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Happy Friday, 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.

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

Photo by Patricia Smith





Local Vaccination opportunity for Sausalito Residents age 65+

Vaccination opportunity for Sausalito residents age 65 and older is coming to Sausalito on March 19.

For older adults who have not yet had any vaccine. Also if the older adult has a younger formal or informal family caregiver, the caregiver may also be included. Contact: <u>AgeFriendlySausalito@gmail.com</u> or call (415) 331-1393

The <u>SausalitoVillage Website</u> has information on COVID vaccinations and tests.



Past Issues



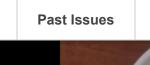
Think Lean, Clean, and Green

Here's a fire-smart landscaping tip from UC Marin Master Gardeners. Spring is the time to make your garden lean, clean, and green, and create a well maintained and defensible space around your property.

- Lean: Keep plants thinned, pruned, and low growing. Have space between individual plants, or plant in small, irregular clusters or islands. Space trees so that at maturity the crowns are 10 feet apart or more.
- **Clean**: Remove fallen leaves and needles, dried grass, weeds, dead branches, and other dead vegetation. Check gutters, roof, eaves, vents and chimney for leaf and needle litter. Rake fallen leaves, then compost or remove.
- **Green**: Properly irrigated plants remain healthy and green summer through fall. Check your irrigation system regularly for leaks or malfunctions.

Before each fire season, re-evaluate your lean, clean and green landscape. For more information on fire-smart landscaping see: <u>http://marinmg.ucanr.edu/Fire-smart_Landscaping/</u>

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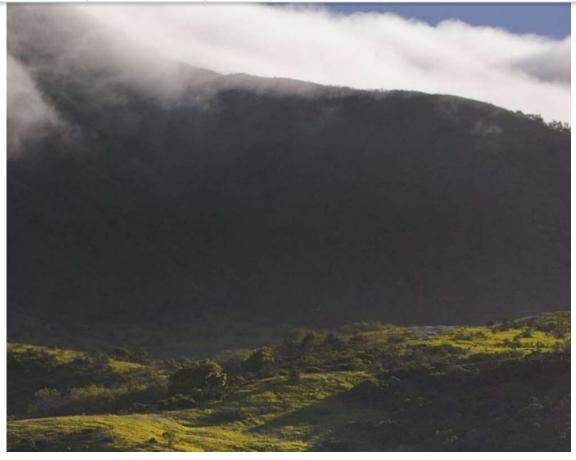


125 Amazing Women Who Changed the World

History is not always what is seems—regardless of what even the most robust textbooks might say. Take, for example, the work of <u>Rosalind Franklin</u>: The British scientist whose 1952 research was integral to the discovery of the double helix structure of DNA, but who had her research swiped by male colleagues who announced *their* "discovery" to the world—and won a Nobel Prize for it—without giving Franklin any of the credit.



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For centuries, Big Sur residents have seen 'Dark Watchers' in the mountains

If you want to see a Dark Watcher, you should wait until the late afternoon.

As the sun begins its descent behind the waves, look to the sharp ridges of the Santa Lucia Range, the mountains that rise up from the shores of Monterey and down the Central California coast. If you are lucky, you might see figures silhouetted against them. Some say the watchers are 10 feet tall, made taller or wider by hats or capes. They may turn to look at you. But they always move away quickly and disappear.



What Happens If You Miss Your Second COVID-19 Vaccine Shot?

As of March 8, well over 90 million doses of the three COVID-19 vaccines currently approved for emergency use by the Food and Drug Administration (FDA) have been <u>administered</u> in the United States. Two of them—one from Pfizer and one from Moderna require a two-dose regimen, with a second shot coming 21 to 28 days after the initial injection. (A third option from Johnson and Johnson is a one-dose vaccine.)









For information about emergency preparedness and COVID resources, visit the continuously updated Sausalito Village

<u>website</u>.

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