock back a glass of eggnog this season, give the humble chestnut (and its humble history) a second thought. Whether they know it or not, here's why folks eat chestnuts around Christmas.

According to the National Post, chestnut trees once made up 40% of North America's forests, and produced an estimated 20 million pounds of chestnuts every year. So the mealy nut was once omnipresent, extremely storable, and affordable.

Much like rice and canned foods today, the poor were given chestnuts on Martinstag aka the Feast of Saint Martin, which falls on December 11. Saint Martin was a transient Catholic saint that was born during the 14th century in present-day Hungary. He later lived in Italy, where he was drafted into the nation's army.

The story goes that, while stationed in Rome, Saint Martin cut his jacket in half to share with a fellow soldier in the wintertime. This act became known as "the Dividing of the Cloak," and it's celebrated on Martinstag with songs and bonfires as an act of goodwill. Handing out chestnuts also became a Martinstag activity, symbolizing the saint's yuletide goodwill, which led to its emergence as an unlikely, but meaningful Christmas tradition.

Roasting chestnuts are a popular part of the holiday season for Italian families, says La Cucina Italiana. And, in a stunning reversal, according to National Today, most of the chestnuts enjoyed by U.S. consumers today are imported from Italy.

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Watch what it took to get dressed in the early 1870s



Annual Lighted Boat Parade and Fireworks

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Saturday, December 10th, 6pm

Along the Sausalito waterfront

Sausalito Books by the Bay will be staying open late - stop by for some hot mulled wine & warm apple cider.



Next Line Dancing Workshop: Sunday, December 11th

WHEN: December 11th, 3:30pm - 5:00pm

WHERE: Sausalito City Hall downstairs in dance/exercise studio

RSVP: <https://sausalito.helpfulvillage.com/events/3656>

NOTE: There will be an additional class this month on Monday,

First 1/2 hour, we will focus on basic steps and simple dances, intended to gently ease newbies into it, geared to those with little dance experience but some curiosity.

Starting 4pm will be a dance party! We'll do mostly beginning and one wall dances at least the first few workshops, but adjust based on who is coming. Students are welcome to come for just the first or second part, or stay for both. Music is old school, contemporary, disco, jazz, R&B, and a little Latin.

Open to all, geared to seniors.

FREE but donations accepted.

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



10 Spanish Words That Don't Exist In English

Excerpted from Babbel.com

Although Spanish is considered to have fewer “official” words than English, there are many Spanish words, including verbs, adjectives and nouns whose meanings are so nuanced and specific that it can describe human experience, identity, actions and feelings in ways that English sometimes can't.

These words are sometimes called “untranslatables,” though that's not entirely accurate. You can translate them, but there just isn't a single word in English that is equivalent to the Spanish one. When you learn about them, you might wish that there were. Here's our guide to 10 of our favorite Spanish words that don't exist in English.

Sobremesa

Definition: the conversation that takes place at the table after a meal.

Quincena

Definition: a period of 15 days.

Anteayer

Definition: the day before yesterday.

Empalagar

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Tocayo/a

Definition: someone who has the same name as you.

Friolero/a

Definition: someone who's sensitive to cold.

Tutear

Definition: to talk to someone casually or informally.

Estrenar

Definition: to show something for the first time.

Madrugar

Definition: to wake up and get out of bed early in the morning

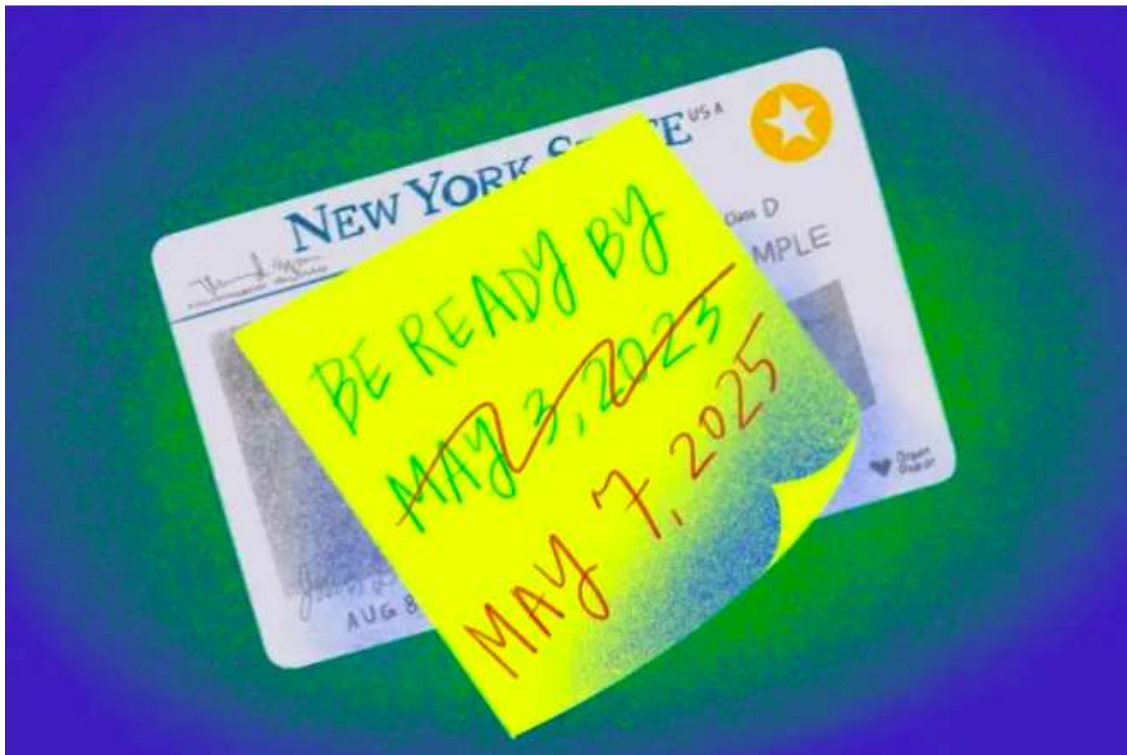
Trasnochar

Definition: to stay up and go to bed late at night.

Read more about the definitions and the full article [HERE](#)

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The closest I get to a
spa day is when
steam from the
dishwasher smacks
me in the face.



Read ID deadline moved...again

Excerpted from MorningBrew.com

If you're one of the more than 50% of Americans who has a state ID

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years to get one. The Department of Homeland Security (DHS) pushed its 2023 deadline for more stringent ID requirements for domestic air travel to May 7, 2025, citing Covid delays.

What's a Real ID?

If your driver's license lacks a star (or a bear in California) in the upper right corner, it isn't Real.

The Real ID standard, which sets minimum security requirements for states issuing licenses, was passed by Congress back in 2005 as part of a sweeping federal effort to shore up national security in the wake of 9/11. The requirement was supposed to take effect in 2008, but the deadline has since been pushed back multiple times.

How do I get one?

The process for obtaining a Real ID is similar to that for a regular state ID, except it requires more supporting documents and an in-person visit to your local DMV branch. Deadline extension notwithstanding, you might want to book your Real ID appointment ASAP, since who knows how many years you'll spend in that DMV line...



The US City With The Most Coffee Shops Per Capita Isn't What You Expect

Excerpted from TastingTable.com

For many cities, coffee is the unofficial mascot. We dare you to conjure an image of Seattle that doesn't include a rainy day and a steaming cuppa joe. Picture a red and orange October day in Boston without coffee or a brooding coffee-less walk in Portland. (It just doesn't feel right, does it?) The price of coffee saw a 14.8% increase from October 2021 to October 2022, reports the U.S. Bureau of Labor Statistics, but the hike doesn't seem to deter java drinkers much. Per WalletHub, the U.S. coffee market rakes in an estimated \$48 billion every year.

According to the National Coffee Association via Bankrate, 66% of U.S. consumers drink coffee every single day; that's a higher consumption rate than water. In 2012, The Washington Post reported that New Yorkers drink a whopping seven times as much coffee as folks in any other state. That might be why New York probably comes to mind when you think of coffee drinkers, and you'd be right to think

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in the city that never sleeps. Yet, it's still not the biggest coffee hub in the country — and it isn't Seattle, Boston, or Portland, either. The U.S. city with the most coffee shops per capita probably isn't what you'd expect.

The answer? Believe it or not, San Francisco is packed with the most coffee shops per capita.



Land Art: Beautiful Sculptures Made of Rocks and Stones
by Welsh land artist Jon Foreman

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If you shop, dine or stay in Sausalito between November 25th - December 31st, bring your receipt to the Chamber Visitor Center and enter our drawing.

Prizes include gift certificates from \$25 - \$100. All you need to do is put your name and phone number on each receipt. Enter as many times as you like. Supporting local businesses enhances and builds a stronger community.



Quotes on Aging

Sent to us by Nina Meister

“It’s paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn’t appeal to anyone.”

- Andy Rooney.

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– Lee Trevino, Professional Golfer.

"The older I get, the more clearly I remember things that never happened.

- Mark Twain.

"At my age, flowers scare me."

- George Burns.

"The years between 50 and 70 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down."

- T.S. Elliot.

"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all."

- Ann Landers..

"I was thinking about how people seem to read the bible a lot more as they get older, and then it dawned on me—they're cramming for their final exam."

- George Carlin, Comedian.

"Everything slows down with age, except the time it takes cake and ice cream to reach your hips."

- John Wagner.

"Grandchildren don't make a man feel old, it's the knowledge that he's married to a grandmother that does."

- J. Norman Collie.

"When your friends begin to flatter you on how young you look, it's a sure sign you're getting old."

- Mark Twain.

"There's one advantage to being 102, there's no peer pressure."

- Dennis Wolfberg.

- Bob Phillips.

"Looking fifty is great—if you're sixty."

- Joan Rivers.



11 Things to never put in the microwave

Excerpted from Tom's Guide

- 1) **Aluminum foil or metal containers**
- 2) **Dinnerware with metal decorations** (ex. gold rimmed plate)
- 3) **Brown bags or paper take out cartons** - Once warmed up in the microwave, these can release dangerous fumes, or could even catch fire inside your microwave at extreme heat.
- 4) **Plastic storage containers** - Always check for specific, plastic storage containers that are microwave safe before use.
- 5) **Styrofoam takeout containers** - Styrofoam containers will often begin to soften at 212 degrees F (the normal use of a microwave), and melt at 464 degrees F.

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7) **May of water** - Since it doesn't physically boil, the water is safe, but the water can be extremely hot and potentially dangerous.

8) **Hot peppers** - Can explode at high temperatures, and can even catch fire in the microwave. Also releases capsaicin (the active ingredient that makes them spicy), into the air that can sting your eyes or burn your throat when inhaled.

9) **Hard-boiled eggs** - The rapid heating process can create a lot of steam inside the egg, which can get super hot. As the steam has nowhere to go, it will result in an egg explosion.

10) **Other 'exploding' foods** - These foods include whole potatoes, fruit, hot dogs, eggplant, tomatoes and tomato pasta sauce.

11) **Leafy greens** - Since you're heating dry vegetables, this could potentially lead to them sparking, which could damage your microwave.



Navi Mumbai Turns Pink With Flamingos Arrival



This is why you have red marks on your skin (and when to worry about them)

Excerpted from TheList.com

If you've ever woken up in the morning, and were perplexed to find that a tiny, mysterious red bump has appeared on your skin overnight, you're not alone. If you've had a little red lump that doesn't itch, doesn't hurt, clearly isn't a bite, injury, or mole randomly pop up on your skin, you likely stared at it for a while, wondering what on earth it could be and where it came from. It's possible that you're dealing with a completely benign phenomenon called a cherry angioma.

"We don't know the exact cause, but there is a genetic factor that makes some people more likely to get them," board-certified dermatologist, Hadley King says. Hormones and age are both major factors as well. They are more likely to crop up or to change during pregnancy, when on estrogen-increasing medications like birth control, and once a woman reaches her thirties. Estrogen makes the blood vessels dilate, and with age comes reduced collagen in the skin, which means superficial blood vessels have less support.

You likely don't need to seek treatment for a cherry angioma, although you can have them removed for cosmetic reasons or if they are in a place that is frequently bumped, causing bleeding. However, you should absolutely seek medical attention if you notice the angioma change in appearance, whether in size, shape, or color. This is true of any skin lesion, whether a mole, freckle,



Apple names apps of the year

Excerpted from ZDNET.com

iPhone App of the Year

BeReal from BeReal

With over 56 million downloads and counting, BeReal took the social media world by storm this year. A social media app that encourages people to ditch calculated poses and captions, BeReal notifies you at a different time each day to post whatever you're doing at that moment.

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sex images, one with the front camera, and one with the back, there's no room for photo dumps or eternal photo shoots where you may look a little better.

iPad App of the Year

GoodNotes 5 from Time Base Technology Limited

Pairing with iCloud, GoodNotes 5 syncs your digital notes to all your Apple devices. You can draw a complex heart diagram using your iPad and Apple Pencil and then access the drawing on your Mac if you want to make a text-based guide. GoodNotes 5 leans into the Apple ecosystem and makes it easy to switch between multiple devices while leaving no thought behind or unfinished.

Mac App of the Year

MacFamily Tree 10 from Synium Software GmbH

Designed specifically for Mac, MacFamily Tree aims to be the ultimate genealogy tool. Unlike other ancestry platforms, MacFamily Tree is a comprehensive library where you can scan family records, research entries, and even publish your own. With an easy-to-use interface, the interactive tree allows for easy navigation and collaboration, so multiple people can participate. New features also include customizable editing, easy source management, and intentional person grouping.

AppleTV App of the Year

Vix: Cine y TV en Español from TelevisaUnivision Interactive, Inc.

Developed by TelavisaUnivision Interactive, VIX Cine y TV is a free streaming service that specializes in Latinx entertainment. The service offers more than 20,000 hours of on-demand content including movies, soap operas, and other TV programs in Spanish. Everything is grouped by category, making the app easily navigable. While a free streaming service does mean the occasional ad, the app's friendly interface and "favorite" function for users to keep tabs on their favorite

Apple Watch App of the Year

Gentler Streak from Gentler Stories LLC

Redefining what a fitness routine can look like -- especially on a smartwatch -- Gentler Streak is an exercise and fitness tracker designed for you to be gentler on yourself. The app strives to help you find balance in your fitness journey, acknowledging that rest days are part of the cycle. Equipped with customizable settings, metric charts, and actionable insights, Gentler Streak can prevent over-training while keeping you at an optimal activity level. Employing a friendly interface, the app makes it easy to choose a routine that bends to your lifestyle, not the other way around.





Top duties of an Estate Executor and how to carry them out

Excerpted from TheStreet.com

The main responsibility of an executor of a will is to carry out the final wishes of the person who bestowed that position of trust. Usually, the executor is a spouse, close family member, trusted friend, or they could be a qualified, compensated person duly appointed under the laws of the state.

The Top Duties of an Executor Fall Into 5 General Categories:

1. Gathering the documents necessary for distributing the estate
2. Paying the debts and taxes and collecting from the estate's debtors
3. Closing out the deceased's insurance, retirement, and Social Security accounts
4. Maintaining the willed property prior to its disposal
5. Choosing the type of will probate and filing the will accordingly

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qualified legal assistance to navigate the complexities of probate and tax laws, for example.

To read details of each of the 5 general categories, read [HERE](#)



Giza 3D Tour of the Giza Plateau



How much do they make?

Here's the question: If you had to guess, how much did the highest-paid lifeguard in Los Angeles bring home in total compensation in

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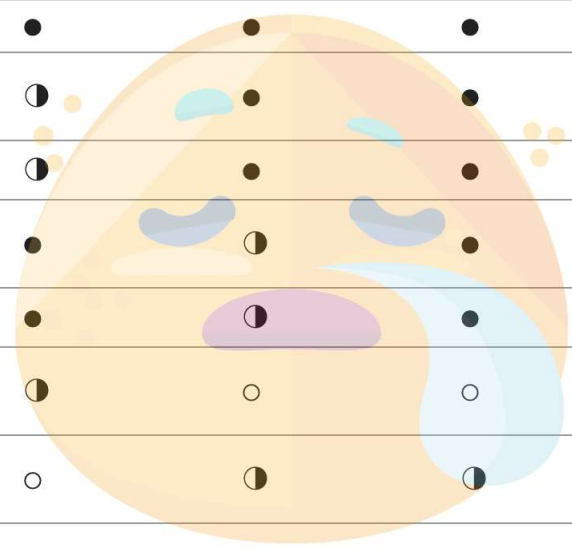
Answer at the bottom of the newsletter.



Stretch and Strengthen with Rayner is on zoom every first and third Monday of the month at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time. www.SausalitoVillage.org

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○ Rare symptom ● Occasional symptom ● Common symptom



Symptom	Cold	Flu	COVID-19	RSV
Fever, chills	○	●	●	●
Headache	○	●	●	●
Cough	●	●	●	●
Body aches, muscle pain	●	●	●	○
Fatigue	●	●	●	●
Stuffy or runny nose	●	●	●	●
Sore throat	●	●	●	○
Loss of taste or smell	●	○	○	○
Vomiting, diarrhea	○	●	●	●
Loss of appetite	●	●	○	●
Sneezing	●	○	●	●
Difficulty breathing	○	○	●	●

Table: Jenny Kwon / The Chronicle • Source: Centers for Disease Control and Prevention, National Institutes of Health and World Health Organization

REMEMBER: Need a Covid test delivered to your door? Email SausalitoVillageRSVP@gmail.com or phone 415-332-3325.

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Julia Weston 2 hours Acapella - 1.7 million views



Answer to todays puzzler:

Daniel Douglas made \$510,283 last year as a “lifeguard captain.”

His salary: \$150,054

Perks: \$28,661

Benefits: \$85,508

Overtime: \$246,060

Read more about this astronomical amount in [HERE](#)

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