



Photo of Headlands Center for the Arts

Send your Bay Area photos to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

**Happy Friday, Villagers**

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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](mailto: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:

Every Tuesday/Thursday Line Dancing

July 24 - Practice using a fire extinguisher

July 25 - Broadway tunes-themed Sing Along/Concert

July 25 - Being Mortal presentation: Peaceful Death - Another Option?

August 2 - Books by the Bay in person Summer Selections

August 3 - Hike with Jackie

August 6 - Sausalito Village 2022 Art Show Reception

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## **LAST CALL: Calling all Sausalito Village and CARSS artists!**

Join in the 2022 Art Show with an opening reception Saturday, August 6th.

The annual Sausalito Village Art Show and Reception is coming back in person and we need your creations - paintings, textile, jewelry, sculpture, etc. One piece per artist will be displayed in the Sausalito Library from Sunday, August 7-September 24. All artists must be a member or volunteer of Sausalito Village or CARSS (Call A Ride for Sausalito Seniors).

This year, to allow for an outdoor area for the opening reception, we will be making a change and displaying the art on **Saturday, August 6th from 4:00pm-6:00pm** at the Edgewater Room in City Hall. Wine, acoustic guitar music and appetizers will be served outside on the Edgewater Patio. This is a free event and open to the public. Some of the art pieces will be available for sale.

**Artists please contact Teddie Hathaway ASAP to include a piece of your art in the show: [teddiehathaway@gmail.com](mailto:teddiehathaway@gmail.com)**

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## Fire Extinguisher Practice Drill

Sausalito Village Emergency Preparedness Cluster Program will be providing an opportunity for Members and Volunteers to actively practice using a fire extinguisher.

**WHEN:** Sunday July 24 at 11 Am

**WHERE:** Gate 6 Rd at Bridgeway. Turn onto Gate 6 Road from Bridgeway and make first Right into the Van Damme parking lot.

Southern Marin Fire Chief Welch will be teaching us how to use a fire extinguisher to put out small fires in our home or cars.

Everyone who attends will get to use a fire extinguisher to put out a small fire.

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## Being Mortal 2.0 Presents: Peaceful Death: Another Option?

Life Ending Medications - Final Exit Network

Monday, July 25, 5:30pm

Campbell Hall, 70 Santa Rosa Avenue, across from Christ Church

### Peaceful Death: Another Option?

This year marks the 25th anniversary of Oregon's Death With Dignity Act, allowing patients to request -- and physicians to prescribe -- life-ending medications. However only eleven jurisdictions currently have such laws, and some people desiring a death with dignity don't meet states' strict criteria. There exists another potential option: for over 25 years Final Exit Network, which grew out of the Hemlock Society founded by Derek Humphry, has been supporting those who wish to hasten their own deaths. Learn more about this important organization, what it does and how it addresses the needs of potential clients who are not necessarily terminally ill. Presented by Jim Van Buskirk, FEN Regional Coordinator, newsletter contributor, and Death Café facilitator.

More info and RSVP [HERE](#)

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## Sausalito Woman's Club Invite You To

**Sing Alone,  
Sing Along, or  
Just Enjoy the  
Singing**

- **Solos & Duets encouraged**
- **Sing Alongs with words projected**
- **Andy Dudnick on piano**

**Date:**  
**Every 4th Monday**  
**Time:**  
**3:00-3:30 Socialize**  
**3:30-4:30 Sing**  
**Place:**  
**Campbell Hall**  
**70 Santa Rosa Ave.**



**Questions? Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)**  
**Rides available to all Sausalito seniors with CARSS**  
**(Call A Ride for Sausalito Seniors) 415-944-5474**

**This month's theme will be Broadway and Hollywood Movies  
hosted by Maria Paterno and Ciji Ware**



**SUNDAY SEPTEMBER 18**  
**CHARLIE MUSSELWHITE**  
*plus very special guest*  
**Volker Strifler**

**Buy Tickets**  
Powered by  
**ovationtix**

Gates open @3 – Music @4

**Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) by THIS**

**purchase the tickets at that time and have you register/pay online next week.**

Sausalito Village is going to Rancho Nicasio for BBQ on the Lawn to see Charlie Musselwhite with guest star Volker Striffler on Sunday, September 18th. This is an outdoor event on the lawn of Rancho Nicasio in the heart of Nicasio. Doors open 3pm, show runs 4pm-7pm.

We have chartered a 21 passenger van/driver, so you can enjoy the drinks without the worry of driving.

Food and drinks are not included and if you are interested, they can be purchased there. We will have picnic tables reserved. You can also choose to bring folding chairs (low to the ground) if you want to be closer, higher ones if you will be near the tables, which are off to the side.

Member and Volunteer price: \$50 for ticket and bus transportation.  
(\$30 ticket/\$3 service charge/bus subsidized by SV)

SV Fee-waiver Members: \$30

Non-member price: \$65 for ticket and bus transportation. (\$30 ticket/\$3 service charge/bus still partially subsidized by SV)

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## Staying Hydrated - Staying Healthy

From the American Heart Association

When the temperatures rise, getting enough to drink is important whether you're playing sports, traveling or just sitting in the sun.

### **And it's critical for your heart health.**

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently.

"If you're well hydrated, your heart doesn't have to work as hard," said John Batson, M.D, a sports medicine physician with Lowcountry Spine & Sport in Hilton Head Island, S.C., and an American Heart Association volunteer.

Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke.

### **How much water do you need?**



needs depend on climate conditions, clothing worn and exercise intensity and duration, Batson said.

A person who perspires heavily will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. People with cystic fibrosis have high concentrations of sodium in their sweat and also need to use caution to avoid dehydration. And some medications can act as diuretics, causing the body to lose more fluid.

Thirst isn't the best indicator that you need to drink. **"If you get thirsty, you're already dehydrated,"** Batson said.

Batson said the easiest thing to do is pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids.

If you want to know exactly how much fluid you need, Batson recommends weighing yourself before and after exercise, to see how much you've lost through perspiration. It's a particular good guide for athletes training in the hot summer months.

"For every pound of sweat you lose, that's a pint of water you'll need to replenish," Batson said, adding that it's not unusual for a high school football player, wearing pads and running through drills, to lose 5 pounds or more of sweat during a summer practice.

Not sweating during vigorous physical activity can be a red flag that you're dehydrated to the point of developing heat exhaustion.

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories.

"It's healthier to drink water while you're exercising, and then when you're done, eat a healthy snack like orange slices, bananas or a

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fruit juices or sugary drinks, such as soda. They can be hard on your stomach if you're dehydrated," he said.

It's also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids.

Batson says drinking water before you exercise or go out into the sun is an important first step.

"Drinking water before is much more important," he said. "Otherwise, you're playing catch-up and your heart is straining."

### **Not just for athletes or exercise.**

Hydration isn't just important during physical activity. Sitting in the sun on a hot or humid day, even if you aren't exercising, can also cause your body to need more fluids.

People who have a heart condition, are older than 50 or overweight may also have to take extra precautions.

It's also a good thing to keep tabs on your hydration if you're traveling.

"You might sweat differently if you're in a different climate," Batson said.

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## Hike the Coast with Jackie

This hike is 4 1/2 to 5 miles with moderate grades

WHEN: Wednesday, August 3rd, 10am - 1pm

Join hike leader Jackie Kudler for a lovely loop out in the Marin headlands highlighted by beautiful sea vistas and a Rodeo Beach walk.

Meet at 10 AM at the Headlands Center for the Arts parking lot.

Plan for a 4 1/2 to 5 mile hike with one moderate uphill and downhill. This should take approximately 3 hours.

We will cancel in case of rain.

Pack water, snacks, and perhaps a light lunch.

Contact Jackie at [j77prospect@sbcglobal.net](mailto:j77prospect@sbcglobal.net) to RSVP and to sign up for a carpool.

If you think you only will join us for part of the loop, bring your own wheels, so you can turn back whenever you choose.

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## Can you name the five areas of Asia?

- Asia can be divided into five regions. These are Central Asia, East Asia, South Asia, Southeast Asia, and Western Asia.
- Central Asia is politically divided into five countries: Tajikistan, Uzbekistan, Kazakhstan, Turkmenistan, and Kyrgyzstan.
- East Asia is politically divided into eight countries and regions: China, Mongolia, North Korea, South Korea, Japan, Hong Kong, Taiwan, and Macau.
- South Asia is politically divided into nine autonomous countries: Sri Lanka, Bangladesh, India, Afghanistan, Pakistan, Bhutan, Nepal, Iran, and the Maldives.
- Southeast Asia is politically divided into 11 countries: Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Timor Leste, and Vietnam.



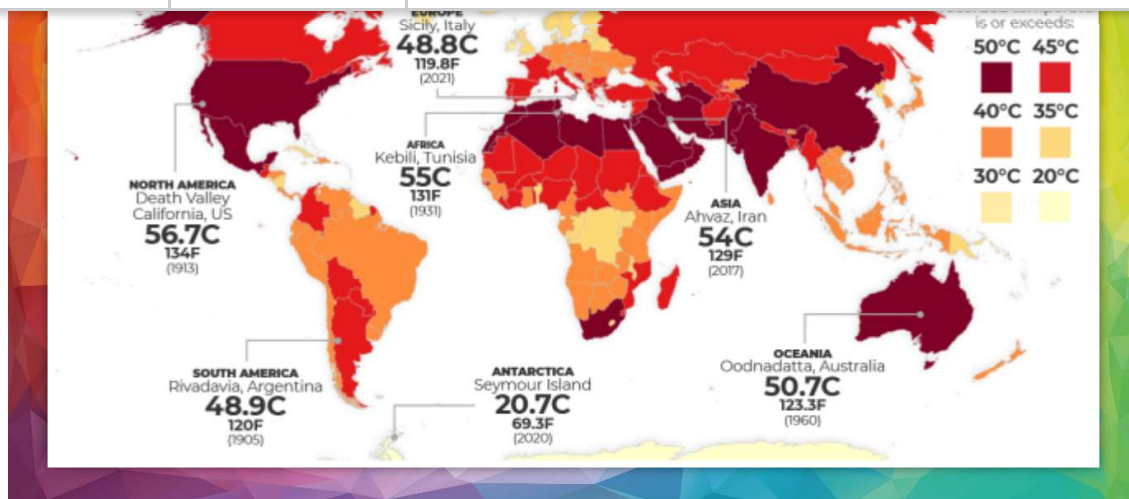
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## Yo-Yo Ma performs a work for cello in the woods, accompanied by a birdsong chorus

The Birdsong Project is an endeavour organised by the Audubon Society as a 'celebration of the joy and mysteries of birdsong' via visual art, music and poetry. In this music video from the album *For the Birds: The Birdsong Project, Vol II* (2022), the celebrated cellist Yo-Yo Ma is seen and heard performing 'In the Gale', which he created in collaboration with the composer Anna Clyne. Perhaps the only piece of music written 'for cello and birdsong', the performance sees Ma alone with his instrument in a wooded landscape, performing the poignant work alongside a chorus of some of nature's most gifted singers.

Watch the 4 minute video [HERE](#)

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At least 22 countries have recorded maximum temperatures of 50°C (122°F) or above

The map above shows the highest temperature ever recorded in each country.

## What is the highest temperature ever recorded in your country?

Excerpted from [Aljazeera.com](https://www.aljazeera.com)

Currently, the highest officially registered temperature is 56.7C (134F), recorded in California's Death Valley back in 1913. The hottest known temperature in Africa is 55C (131F), recorded in Kebili, Tunisia in 1931. Iran holds the record for Asia's hottest official temperature of 54C (129F) which it recorded in 2017.

The highest temperature ever recorded in Europe was 48.8C (119.8F) on the Italian island of Sicily on August 11, 2021.

In 2020, Seymour Island in Antarctica recorded a maximum temperature of 20.7C (69.3F). According to the United Nations' World Meteorological Organization (WMO), temperatures on the Antarctic Peninsula have risen by nearly 3C (5.4F) over the past 50 years.

Read entire story [HERE](#)



## How Spam became one of the most iconic American brands of all time

Spam isn't exactly the most exciting product.

The original recipe included chopped pork shoulder meat with ham, salt, water, sugar and sodium nitrite. (This remained unchanged until 2009, when Hormel added potato starch in an effort to eliminate one of the product's less attractive features: the gelatin layer created by the cooking process.) At the time it was introduced, it was the only canned meat product on the market that needed no refrigeration. This feature gave Spam a significant competitive advantage.

Hormel also created buzz around its new product by sponsoring a name contest to promote it.

awarded \$500 for coming up with the name Spam. (He was also the brother of Hormel's vice president, so there may have been a bit of nepotism involved.)

Anointed with its new name, the product was buoyed by a heavy advertising effort that emphasized its versatility. For example, in 1940, Hormel fielded submissions from Spam fans to create a 20-page recipe book featuring 50 ways of incorporating the canned meat into meals.

Homemakers readily embraced Spam, and it became a popular lunch and breakfast meat. But sales really took off during World War II. Over 150 million pounds were used in the war effort, making Spam a cornerstone of troops' diets. (Soldiers also used Spam's grease to lubricate their guns and waterproof their boots.) In each country where they were stationed, American soldiers introduced it to the locals, giving foreigners their first taste of Spam.

Since then, Spam has become a sought-after product in many countries around the world, especially those that have faced economic hardship. Because it's cheap, filling and has a long shelf life, it addresses a real need.

In the years after the war, the Hormel Girls – a musical troupe of female World War II veterans – traveled the country performing songs and promoting the product. The group even starred in a top-rated radio show on three national networks.

In other cultures around the world, Spam is viewed as a distinctly American product, though it's been incorporated into local cuisine in creative ways. In Hawaii – where seven million cans are sold each year – McDonald's franchises will offer Spam-based products, like Spam, eggs and rice. The [Spam Musubi](#) – Spam on rice wrapped in seaweed – is also a popular snack and lunch food.

In South Korea, Spam is considered a popular holiday gift, while in the U.K., the [Spam fritter](#) is served with chips and mushy peas in burger bars. In the Philippines, [Spamsilog](#) is a common breakfast meal of Spam, fried rice and sunny-side up egg.



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place in the cultural imagination to (somewhat ironically) incorporate the product in refined dishes. At San Francisco's [Liholiho Yacht Club](#), you can get Spam fried rice with uni and mushrooms. [Animal](#) in Los Angeles offers foie gras and Spam, while New York City's [Noreetuh](#) serves Spam agnolotti with burgundy truffles. It was even featured in a culinary challenge on Season 11 of Top Chef.

Read entire story from The Conversation.com [HERE](#)

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# The Best Books for Summer Reading

Special Sausalito Village Event  
with Cheryl Popp

Tuesday, August 2nd  
4 PM

100 Bay Street

Join us for wine & reading recommendations!

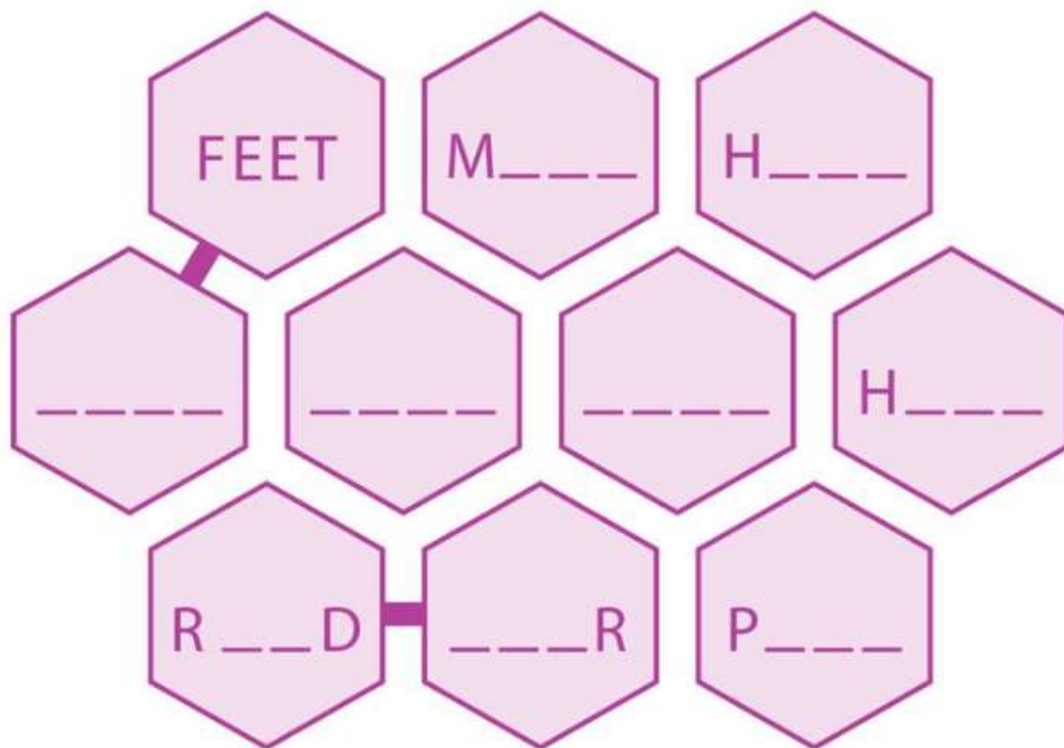
10% discount for Sausalito Village Members

415.887.9967 [staff@sausalitobooksbythebay.com](mailto:staff@sausalitobooksbythebay.com)

Need a ride? Call CARSS (Call A Ride for Sausalito Seniors) for your free door to door ride. Reserve by August 1 by phoning 415-944-5474

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## FRIDAY PUZZLE



From wherever you start (hint: it's probably easiest to start at the top left), join the hexagons by creating a new word that is only one letter different from where you started. Each hexagon must connect to exactly two adjacent hexagons.

Answer at the bottom of the newsletter.



## Being 'hangry' is real, and there's science to prove it

Excerpted from Science Focus

It's a common phenomenon: go too long without eating, and you start to feel a little... irritated, to put it politely. Things that might not have bothered you on a full stomach now elicit clenching fists and a pulsing vein on your forehead.

Until now, feeling 'hangry' – angry because you're hungry – has been described in a general, colloquial sense, rather than a scientific one. But when one social psychologist was told they were hangry, they decided to investigate the emotion in more detail (presumably after having a snack).

"[The research] came about partly because my wife is often saying that I'm hangry, but I didn't think being hangry was real," said [Professor Viren Swami](#), the study's lead author at Anglia Ruskin University. "But mainly because I'm interested in the impact of hunger and eating on human emotions and behaviours."

For the new study, 64 adults from central Europe were asked to record their emotions and their hunger levels at several points throughout their day. Over a three-week period, the researchers found that fluctuations in [anger, irritability and unpleasantness were strongly linked with hunger](#).

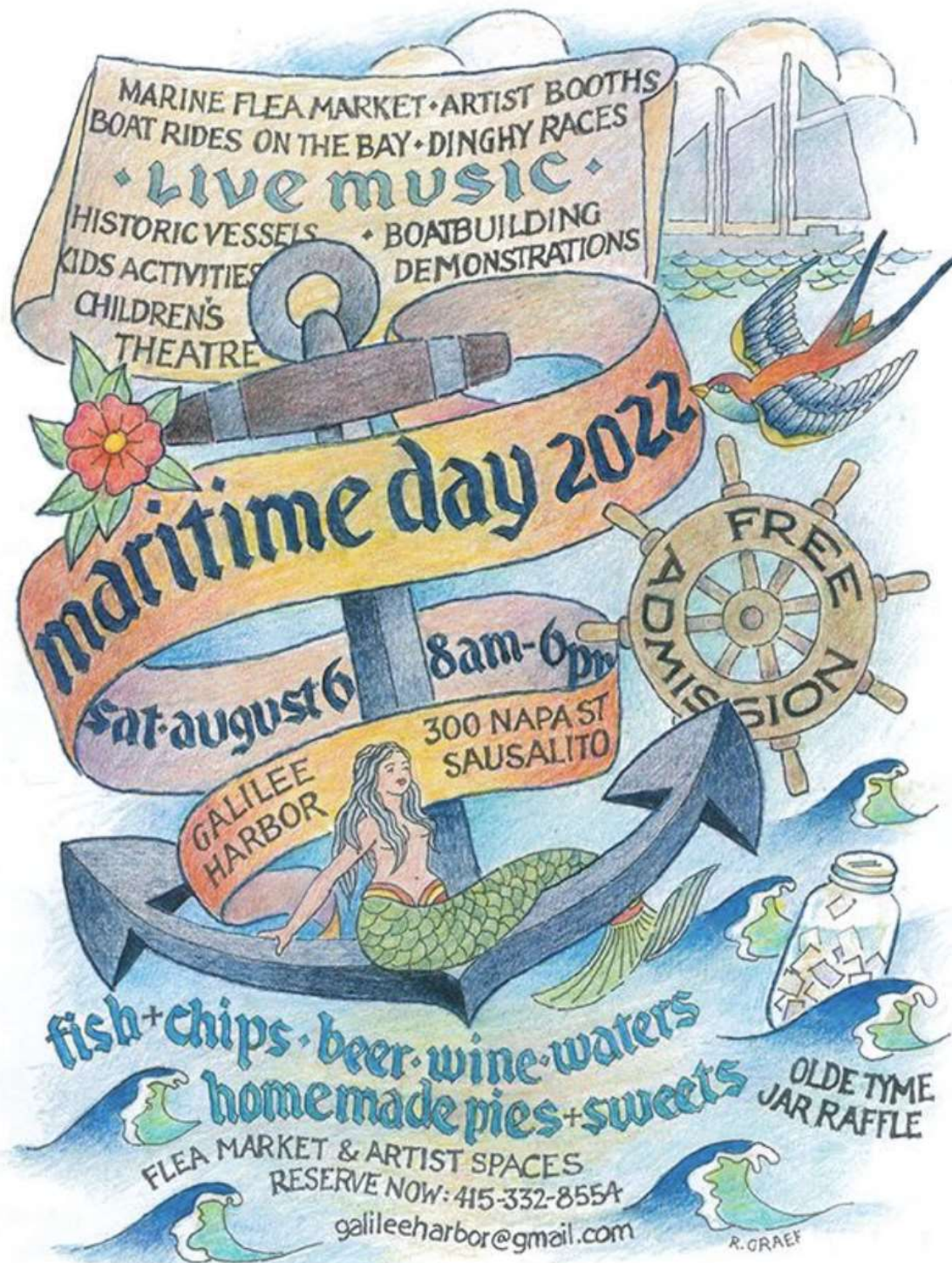
In fact, hunger was responsible for 34 per cent of the variation in feelings of anger for participants. For feelings of irritability, hunger was 37 per cent



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Swami's study showed this link, but the exact reason hunger makes us more irritable is still unknown.

Read entire article [HERE](#)





## 8 Fantastic Uses for Baking Soda and Vinegar

### 1. Clean Pots and Pans

The next time your food burns on the bottom of a pot or pan, turn to baking soda and vinegar to rectify the situation. Add some water and 1 cup or so of vinegar to the bottom of the pan, then heat it up to a simmer. Remove the pan from heat and then add 2 tablespoons of baking soda. Allow the pan to soak until there are no more bubbles. Then, scrub with a scouring pad and watch all the crustiness fall away.

### 2. Clean the Dishwasher

Some dishwashers get gunky with food debris, not to mention covered in rust stains. Fortunately, vinegar and baking soda are ideal for taking care of these problems. Simply put a measuring cup filled with 1 cup of vinegar on the top rack of the dishwasher. Then, run a hot water cycle. Once that's done, liberally sprinkle some baking soda along the bottom of the appliance, then run a shorter hot cycle.

### 3. Clean the Washing Machine

Washing machines can build up soap scum, limescale or even mold over time. Although you can buy a commercial cleaner or use bleach, here is a cheaper alternative that is also safer. Put 1/2 cup (32 grams) of baking soda in the

ingredients in the drum. Run the machine on hot water for a full cycle.

## 4. Unclog the Drain

This will remind you of that science experiment we mentioned earlier and works just as well as a commercial drain product. First, pour some boiling water down the drain. Then pour 1/2 cup of baking soda and let it sit in the drain for three to five minutes. Next, add 1 cup of vinegar, followed by 1 cup of very hot water. Let the whole thing sit for five to 10 minutes. Then flush it out with more boiling water.

## 5. Get Grout to Sparkle

Grout gets stained over time, especially in the kitchen area where sauces tend to spatter. To get your grout back to "like new" status, sprinkle some baking soda over the affected area. Next, using a spray bottle filled with vinegar, spritz some of the wet stuff on the grout. Give the mixture some time to fizz and pop, then scrub away at the grout using a scrub brush, toothbrush or something similar. Rinse the utensil as needed, and wipe up excess dirt with a clean, wet rag. (Note: this should only be done with grout that has been sealed. If your grout is unsealed, just use baking soda and scrub.)

## 6. Clean the Kitchen Sink

To bring back the [shine](#) on a stainless steel sink, get the sink nice and wet. Then sprinkle it with baking soda. Scrub using a brush or cloth and then rinse it off. Next, soak some paper towels in white vinegar, and place them all over the sink. Allow the towels to rest for 20 minutes, then remove and rinse the sink again.

## 7. Deodorize the Toilet

Even the cleanest toilet can benefit from this hack. Pour 1 cup of baking soda into the bowl, then top it off with a 1 cup of vinegar. (Some people try this with a half cup of each product.) Close the toilet lid and let the bubbly mixture sit for about 30 minutes. Then use a toilet brush to scrub it clean.

## 8. Revitalize Towels

Towels can become stiff or smelly thanks to repeated use of detergent and fabric softener on them. Soap residue can make towels dry less effectively, so they may take on a funky smell or feel rough. Restore them with baking soda and vinegar. To do this, first wash your towels with 1 cup of vinegar and a hot



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using a fabric softener.

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The truth about expiration dates





Excerpted from USA Today

Yawning occurs most often due to state change, i.e. during periods of transition between waking and sleep. Think of a cartoon character starting their day with a hyperbolically large yawn, complete with outstretched arms and a gaping mouth.

State change isn't the only known cause though. Research indicates we also yawn to promote alertness, or cortical arousal and sometimes due to increases in brain temperature. So we yawn to wake up and cool down our brain.

### **Why is yawning contagious?**

There are a couple different hypotheses that exist on this. One is that people yawn when other people yawn due to a phenomenon called echopraxia, in which a person sees a certain behavior and, if they're sensitive to it, will mimic it. This is made possible by mirror neurons in the brain.

Some research indicates it is an evolved form of synchronized group behavior – out of our 20 yawns, many of them occur during shared periods of transition throughout the day. Contagious yawning could also be a tool for increased vigilance. Since yawning can prompt alertness, the idea is that we perhaps evolved to use one another as indicators of when we ourselves should yawn to trigger a more vigilant brain.

When other people yawn we also become more sensitive to our own physiological state – maybe we're tired and we didn't know it until someone else's yawn gives us the trigger we need to notice that.

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Mentalist Jay Alexander brings his awe-inspiring performance to the Sausalito Center For The Arts for a night of magic, food and drink.

Join us August 4th, 6:00-8:00pm when mentalist Jay Alexander brings his awe-inspiring performance to the Sausalito Center For The Arts for a night of magic, food and drink.

This unique pop-up is a show for these extraordinary times, a shared experience that explores the power of connection through magic, comedy, human lie detection, and psychological illusions. [SEP]

Jay Alexander's Mind Tricks Live! at the Marrakech Magic Theater is the highest-rated show in San Francisco on YELP and TripAdvisor, and this is your opportunity to see it in Sausalito.

Ticket price includes 1 Year Membership to the Sausalito Center For The Arts, located at 750 Bridgeway.

Tickets are limited so get yours now. Purchase [HERE](#)

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America's Got Talent judges give a unanimous combined Golden Ticket for this great musical group



## Garbology - what is it?

Excerpted from BBC.com

One person's trash, even in its most nauseating forms, is another person's data. Garbage, be it flushed, discarded or recycled, carries a wealth of information about people's decisions and behaviours, which you often can't get anywhere else. Those who dare to sift through this human detritus are known

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There's something refreshingly straightforward about studying rubbish, says anthropologist Thomas Hylland Eriksen at the University of Oslo. "It gives you a very direct and a very privileged window into people's actual way of life," he says.

The term "garbology" was coined by a US writer and activist in the early 1970s, but it was the anthropologist William Rathje who took garbology to more scientific territory, a few years later. In a now-famous study called The Tucson Garbage Project, Rathje and his colleagues scoured landfills, excavating and categorising great piles of waste dumped by residents of Tucson, Arizona. He also compared the contents of consenting individuals' rubbish bins with what they said about their eating and drinking habits in questionnaires – only to find that people clearly downplayed the amount of junk food and alcohol that they consumed.

Paying attention is what really matters when it comes to waste these days because hardly anyone gives it a second thought. Garbology fascinates with what it can tell you about a person or a society, yes, but on a more fundamental level, it is one of the few ways we have of grappling with the sheer volume and complexity of the mountainous waste piles we are constructing.

The garbologists are among the few who bother to delve into these discarded, forgotten hoards. It is they who take the time to notice just how much we have all thrown away and ask: "What does it all mean?"

Read the full article with specific examples around the world [HERE](#)



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Stretch and Strengthen with Rayner will be back on August 8th live on zoom 11am. Register on the SV Calendar for the zoom link. In the meantime, regular students will receive a recorded class weekly. Enjoy this one hour at your leisure.



Trovants such as these are found only in Romania and have become such a tourist attraction that they are protected by UNESCO.

## and Reproduce

### What Are Trovants?

Trovants are spherical and slightly irregular-shaped rocks. They can be as small as less than an inch, or a couple of millimeters, in diameter and weigh only a few grams, or they can soar up to 15 feet (4.5 meters) high and weigh several tons. These odd, gravity-defying boulders have baffled observers since the 18th century with many a curious soul suspecting they were dinosaur eggs, plant fossils or even alien pods.

Scientists believed trovants to be a type of concretion — a mound of mineral matter (specifically gritstone and conglomerates) embedded within rock layers of limestone, sandstone or shale. They often form from minerals precipitating, or settling, out of water collected around a nucleus of pebble, leaf, shell, bone or fossil.

However, in 2008, the International Geological Congress in Oslo claimed trovants were incorrectly classified as concretions because there was no mineral difference between the stones and the sandstone beds on which they sat. There was also no distinct nucleus inside them.

Whatever they are, scientists believe that based on their makeup and locale atop the sands, these weird stones are older than man — shaped by earthquakes around 5.3 million years ago, during the Middle Miocene sub-epoch. The surrounding sands also suggest the area was an ancient marine environment, which may explain why bivalve and gastropod fossils can sometimes be found in them.

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## **CARSS Program**

### **(Call A Ride for Sausalito Seniors)**

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

#### **CARSS provides:**

- **Free Rides** around Sausalito and Marin City. Volunteers can also do errands.
- **Service available** Monday, Wednesday and Friday between 10am–2pm.
- **Schedule a Ride/Errand** a day ahead or the same day. Need a ride at other times or days just call 48 hours before.
- **Rides/Errands provided** by vetted volunteers with their cars.
- **Masks and proof of vaccination** are required.

### **RIDE FOR FREE WITH CARSS!**

For more information go to [www.carss4you.org](http://www.carss4you.org) or call (415)944-5474 or [infocarss4you@gmail.com](mailto:infocarss4you@gmail.com)

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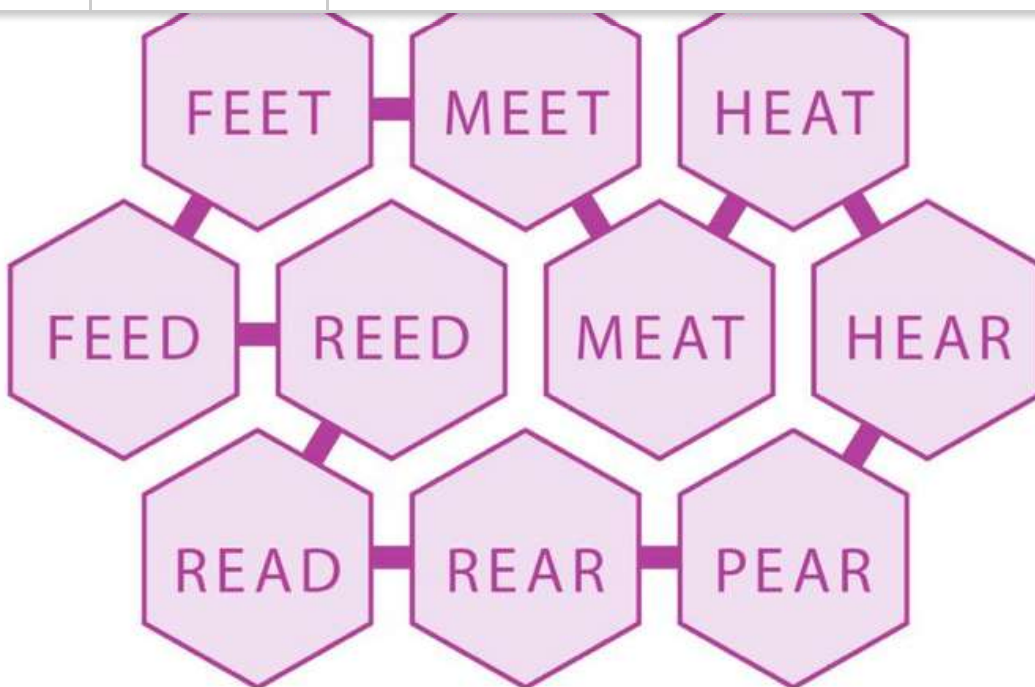


An hour of Old Country Music



**Answer to todays puzzle:**



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***For information about our programs, events, emergency preparedness, COVID resources, archived copies of our weekly newsletters, visit the continuously updated Sausalito Village [website](#).***

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