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Photo by Annie Dorsey

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a 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

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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 in the coming week:

August 6 - Sausalito Village 2022 Art Show Reception

August 8 - Sausalito Village Trip to the Tunnel Tops Park

August 8 - Stretch and Strengthen with Rayner IS BACK!

August 9 - Beginning Line Dancing

August 10 - Supper Club

August 11 - Intermediate Line Dancing



***Mardi Brayton - Stafford Keegin - Sharon Seymour
Richard Seymour - Jeanne Fidler (90) - Rhonda Friedberg
Larry Clinton - MaryAnn Griller - Susan Shea
Ninfa Dawson - Jenny Flynn - Karen Moeller
Amanda Sutra - Sandra Bushmaker - Carolyn Ford
Marijo Racciatti - Shelby Van Meter - Yuriko Walker
Jean Capron - Gloria Derby***

Is your birthday not listed? If you are an active SV member and we haven't listed your birthday, it means we don't have your date in our database. Please contact us so we won't miss it again! Thanks so much.

Contact SausalitoVillageConcierge@gmail.com



Volunteers Charles, Jacky, Joyce and Chef Joey at the last Supper Club

It will be sold out so sign up soon! - SV Members and Volunteers ONLY

Chef Joey is back in the kitchen. He and his partner, Rev. Paul Mowry are opening the Sausalito Presbyterian Church's Thompson Hall patio for the next Supper Club on Wednesday, August 10th, 5pm-7pm.

This event is open to Sausalito Village Members and Volunteers only. \$20 for a complete home cooked meal - appetizers to dessert. Max of 24 attendees so RSVP ASAP.

More info and payment [HERE](#)



35 Text abbreviations you should know and how to use them

OMG! IMO, texting abbreviations are the GOAT! If you have absolutely no idea what that means, it might be time to brush up on your texting abbreviations. These collections of letters, short for a single word or group of words, are so common in texting that many have migrated into spoken conversations. And they've moved beyond text conversations, becoming widespread in social media captions and comments too. If you're pairing these texting abbreviations with a GIF, find out what GIF stands for.

1. LOL

This is perhaps the most ubiquitous texting acronym. Short for "laughing out loud," "LOL" is now used to express even the mildest amusement. You can respond "LOL!!" perhaps paired with one of these [popular emojis](#) when your friend tells you a hilarious story, but you can also just say something like, "I forgot to have breakfast today, LOL." It's something of a catch-all reaction. Another note: "LOL" does *not* stand for "lots of love." In the early days when texting abbreviations became mainstream, plenty of people made this LOL-worthy mistake.

2. OMG

The abbreviation "OMG," for "oh my God" (or gosh, or goodness, or your expression of choice) vastly predates texting. In fact, the Oxford English Dictionary tracked its earliest recorded use to a letter written in 1917! Today, you'll see it used in sentences like, "OMG, can you believe how hot it is today?!" It's a pretty catch-all exclamation or reaction.

3. IDK

"IDK" is perhaps the theme of this article, because it literally means "I don't know," which is exactly how you felt about all these text abbreviations before you learned what they stood for. Next time you get a text from your kid asking where their favorite shirt is, reply with "IDK, ask your mother/father/sibling."

Read the rest of them [HERE](#)



12 Ways to live life to the fullest

Abbreviated from Oprah Daily

Listen to your inner being.

Learn to trust and listen to that spirit inside of you that wants nothing more than to direct you closer to the person you are meant to be and the life you are meant to live, accepting, even celebrating, the discoveries that show up.

Understand the power of authenticity.

Being your true, [authentic self](#)...allows you to follow your passion. When we don't accept who we are, we live life—but it's not to the fullest because we're operating from someone else's perspective and doing what someone else wants us to do.”

Get rid of the “supposed tos.”

confidence of trusting yourself.

Discover helpful techniques.

The three A's: awareness, accountability, and action. First, have awareness that [you're] not happy with where [you are]...and want to change something. That can come through conversations or an event in your life. Second, accountability is about being in the driver's seat. Take control of this narrative. Feel like [you] can control [your] life. Third, make the change. Maybe that's going to therapy. Maybe that's developing yourself personally. [It's] whatever you need to do...so that you can now take action and control your life.

Visualize your future self.

Future self visualization takes us to meet ourselves 20 years into the future, and to gain the wisdom of our own older, experienced, and wiser inner selves.

Some of the greatest wisdom we have is right there inside of ourselves. Just like getting to know yourself and leaning into your authenticity, [letting your inner voice guide you](#) is a way to achieve a fuller life.

Define your core values.

Uncovering the three to five core values that make you tick. What would you take a stand for? What makes you mad—like mad—and why is that? What are the peak moments of your life until today? What are the common threads between these moments or experiences? Once you define your values, you can look at your behavior and notice [if] your value is in alignment with your behavior. If there's a disconnect, you now have a starting point of where to remedy as opposed to feeling lost and stuck.

Let beliefs lead to passions.

Once you've defined your core principles, you can follow that path to finding things you're passionate about—in turn, filling your days with what you enjoy. "When we do the things we're passionate about, we can wake up looking forward to the day," Phillips says. For Martin, that was learning photography recently. "That gift has blossomed into some incredibly beautiful opportunities," she says. "Leaning into this hobby and passion has brought so much unexpected joy and fulfillment."

Read the full article and the rest of the Ways [HERE](#)



You're Invited
2022 Sausalito Village Art Show

Saturday - August 6th - 3:00pm - 5:00pm

Artists: Kent Barichiezich - Gerry Beers - Mary Lou Dauray

Teddie Hathaway - Flo Hoylman - Rita Kahn

Bill Kirsch - John Kouns - Mike Lewis

Margo Merle - Rayner Needleman - Barbara Nelson

Delilah Smith - Carl Thomas - Jennie Wasser

Sunshine Weismehl - Edward Woods - Carolyn Zaroff

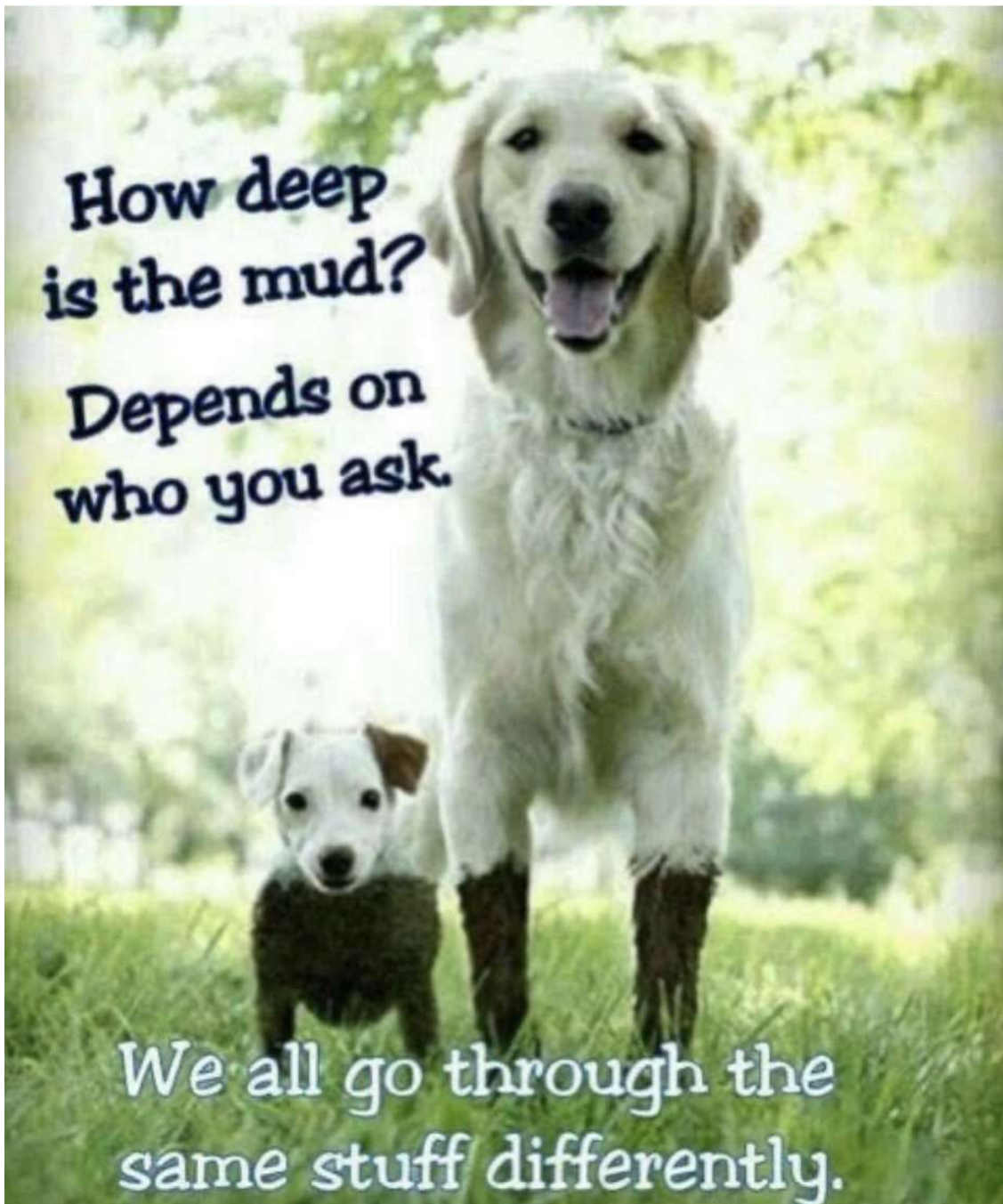
The Annual SV Art Show is back! The original artwork created by numerous SV Members and Volunteers will be celebrated with an opening reception that is free of charge and open to the community.

This year, to allow for an outdoor area for the opening reception, we will be displaying the art on Saturday, August 6th 3:00pm-5:00pm in the Edgewater Room in City Hall. Wine, acoustic music and appetizers will be served outside on the Edgewater Patio. Some of the art pieces will be available for sale.

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Brief history of Taiwan

It's only officially recognized by 14 countries worldwide

Taipei and the rest of Taiwan have a complicated history that's molded it into the place it is today. After being briefly settled by the Dutch hundreds of years ago, the island and what became Taipei was administered by the Qing dynasty in China.

After losing the island to Japan in the late 19th century, it was returned to China after World War II. But when civil war tore China apart, the Nationalist government fled to Taiwan, where it planned a retaliatory retaking of the mainland that never materialized.

Since then, Taiwan has followed its own path, culminating in a staggering rise to one of the wealthiest countries in Asia, as well as a major global business center. However, only fourteen nations fully recognize it as a country, with the UN classifying it as a Chinese territory. Its identity is still a major point of contention.



Interested in practicing intermediate Spanish?

Our neighboring Village, NEXT SF Village, offers a weekly, casual, unmoderated gathering of members interested in practicing Spanish at an intermediate level. This is on Zoom, Mondays at 3pm. They have offered members/volunteers of SV to join in. If you are interested, contact SausalitoVillageRSVP@gmail.com and we will get you started.



Mask Up

New variant data from Marin County Public Health reinforces the current recommendation to wear a high quality, well-fitting mask in indoor public settings to protect against COVID-19 infection.

Given current rates of COVID-19 among people tested in Marin hospitals, an estimated 5 percent, or 1 in 20 Marin County residents are currently infected.

The table below shows the estimated likelihood of being exposed to COVID-19 virus in gatherings of various sizes in Marin as of July 2022:

Number of people present	Likelihood at least one person is infected
10	40%
25	72%
50	92%
100	98%

Marin Public Health does not intend to institute a local mask mandate. Instead, health authorities are providing information to guide community members' choices based on the risks they face, recognizing the protection high quality

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Upgrading to a KN95, N95, or KF94 mask helps protect the wearer from inhaling the virus and becoming infected. These higher quality masks form a seal around the nose and mouth, filtering airborne particles that could be inhaled. Cloth masks offer limited protection against highly infectious variants when community case rates are high.



Photo taken at platform 4 at the Ukraine/Poland border train station.
Laurel and Jerry 4th/5th from the left)

Welcome home Jerry and Laurel and thank you for your hard work!

Sausalito Village members, Jerry and Laurel Spolter, arrive home tonight from their trip to Poland where they worked 12 hour days with World Central Kitchen for a month cooking and serving much needed food to the Ukrainian immigrants flooding across the border.

If you attended their fundraising concert at Campbell Hall that we advertised before they left, or donated to the WCK in their honor, Congratulations! over \$70,000 was raised. Interested in learning more about this great organization? Click [HERE](#)

Read the full story in the Marin Independent Journal [HERE](#)

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40,000 years of music in 8 minutes



Why You Should Stop Eating Before You Feel Full

Excerpted from [TastingTable.com](https://tastingtable.com)

Our brains and our stomachs are intrinsically — and biologically — connected. What that means in practice is that our stomachs attempt

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...concerns the hormones at play: cholecystikinin (CCK), which is released when food reaches the small intestine, and leptin, which amplifies the CCK message and imparts a feeling of pleasure.

But, as Stack explains, it takes time for those messengers to reach the brain and make your fullness known. So, it's perfectly possible to overeat in that period. One reason for this is that people like to eat quickly (per Society19). This can be seen in how fast food is winning out over full-service restaurants. Stack continues by noting that the more you ignore the message that you're full, the more your stomach gets used to delaying the message. So, the cycle of overeating becomes biologically ingrained.

The reason you should stop eating before you feel full is that your stomach fills before you feel it. According to WebMD, it takes about 20 minutes for your brain to register the sensation of fullness. The trick, then, would be to stop at the point where your stomach would inform you it is full. That "trick," in fact, is behind the Okinawan expression "hara hachi bu" — which roughly translates to "80% full."

HuffPost cautions that it takes about 15 to 20 meals before you reset your body's definition of fullness. Registered dietician Susan Dopart tells HuffPost that people looking to recalibrate their eating habits should see how they feel after eating half of their normal portions. SFGate offers a few more rules of thumb. If you drink water before eating, you will notice how empty you feel. As you eat, that emptiness will diminish. A second trick is to notice when pressure builds in your stomach. A gentle, not uncomfortable feeling of pressure is a good indicator to stop consuming food.

Read entire story: [HERE](#)



What is the story behind Puff the Magic Dragon?

Excerpted from American Songwriter.com

In 1962, one of the most endearing children's folk songs was written. Initially penned as a poem, the story of "Puff the Magic Dragon" was of a friendly flying serpent who lived by the sea in a land far away—Honah Lee—and enjoyed frolicking in the autumn mist.

Recorded and released by folk trio Peter, Paul and Mary, "Puff The Magic Dragon" became an instant hit, relishing in childhood innocence and imagination, and a special imaginary friend.

Ogden Nash's Dragon Poem

In 1959, 19-year-old Leonard Lipton, then studying at Cornell University in New York, wrote a poem, inspired by a 1936 poem by American poet Ogden Nash (1902-1971), "[The Tale of Custard The Dragon](#)." Though poetry wasn't his forte, the physics major was convinced he could write a better "dragon" poem than Nash's and began typing his new story up on roommate Peter Yarrow's typewriter.

By the time Yarrow formed Peter, Paul and Mary with Paul Stookey and Mary Travers (1936-2009), he already had the song “Puff the Magic Dragon.” Pulled from Lipton’s original poem, Yarrow renamed the dragon “Puff” and gave his former roommate writing credit when the song was later released by the group in 1963.



5 Signs a Home Has “Good Bones” According To Real Estate Pros

Real estate listings often tout “good bones” as a selling point, especially when a house lacks curb appeal or needs a significant update. Ugly shag carpet? Outdated appliances? Pastel pink bathroom fixtures? No worries! The house has good bones.

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carpet, appliances, fixtures or anything else you can easily swap out or update. So before you get too excited about a listing that hypes good bones, find out what that really means. Then you can determine whether the house in question is one you want to invest in. No bones about it.

Bones, good or not, are all the things that contribute to the home's structure from the ground up. They're not surfaces, fixtures or things that you can remove.

Here are five signs a house has good bones:

It Has a Solid Foundation

A solid foundation ensures that the base of the home can support all of the rooms and the spaces inside of it.

It Was Built in the Right Decade

The golden era of U.S. residential construction was from the 1970s through the late 1990s and typically have all the structural and system elements [that provide] a safe and long-lasting home

Everything Is Level

Remember the nursery rhyme about the crooked man who lived in a crooked house with his crooked cat and mouse? Well, that house probably lacked good bones. If it did, it wouldn't be crooked!

Framing Was Done With 2x4s or 2x6s

Lumber comes in a lot of sizes, and technically you can use almost any to build a house. Houses with good bones, though, usually feature 2x4s or 2x6s, with studs placed 16 inches on center

The House Has Good Spatial Quality

Good spatial quality often goes hand-in-hand with things like high ceilings, open spaces and flexible options. But an awkward floor plan can cancel out all the other good bones qualities because, no matter how solid the structure, you may not enjoy living there.

Read the full story [HERE](#)



SV Event at Books by the Bay hosted by Cheryl Popp last week.

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The last cigarette commercial televised in 1971



What animal do you see first?

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And what does it mean about how your brain works? Answer at the bottom of the newsletter.



This Is What Causes The Gravity-Defying Mystery Spot In Santa Cruz

Excerpted from The Travel.com

The history of Santa Cruz is just as interesting as the mystery that surrounds it. It all began in 1939 when a man named George Prather noticed some strange phenomena in the area while walking past it. He later bought some parts of the land and built a cabin which soon became an attraction that invited people from all over the country. This made the Santa Cruz Mystery Spot the first of such attractions in California.

The concept of Gravity hills has been around for many years. In fact, many spots around the world are considered to be gravity hills. These places seem to defy gravity as things move uphill instead of downhill. Santa Cruz Mystery Spot is one such place. In reality, though, these places around the world, known as gravity hills, are actually optical illusions created by the tilt of the road that makes it seem like the road goes uphill when it is actually going downhill.

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This Colorado City Was the Inspiration for Disney's Main Street, U.S.A.

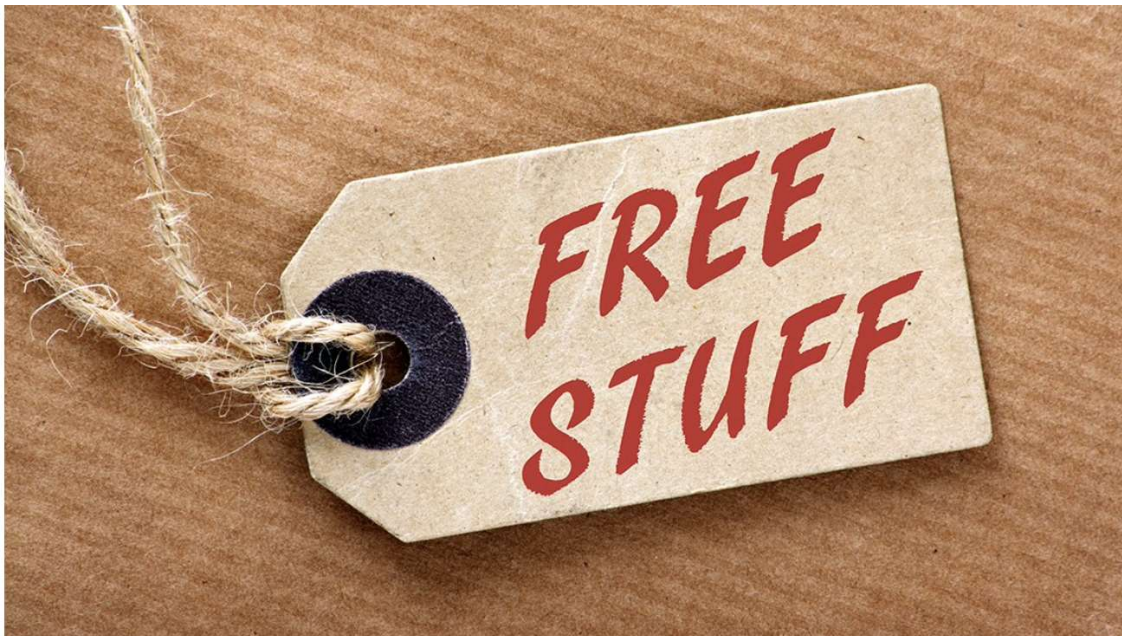
Excerpted from Travel and Leisure magazine

When Harper Goff, an illustrator and production designer for Walt Disney, was asked in 1951 to draw up plans for a section of the company's new California theme park, he thought back to his childhood home: Fort Collins, Colorado. Established as a military outpost in 1864, the town became a stopover for the stagecoaches and wagons headed west on the Overland Trail. By Goff's day, Fort Collins had grown into a quintessential American town — and its attractive Romanesque and Classical Revival buildings provided the perfect inspiration for Disneyland.

But FoCo, as the locals call it, isn't stuck in the past. The median age of its residents is 29, thanks in part to the campus of Colorado State University; new businesses, meanwhile, have introduced a youthful spirit.

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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 if you are new to class.



Freebies from AARP Magazine

You know what the best price is for something? Nothing. Free. No charge. And there are a surprising number of things that will cost you nothing more than the air you breathe. Here's a list of 14 great freebies you can check out right now.

1. Free entry to national parks

The National Park Service (NPS) manages 423 parks, from Acadia in Maine to Zion in Utah. Of those parks, more than 100 charge entrance fees. The rest are free. However, the NPS waives entrance fees at all parks five days a year. State parks in Hawaii, Illinois, Iowa, Missouri, Pennsylvania and Tennessee are all free.

2. Free fishing

If you want to go fishing, you'll often have to reel in a fishing license. But many states have days when you don't need no stinkin' license to fish. In Montana, for example, you can fish for free on Father's Day weekend and Mother's Day weekend too. California lets you fish for free on July 2 and Sept.

3. [TakeMeFishing.org](https://www.takeMEfishing.org) has the rundown on free finny fun for all 50 states.

3. Free fireworks displays

Nearly every major town has free legal fireworks on the Fourth of July. But if you want the most bang for no bucks, consider Addison, Texas, whose Kaboom Town offers 1,500 pounds of fireworks, live entertainment and air shows. Or head north to Boston, which offers the Boston Pops Orchestra, complete with the 1812 Overture and cannons, of course. Lake Tahoe normally has two shows — one on the Fourth of July and one on Labor Day — but the traditional fireworks will be replaced by drones this year to minimize fire risk.

4. Free dental care

If you have a low income and a dental problem, you may be able to get free dental care in your state via [Dental Lifeline](https://www.dental Lifeline.org). Typically, you need to lack adequate income for a dental visit and have a permanent disability, be 65 or older, or qualify as medically fragile.

5. Free education

Many state colleges offer tuition-free classes for people 60 and older. Ohio residents may attend class at any state college for free; the same is true for people 60 and older in South Carolina. Some states require you to pay lab fees and other associated fees.

[Tax-Aide](#), from AARP Foundation, provides in-person and virtual tax assistance to anyone, free of charge, but it focuses on those 50 and older. The program is closed for the 2022 tax filing season but will reopen next winter for the 2023 season. And, if your adjusted gross income is less than \$73,000, you can use the Internal Revenue Service's [Free File](#). You'll be able to fill out and file your return for the 2022 tax year for free.

7. Free trees

You can nearly always find free trees in the spring, when you'll notice tiny seedlings growing in your lawn. If you want to plant bigger trees, however, organize a tree giveaway event and the National Wildlife Federation (NWF) will reimburse you for native trees. You'll need to have a plan for caring for the trees once you get them. Request your trees (and a free [tree-planting event tool](#)) during the spring at the [NWF website](#). The 2022 season is past, but visit the website for the 2023 planting season.

8. Free bluebirds

OK, you can't order free bluebirds online — that would just be wrong — but you can build a home for them. Don't know how to build a bluebird house? The North American Bluebird Society has got your back. You can get free plans for a [bluebird house](#) on their website, as well as handy tips on how to attract them. Not sure if you have a bluebird in your area? Download Merlin, the free bird identity app from [allaboutbirds.org](#).

9. Free books

Your local library is, of course, your go-to location for free books, and they often provide free e-books, audiobooks and video as well. If you don't have a library card (and why don't you?), find a Little Free Library near you with this [handy locator tool](#).

10. Free coffee

If you need a java fix, but you'd prefer not to pay for it, you have options. You could join the [Peet's Coffee Rewards](#) — called Peetnik's — and get 125 points after your first purchase. That's enough for a free beverage. Join the [Starbucks rewards program](#) and you'll get a free coffee on your birthday as well as free refills on your brewed coffee or tea. There is no charge to sign up for either rewards program.

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If you don't want to pay for sites like Hulu or Netflix, you have plenty of others where you can watch movies for free — and many of the available movies are quite good. [Crackle.com](#), and [TubiTV](#) are good places to start. You'll have to watch a few ads in exchange for getting to see the movies — but, hey, they are free of charge. (SV adds, don't forget about our Sausalito Library's Kanopy program!)

12. Free birthday stuff

Everyone likes to [celebrate a birthday](#), and you can celebrate yours — typically, by joining a rewards program. [Chili's rewards](#) will give you free dessert on your birthday. In fact, just about every restaurant chain has a birthday gift for people who join. And Denny's will get you a [free grand slam birthday breakfast](#) (pancakes, eggs, bacon or sausage).

13. Free samples

Got allergies? Sanofi will send you a free sample of [Xyzal](#), its allergy relief medicine. Keeping the neighborhood away with your snoring? Get a free sample of [Breathe Right Strips](#). You can also get free samples of [Mane 'N Tail](#) products just by asking.

You can also get free food samples by mail. [Truvia](#), the artificial sweetener, will send you a sample plus a \$1 coupon. [Love Corn](#) will give you a free pack of its Love Corn snacks if you register at its website.

14. Free music

[Soundcloud](#) will give you free MP3 downloads of many artists for 30 days, although not entire albums at a time. [Last.fm](#) will also let you stream or download music for free.

Read full article [HERE](#)

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Jetson One flying car - for one person, no license needed



Excerpted from Marin Independent Journal

A national medical journal has published details of a Marin-based study focused on people with mild dementia symptoms or pre-Alzheimer's disease.

The peer-reviewed [article](#), "Precision Medicine Approach to Alzheimer's Disease: Successful Pilot Project," was published July 4 in the Journal of Alzheimer's Disease.

According to the article, of 25 people in the nine-month trial, 84% showed improvement in cognitive functioning from their prior mild dementia or pre-Alzheimer's state. Ten of the 25 participants were based in Marin.

Over the nine months, the participants committed to rigorous changes in diet, exercise, stress reduction and detoxification. The treatments included taking multiple vitamin, mineral, hormonal and herbal supplements, doing brain training exercises and monitoring sleep.

"It took us 30 years to get here," Dr. Dale Bredesen, the lead researcher in the trial, said in an email. "But this latest milestone will ultimately create a paradigm shift in the way we evaluate, prevent and treat neurodegenerative diseases such as Alzheimer's, Lewy body disease, macular degeneration and ALS (Lou Gehrig's disease)."

Bredesen, a Marin resident, is the former founding president of the Buck Institute for Research on Aging in Novato. He was joined on the lead research team by Dr. Ann Hathaway, a physician in San Rafael; Dr. Kat Toups of Bay Area Wellness in Walnut Creek; and Dr. Deborah Gordon, the founder and medical director of Northwest Memory Care in Ashland, Oregon.

The research team has secured funding to do a large-scale clinical trial of Bredesen's protocol at six sites across the country. They are San Rafael, Walnut Creek, Folsom, Ohio, Tennessee and Florida, Hathaway said. The trial is expected to start later this year.

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inflammation of specific areas where a person's brain is shrinking or involuting — due to what Bredesen calls a “network insufficiency.” The shrinking could be due to assaults such as toxins, molds, inflammation, viruses or stress, or because of a lack of nutrients or hormones, poor exercise or sleep habits or too much junk food and sugar.

Read entire article [HERE](#)



CARSS Program

(Call A Ride for Sausalito Seniors)

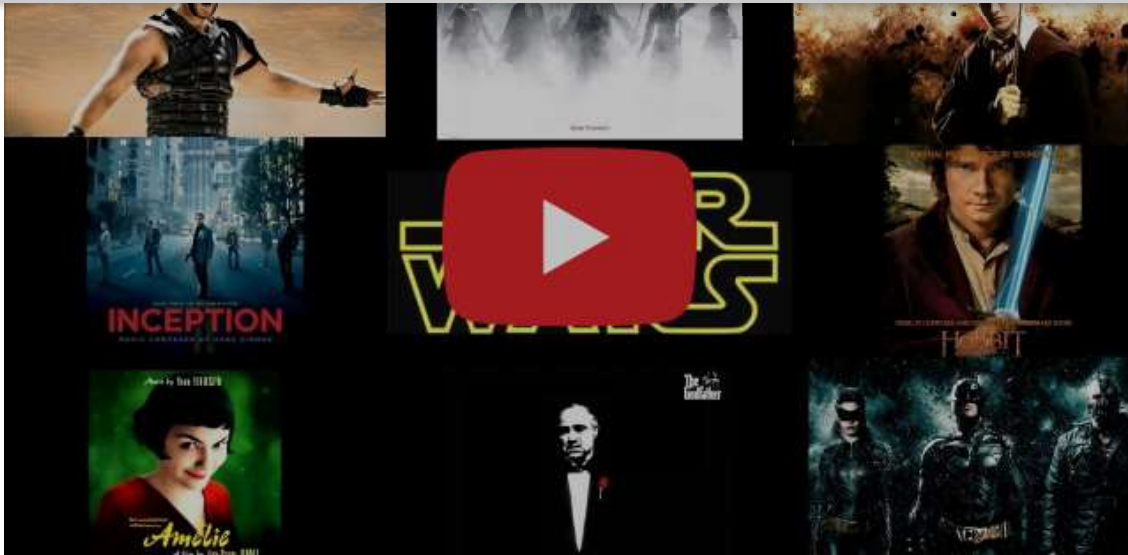
CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

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 or call **(415)944-5474** or infocarss4you@gmail.com

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Best movie soundtracks - 2hours 39 minutes



Answer to todays puzzle:

Tiger

If you saw the head of a tiger first then you might be left-brain dominant.

It means that you are a planner and who doesn't let feelings get in the way of your goals. You are also logical, realistic and precise in everything you do.

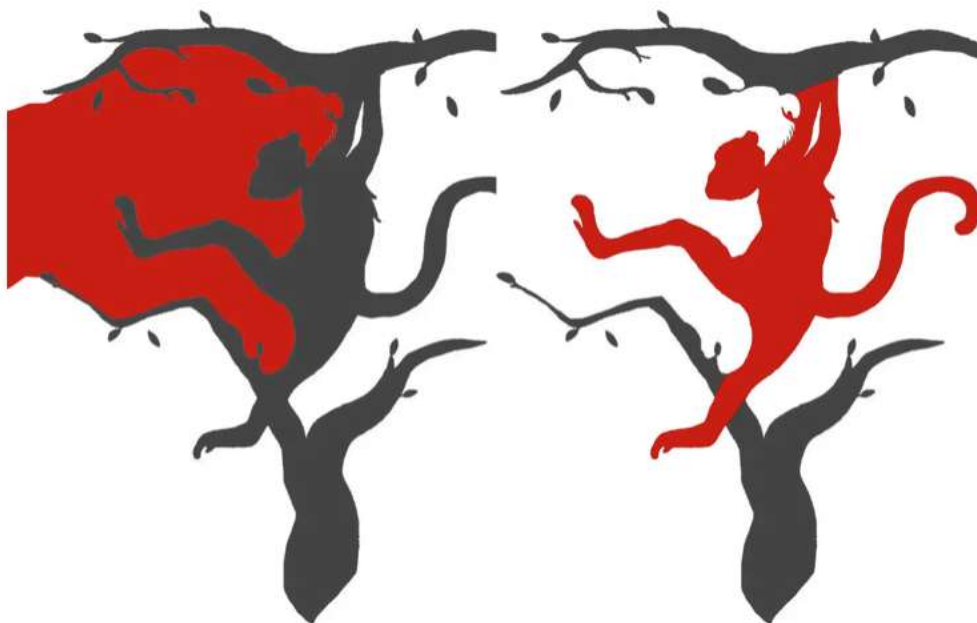
"You are an analytical person, very goal-oriented and organized. When faced with a problem you tend to be logical, calculative, and objective," Bright Side said.

Monkey

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take action based on how they feel more than anything else. You might also be a bit more impulsive.

“You are a creative person who is full of innovative ideas. When faced with a problem you rely more on your intuition (which more often than not is correct) than on critical thinking,” according to Bright Side.

**SAUSALITO VILLAGE**

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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