



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 its own [email address](#) to forward ideas for content. Please correct your email.

Photo: Sausalito Dreamin' by Harrie Schwartz



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.

[Marin wildfire agency invests in evacuation app](#)



COVID VACCINE AVAILABILITY UPDATES

Sutter is administering shots to Marin patients 65 and older at a vaccination clinic at 101 Rowland Way in Novato. Appointments are required and can be made through the company's online patient portal, at mho.sutterhealth.org, or by calling Sutter's vaccination

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(Some people who are not covered by Sutter Health have had some success signing up for a vaccination)

Read more details about Sutter's vaccine @ [Marin IJ article](#)

- To sign up for your second dose through Marin Clinics: Fill out the same form as for the first dose only indicating this would be the second dose.
<http://www.nbimt.org/covac/km0211g3x2/sel9j2bs7s.php>
- This site should open for first doses for those 65+ in a few days. Keep checking back.
- **Today** (and, typically Friday's and Saturday's) are less busy to sign up for vaccination @ <https://coronavirus.marinhhs.org/vaccine> Go to any of the providers who have a blue button and see how far you can get.

[Community Health Seminar Series: COVID Vaccinations — Feb 10, 2021 5:30 PM](#)

You're invited to this special event. Click here: [WEBEX EVENT!](#)

(Meeting ID: 146 113 6006 | Password: event)

Or access by phone: [1-408-418-9388](tel:1-408-418-9388)

As the COVID-19 pandemic continues, it is exciting and encouraging that distribution of the much-anticipated vaccines has begun, and that more of the population will have access to immunization in the coming weeks and months. Join us to learn the latest on COVID-19 vaccinations and the roll-out process in Marin County.

For discussion:

- Safety and efficacy of the vaccines
- The two-shot vaccination process
- Vaccine distribution tiers, including who is eligible now
- How MarinHealth and other healthcare entities receive vaccine allotments
- Availability of supplies now and in the near future
- Appointment scheduling



SCIENTISTS HAVE TAUGHT SPINACH TO SEND EMAILS AND IT COULD WARN US ABOUT CLIMATE CHANGE

WARN US ABOUT CLIMATE CHANGE It may sound like something out of a futuristic science fiction film, but scientists have managed to engineer spinach plants which are capable of sending emails.



[Nominate a Candidate for Sausalito's Next City Manager](#)

Your City Council is hiring a new **City Manager** for Sausalito, and we need your help. This is your chance to provide feedback on the qualities of, or even [nominate a candidate](#) for, our new City Manager. You can help shape the destiny of Sausalito.

Our new City Manager will be the Chief Executive Officer (CEO) of the City. This is the most powerful person in City Government. While the City Council sets policy, the City Manager is the person who most influences whether the City is run efficiently.

TO APPLY: Applicants can [apply for the position](#) via the Avery Associates Career Portal. Avery Associates is the search firm working with the City of Sausalito on the recruitment. The application deadline is February 15, 2021.

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[Paris, Shuttered, Must Be Imagined](#)

The pandemic has enshrouded and dimmed the City of Light. But there are many reasons to soldier through the fog.



5 Simple Techniques To Focus Your Mind When You Are Very Stressed

How can you regain focus? These are some practices that will make a huge difference in your ability to concentrate.

2-layer mask with
tightly woven fabric



Surgical mask



Surgical mask Tightly woven fabric

Tightly woven fabric

When it's wise to wear a double mask

Like many things in life, the devil is in the details," said Dr. Thomas Russo, the chief of infectious disease at the University of Buffalo's Jacobs School of Medicine and Biomedical Sciences.



[Experimental Compound Revives Memory in Alzheimer's Disease Mice](#)

An international research team has described a potential new approach to holding back the loss of cognitive function that occurs with Alzheimer's disease (AD), which uses a synthetic compound to boost protein synthesis in neurons. The scientists' studies in mouse models of the neurodegenerative disorder demonstrated how the experimental small molecule could rescue the activity of brain cells needed for memory formation. "This work is the first to show that reversing impaired protein synthesis in brains afflicted by Alzheimer's disease through a pharmacological approach is not only feasible, but also effective," commented Mauricio Martins-Oliveira, PhD, a postdoctoral researcher at New York University's Center for Neural Science, and first author of the team's paper in *Science Signaling*, which is titled, "[Correction of eIF2-dependent defects in brain protein synthesis, synaptic plasticity, and memory in mouse models of Alzheimer's disease](#)."

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

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