



Happy Friday, Villagers

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[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: Bird in Flight (Larkspur) by Candace Curtis



Friday: [GEN2GEN JAZZ: A COLLABORATION BETWEEN THE GENERATIONS HOSTED BY ENCORE.ORG](#). 4:30-5:30

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

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[Four-year-old girl discovers 220 million-year-old dinosaur footprint at a beach in Wales](#)

The creature probably stood about 29.5 inches tall, was about 8 feet long and walked on its two hind feet, paleontology curator said.



[Experts Share the Best Natural Sleep Aids and Apps That'll Knock You Out Cold](#)

You're [stressed](#). You're on edge. And as icing on the [socially distant](#), candle-less cake, you're beyond [exhausted](#) all the damn time. But...you want to change that. That's the good news. The better news: There's a variety of research-backed natural sleep aids on the market designed to improve your shuteye—you just may not know about them. Yet.

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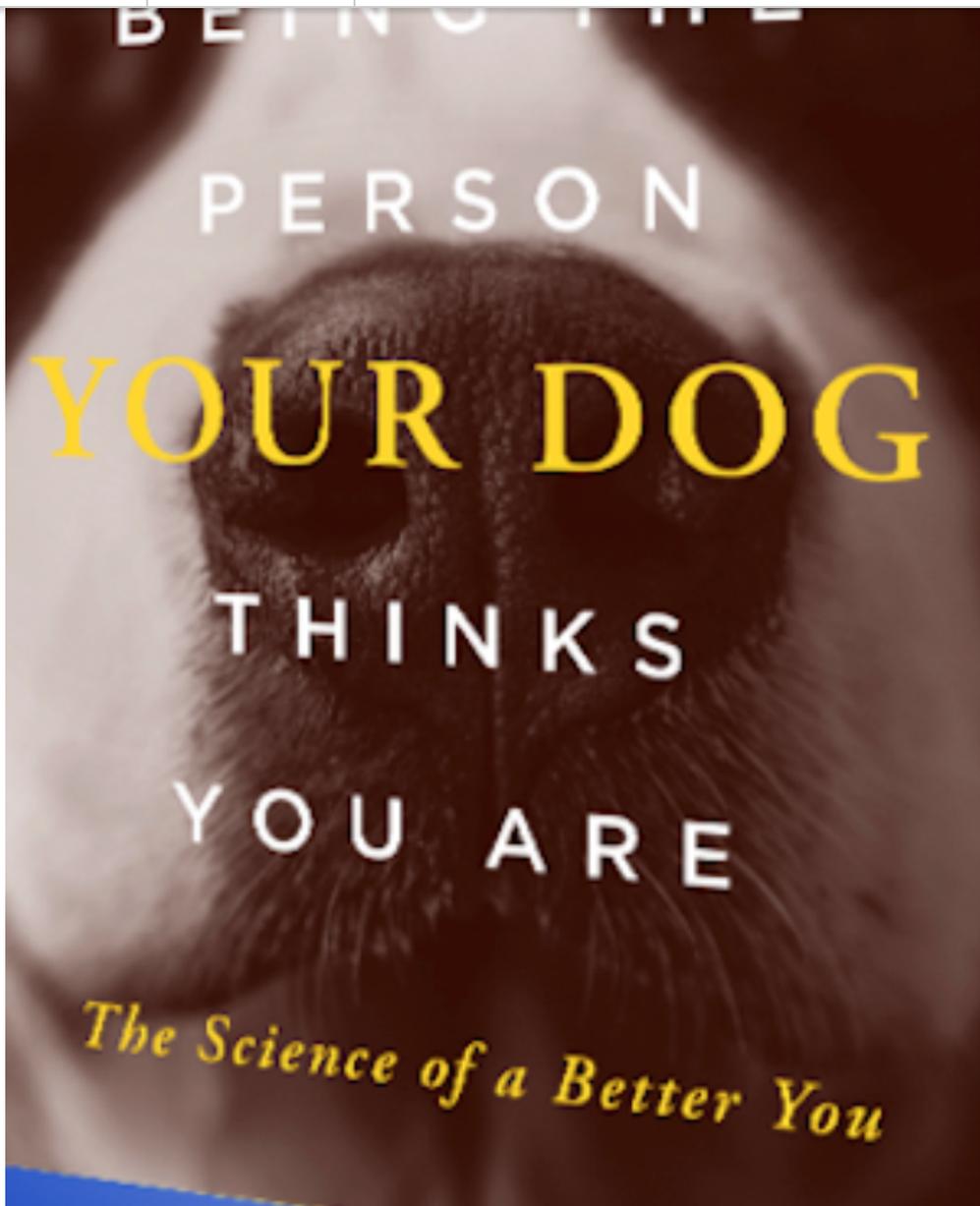
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Olive and Mabel: Lockdown Life.





[Being the Person Your Dog Thinks You Are: The Science of a Better You](#)

Jim Davies is an associate professor in the Institute of Cognitive Science at Carleton University. Director of the Science of Imagination Laboratory, he explores processes of visualization in humans and machines and specializes in artificial intelligence, analogy, problem-solving, and the psychology of art, religion, and creativity. His work has shown how people use visual thinking to solve problems, and how they visualize imagined situations and worlds



TO PHYSICALLY AGE SLOWER, SHOW SOME SELF-CONTROL

TO NAVIGATE LIFE'S STRESSES, the ability to control one's emotions, thoughts, and actions is essential. Research suggests [self-control](#) makes the difference between spiraling after a personal failure or moving forward thoughtfully. This [emotional regulation](#) goes beyond skipping dessert or snapping at a loved one—it actually relates to the likelihood we'll achieve our educational and career goals, or stave off disease.



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[Everything From Bananas to Bicycles Are Conscious](#)

Do inanimate objects have a mental life? Probably not, but the question isn't quite as absurd as it sounds.



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

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