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**Happy Tuesday, Villagers**

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~~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.

Photo: It's a Bird! It's a Plane by Ingrid Kreis

*Note: The Tips now has its own [email address](#) to forward ideas for content.*



Tuesday: [FIRE SMART LANDSCAPING - FIRESAFE MARIN](#). 6-7

Wednesday: [AGE FRIENDLY MARIN FORUM "EMERGENCY PREPAREDNESS FOR OLDER ADULTS"](#). 10:30-11:45

Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!.](#)  
2:15-3:15

Saturday: [E-WASTE DROP OFF EVENT IN SAUSALITO](#). 10-4

Sunday: [TALES OF THE TRAIL](#). 7-8

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Stretch & Strengthen with Rayner.

# Praktikos

## *Deep Meditation*

**Chanting ➤ Singing Bowls ➤ Inner Silence**  
**Now two sessions: 5 PM & 7 PM Pacific Time**



Richard Pavek invites you to join one of these Praktikos Sessions.

[https://us02web.zoom.us/j/81955765433?  
pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

Meeting ID: 819 5576 5433

Passcode: 763692



Anyone interested in starting one in Sausalito?

## [2 women launch Buy Nothing movement to save planet](#)

“What are you writing about this week?” DC asks, stopping by the door to my home office, where he can bet his front teeth that if it’s Saturday, I am banging out my next column to meet my Sunday deadline.

“Buying nothing,” I say, tapping keys.

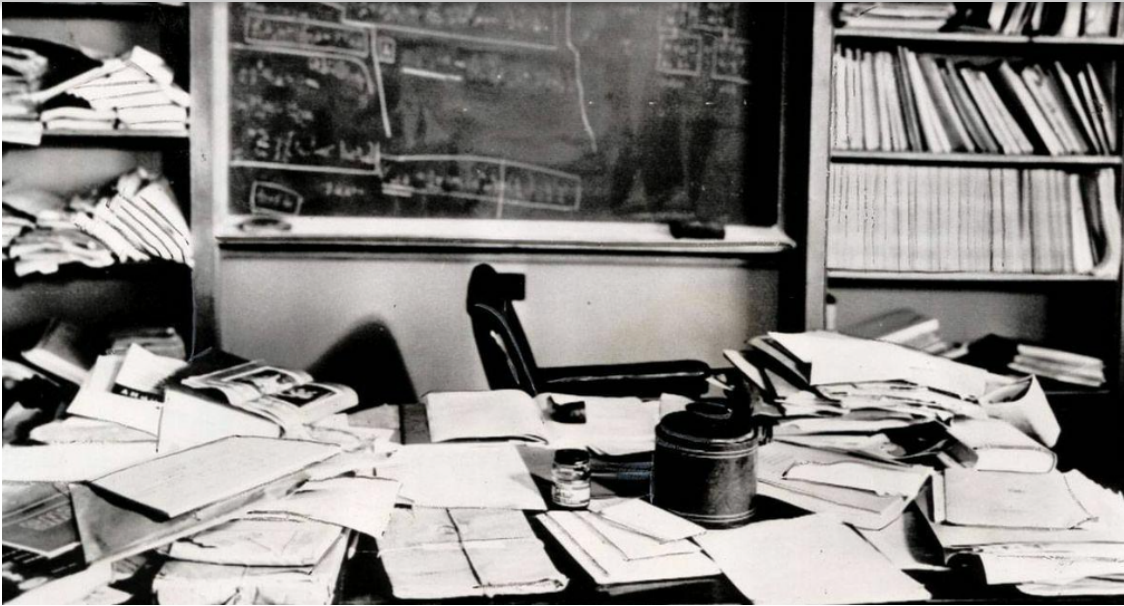
“I like the sound of that.”





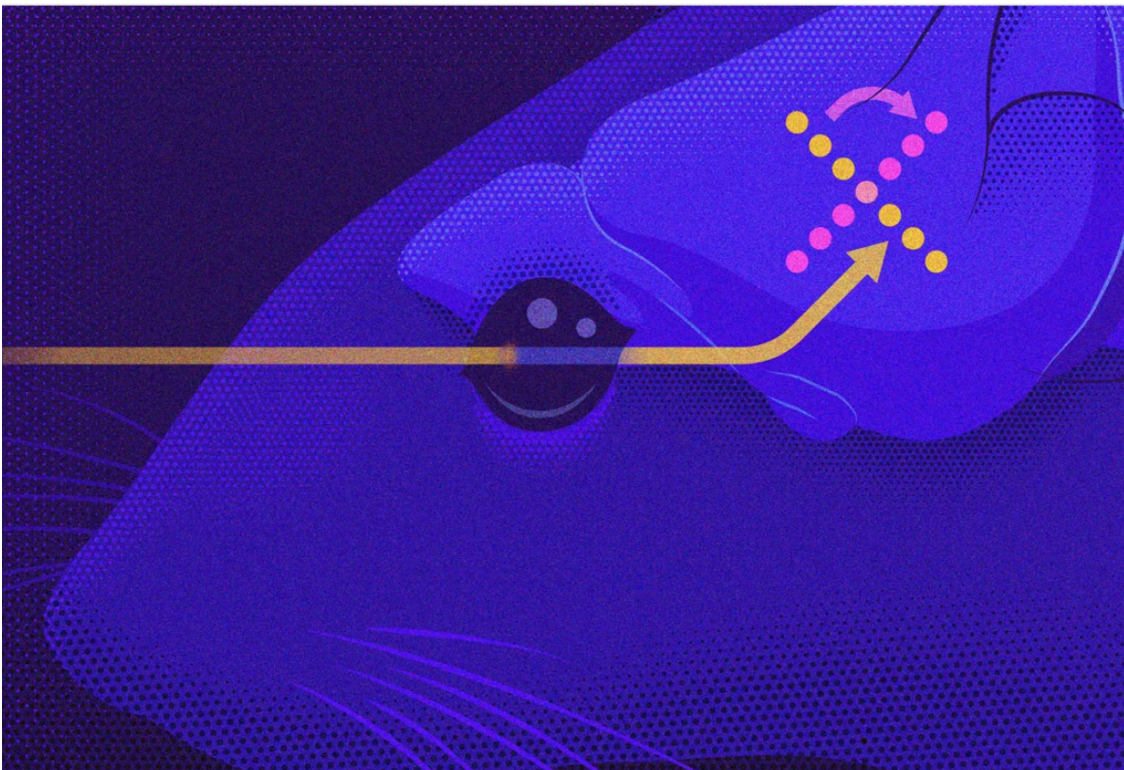
## [How to Clean Your Laptop the Right Way](#)

Gunk happens! Here's how to clean up your laptop's act—from the top bezel to the bottom fan—without inflicting harm. (It's easy, and you can use products you have around the house.)

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## [Albert Einstein's Messy Desk Highlights The Surprising Link Between Clutter And Intelligence](#)

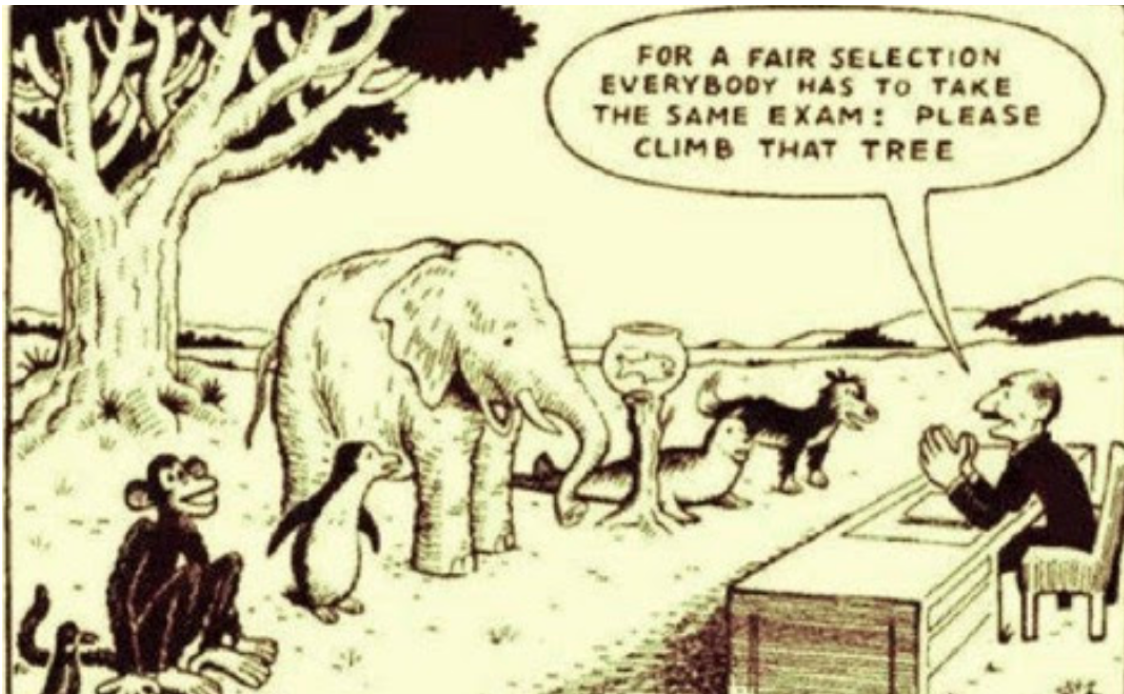
Disorganized desktop? It might mean you're a genius.



## [The Brain 'Rotates' Memories to Save Them From New Sensations](#)

Some groups of neurons process sensory data and memories at the same





**Reading  
can seriously  
damage your  
ignorance.**



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***For information about our programs, events,  
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resources, visit the continuously updated  
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