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Photo taken by Laurie Reemsnyder on the SV Trip to SF Botanical Garden

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 for SV hosted events in the coming 2 weeks:

February 19 - Line Dancing Workshop

February 20 - Stretch and Strengthen with Rayner

February 20 - Facts about Fernwood Cemetery and Crematorium



SV Hosted presentation about Fernwood Funeral and Cremation Services

WHEN: Monday, February 20th, 3:00-4:00pm

WHERE: Edgewater Room, enter through door adjacent to patio at the back of City Hall

REGISTER: <https://sausalito.helpfulvillage.com/events/3704>

Located in Mill Valley, CA and adjoining the Golden Gate National Recreation Area, the grounds of Fernwood are a breathtaking representation of Mother Nature and a very special place to remember a loved one.

One of the country's first environmentally conscious green cemeteries, Fernwood is a full service cemetery and funeral home, providing everything that is needed in time of loss, from onsite cremation and burial services to a beautiful memorial celebration.

Kelly Martin will be providing an overview of the many services Fernwood offers and be available to answer all questions. For those interested in a future onsite visit, we will schedule small group visits to tour the grounds with Kelly later in the following weeks.

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The quietest room on earth - no one can stay more than an hour



Use the 30-90 Rule to Take the Perfect Nap

Excerpted from INC.com

Naps, study after study tells us, are great for your memory, cognitive performance, physical health, and all-around productivity. So why, when you take one, do you often wake up feeling logy and listless? If all the scientists are right and naps are great for you, why do they often leave so many of us feeling bad?

The answer to this question might surprise you -- taking a good nap is actually harder than it first appears.

That's counterintuitive as we've all been napping successfully since the day we were born. What could be less complicated than rolling out a mat on the floor or your kindergarten classroom and snuggling in? But while it's true that napping comes naturally to humans, experts insist that getting an actually refreshing nap as a busy adult requires a basic understanding of one essential principle -- the 30-90 rule.

It's all about our sleep cycles.

I was reminded of this fact recently when I came across an article from our sister site *Fast Company* with a fun premise -- what can truckers, who often have to snatch what shut-eye they can at odd hours, teach us about how to get better sleep? The whole thing is worth a read, but one tidbit from Dean Croke, a freight industry insider who teaches sleep science classes to truckers and shift workers, stood out.

Croke explains to writer Stephanie Vozza that human sleep isn't one monolithic experience. When we doze off, our brains cycle through different sleep phases in regular blocks of about 90 minutes.

"If we were to wire our brains with scalp electrodes, like they do in sleep studies, you would see different electrical pulses between the neurons in the brain," Croke says. "They translate to different levels of sleep."

For about the first 30 minutes after lying down you're likely in a phase of light sleep. Eventually you enter a phase of deeper sleep which lasts between 30 and 75 minutes. Finally, before waking you

"Deep sleep deals with the fatigue. REM sleep deals with memory and mood, archiving the memories and flushing out the brain of the things it doesn't need," he says.

That's not just fascinating biological trivia. Knowledge of sleep cycles can also help you plan a nap that leaves you refreshed and clear-headed rather than groggy and grumpy. The key, according to Croke, is to avoid trying to wake up from deep sleep. This means you should probably aim to sleep for 30 minutes or less or give yourself at least 90 minutes for your nap -- aka the 30-90 rule.



There were ginkgo trees on Earth before the dinosaurs

Excerpted from Interesting Facts

There is no tree on Earth like the Ginkgo biloba. It's the sole survivor of its genus, family (Ginkgoaceae), order (Ginkgoales), class (Ginkgoopsida), and even its phylum (Ginkgophyta). In other words, it has no living relatives. Ancestors of the ginkgos now filling our parks

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...and, that means the ginkgo predates the Mesozoic period (and the beginning of the dinosaurs) by a cool 18 million years. The ginkgo is the oldest living tree species in the world — it's been nicknamed a "living fossil."

However, the ginkgo tree's historic run almost came to an end before it was saved by an unlikely ecological hero: humans. Ginkgos began declining from certain areas of the world, including North America and Europe, as the Earth started to cool 66 million years ago. By the time the last ice age ended and kicked off the Holocene epoch, the Ginkgo biloba only thrived in what is modern China, where people began planting and eating their seeds. Ginkgos then found their way to Japan and were eventually discovered in the late 17th century by German scientist Engelbert Kaempfer, who reintroduced the tree to the West.

For decades, scientists believed Ginkgo biloba was effectively extinct in the wild, only surviving through human cultivation, but small colonies of wild ginkgo have since been spotted in southwestern China. Today, the ginkgo's beauty and hardiness make it a natural candidate for city parks and streets, and the tree can be found scattered throughout the U.S. So when you next enjoy the shade of a looming ginkgo, remember that those beautiful leaves once provided refuge for dinosaurs.

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Marin Public Health Officer, Dr. Matt Willis, explains the national emergency and public health emergency that were declared in 2020 are set to expire May 11

Literacy By The Bay



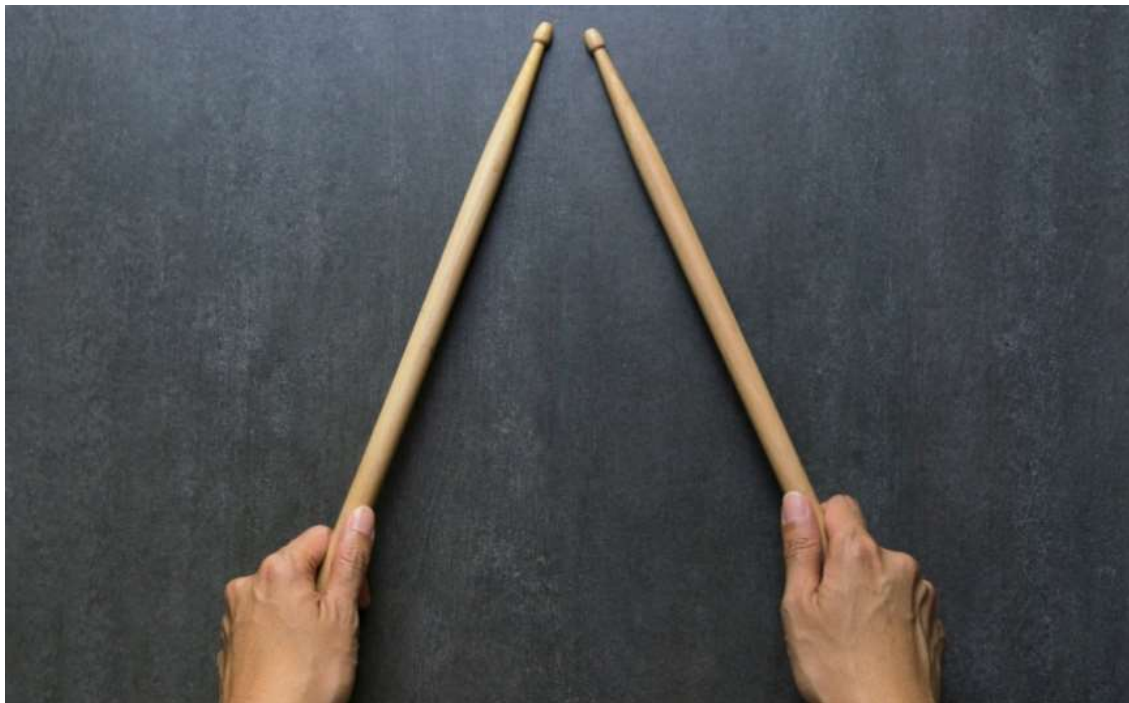
Literacy by the Bay is the Sausalito Books by the Bay new 501(c)(3) nonprofit organization dedicated to helping children, young adults, people of all ages and backgrounds grow as successful readers, writers, and communicators.

- Children who are not reading well by the end of 3rd grade are 4 times more likely to drop out of high school and not graduate... if they are Black or Hispanic students that likelihood doubles.

Literacy has the power to change lives and break the cycle of disadvantage. By improving literacy, we engage, enrich and inspire lives as well as our community.

Our new non-profit will also help us remain sustainable as a brick and mortar independent community bookstore. The way people buy and read books has changed dramatically, so the way we run our business must also change. Literacy by the Bay will help us preserve the physical space where literacy is celebrated; where people browse, discover and read books; where we host programs that foster literacy; where we provide a community forum.

Learn more and make a tax-deductible [donation today.](#)



This Pen-Tapping Rhythm Test Challenges (and Improves) Memory — Here's How To Try It

Worried about your memory? Minor slip-ups, like forgetting to move your clothes from the washer to the dryer, are nothing to worry about. But partaking in memory games and exercises every now and then is not a bad idea, regardless of your age. There's just one issue: Brain exercises aren't always fun, and it's hard to get into the habit of doing them regularly. Fortunately, there's a trend on social media that ticks both boxes: It's fun, and practicing it frequently will keep your mind sharp. TikTokers and Instagrammers are calling it the rhythm challenge, and all you need are two pens, a piece of paper, and a flat surface.

On your piece of paper (oriented as a portrait), draw a line down the middle. Then, draw three lines across, evenly spaced apart, to create eight rectangles. Write the numbers one through four in each box, like so:

| | |
|---|---|
| 4 | 4 |
| 3 | 3 |
| 2 | 2 |
| 1 | 1 |

Grab your two pens, pencils, or tapping tools.

Exercise 1

With your right hand, tap four beats per measure on the right "1" square. (Tap at the same speed as the metronome.) With your left hand, tap eight beats per measure on the left "2" square. (The left hand taps at double the speed of the

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per measure on the left “1” square.

Exercise 2

With your right hand, tap four beats per measure on the right “1” square (the same speed as the metronome). With your left hand, tap 12 beats per measure on the left “3” square (that’s three beats for every one beat on the metronome). When you’re ready, switch — your right hand now taps 12 beats per measure, and your left hand taps four beats per measure.

Exercise 3

Here’s where things get tricky. With your right hand, tap eight beats per measure on the right “2” square (double the speed of the metronome). With your left hand, tap 12 beats per measure on the left “3” square (three beats for every one beat on the metronome). When you’re ready, switch — your right hand now taps 12 beats per measure, and your left hand taps eight beats per measure. Tip: To better understand this beat, think of the rhythm of “Carol of the Bells” as you tap.

More exercises and the reasons it helps your brain [HERE](#)



SV Trip to SF Playhouse for matinee of "CLUE"

WHEN: Saturday, March 18th, 1:30 - 6:00

WHO: Open to SV Members and Volunteers

PRICE: \$40

RSVP/PAY: <https://sausalito.helpfulvillage.com/events/3773-sv-trip-to-sf-playhouse-for-%22clue%22>

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The theater is providing, for free, an hour of wine and cheese in a roped off area of the lobby for us prior to the show. Therefore will depart Dunphy Park at 1:30pm, enjoy the wine from 2:00- 3:00pm at which time we will go to our seats in rows D and E in the Orchestra.

About the show:

CLUE

Based on the screenplay by Jonathan Lynn

Written by Sandy Rustin

Directed by Susi Damilano

“... A WELCOME THROWBACK TO AN ERA OF PHYSICAL COMEDY THAT’S BEEN MOSTLY USURPED BY SARCASM.” – THE NEW YORK TIMES

PLAY DETAILS

Based on the iconic 1985 film – which was inspired by the classic Hasbro board game – Clue is a hilarious farce-meets-murder mystery. At a remote mansion, six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu. When their host turns up dead, they all become suspects. As the body count rises, Miss Scarlett, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock, Colonel Mustard, and Wadsworth, the butler, race to find the killer. Clue is the comedy whodunit that will leave both cult-fans and newcomers in stitches as they try to figure out WHO did it, WHERE, and with WHAT?!



How many times can you wear pajamas, jeans and other clothes without washing them? Experts weigh in

Excerpted from CNN

Our beliefs about clothing hygiene are largely “societal and cultural,” said Dr. Anthony Rossi, an assistant attending dermatologist at Memorial Sloan Kettering Cancer Center in New York City and a fellow of the American Academy of Dermatology. “People tend to over wash and ‘over hygiene’ themselves, because especially in America, we have a luxury of being able to do all that stuff all the time.”

Rewearing the same clothes — particularly on consecutive days — is “linked to avoiding decision fatigue, hence wearing the same clothes involves less decisions to make and less stress every morning,” said Manal Mohammed, senior lecturer of medical microbiology at the University of Westminster in London.

There’s no hard and fast rule for how many times you can wear clothing again, but experts say there are a few types that should be washed after every use: underwear, socks, tights, leggings and activewear. This advice also applies to any other clothes with stains, sweat, odor or visible dirt, Mohammed said.

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“Natural bacteria that lives on our body, like our microbiome, (yeast, and bacteria,” Rossi said. “Then from day-to-day activities, we sweat. That just breeds moisture and an environment where this bacteria can overgrow.”

Bacteria overgrowth can lead to infections, fungus and other skin issues, he added.

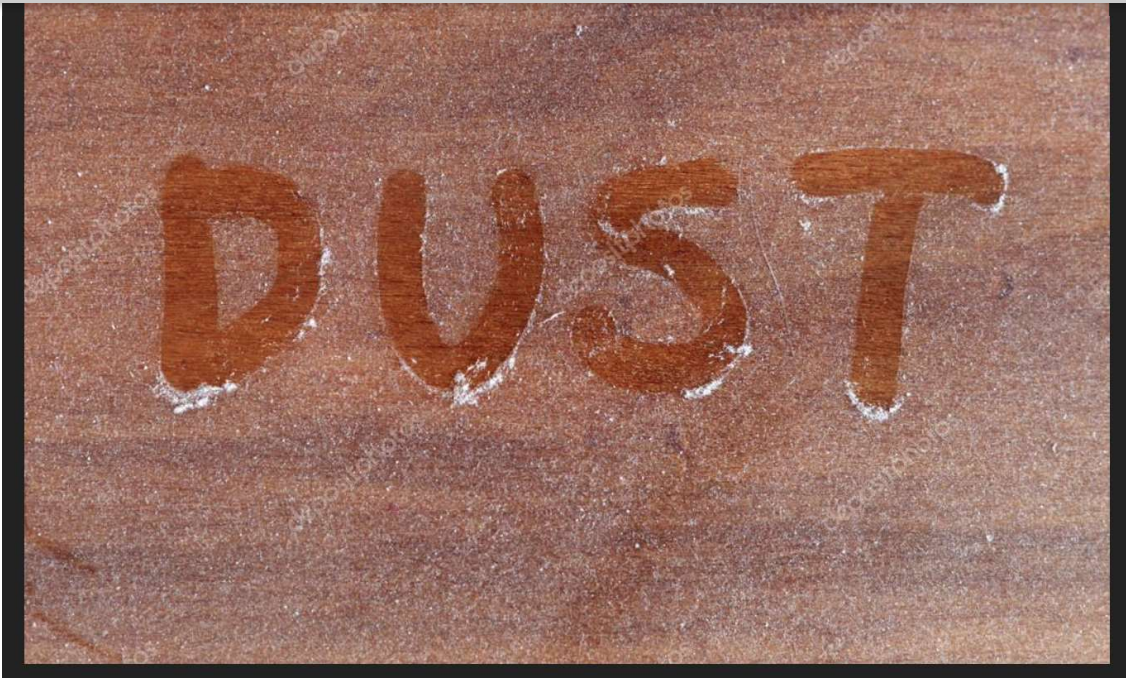
Some people might let their workout clothes dry via air or a dryer, intending to make them safe to wear again the next day. But that approach makes the situation worse, Rossi said.

“Heat is going to make the bacteria grow. It’s not hot enough to sterilize them,” he said. “It’s really the washing with soap and water (that you need) — and with hot water, especially, because it’s going to help loosen that dirt and sebum and really get rid of bacteria.”

When it comes to why you shouldn’t wear socks again without washing first, “fungal infections on the feet and toes are just rampant,” said dermatologist Dr. Jeremy Fenton, medical director for Schweiger Dermatology Group in New York City and a clinical instructor of dermatology at Mount Sinai Hospital. “Inside of our shoes is the perfect environment for breeding fungus. It’s warm, it’s humid, it’s dark.”

Because of that, you should wash your shoes or at least the insoles in a washing machine at least once per month, Rossi said.

Read the entire article and the clothes you can rewear without washing [HERE](#)



Here's Why Your House Is So Dusty—and How to Fix It

Excerpted from Real Simple

A buildup of dust in your home is often the result of poor airflow. A combination of poor airflow and infrequent cleaning can lead dust and dust mites to settle comfortably into several areas in your home.

Shyam Joshi, M.D., chief medical officer for Nectar, says that curtains are another common culprit. You may want to invest in non-textile window treatments, such as shutters or blinds, dry-clean your curtains more frequently, or, at the very least, use machine-washable curtains, which are often budget-friendly.

Carpeting can be another major source of dust. While it may be impossible to eliminate carpeting from your home, especially if you're a renter, having carpets and area rugs cleaned regularly can help.

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hair, cats, dogs, and other household pets tend to be a major source of dust," Dr. Joshi says. "Keeping them out of areas where dust typically accumulates can reduce dust levels." You also may want to consider bathing your furry friends or sending them to the groomer more frequently.

One easy solution to reduce dust is to vacuum more often. If you're already vacuuming weekly or more, and your vacuum is in good working order (if not, it's time to replace it)—you may need to replace or clean the filter. If your vacuum has a dirt cup, it should be emptied after each use to maximize suction.

If your home has major dust issues or you have pets, you might want to think about investing in a robot vacuum. You can even program it to clean daily.

Another way to get rid of dust is to change the filters in your HVAC system. Whether you have central heat and air or a window unit, if you don't remember the last time filters were changed, that probably means it's time for a swap.

You may also want to purchase an air purifier to remove dust particles from the air. Filtration-based air purifiers are a great way to reduce how much dust settles on surfaces and how often you need to clean surfaces.

Lastly, you simply may need to wipe down hard surfaces to eliminate dust more often. Use a microfiber rag or duster if possible.



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Trivia for today

1. Question: What is the only U.S. state that borders just one other?
2. Question: What's the oldest continuously inhabited city in the world?
3. Question: What is the only U.S. state with a Spanish motto?
4. Question: What is the only U.S. state with a name that ends in three consecutive vowels?

Answer at the bottom of the newsletter.



How to meditate for stressed out beginners

Excerpted from Readers Digest

We get it: Meditation is intimidating. But the tips below will help you form a meditation habit that enhances your life.

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One key to establishing a meditation practice is to start small. Just as beginner runners start with a mile, not a marathon, beginner meditators shouldn't aim for an hour when they're just learning.

And give yourself a break when it comes to fitting meditation into a busy schedule. Time-management tips will help you prioritize the things that matter, and your health and well-being should be at the top of the list—but meditation doesn't have to be an hour-long event. Three minutes is a great place to start.

Is three minutes still asking a lot of your time? If you don't have three minutes, try two minutes—or 30 seconds—and repeat throughout the day. You don't have to close your eyes to meditate, and you don't even have to sit still.

Understand the process

Let's get one thing straight: Your mind is going to wander. Don't let that fool you into thinking you're wasting time.

The practice is to gently observe the wandering of the mind and return to the breath again and again.

Incorporate mindfulness into your routines

Just as habit stacking can reinforce good behaviors, adding mindfulness to your daily practices can encourage the type of mindfulness you'll use during meditation.

If you're a coffee or tea drinker, make the first sip of each new cup into a mindful moment by being present with the way it feels to lift the mug, seeing the color of the liquid, smelling the aroma of the beverage [and] tasting the flavor of the liquid. Brush your teeth mindfully, stroke your dog or cat with awareness and wash the dishes while being present with what is.

Allow yourself grace

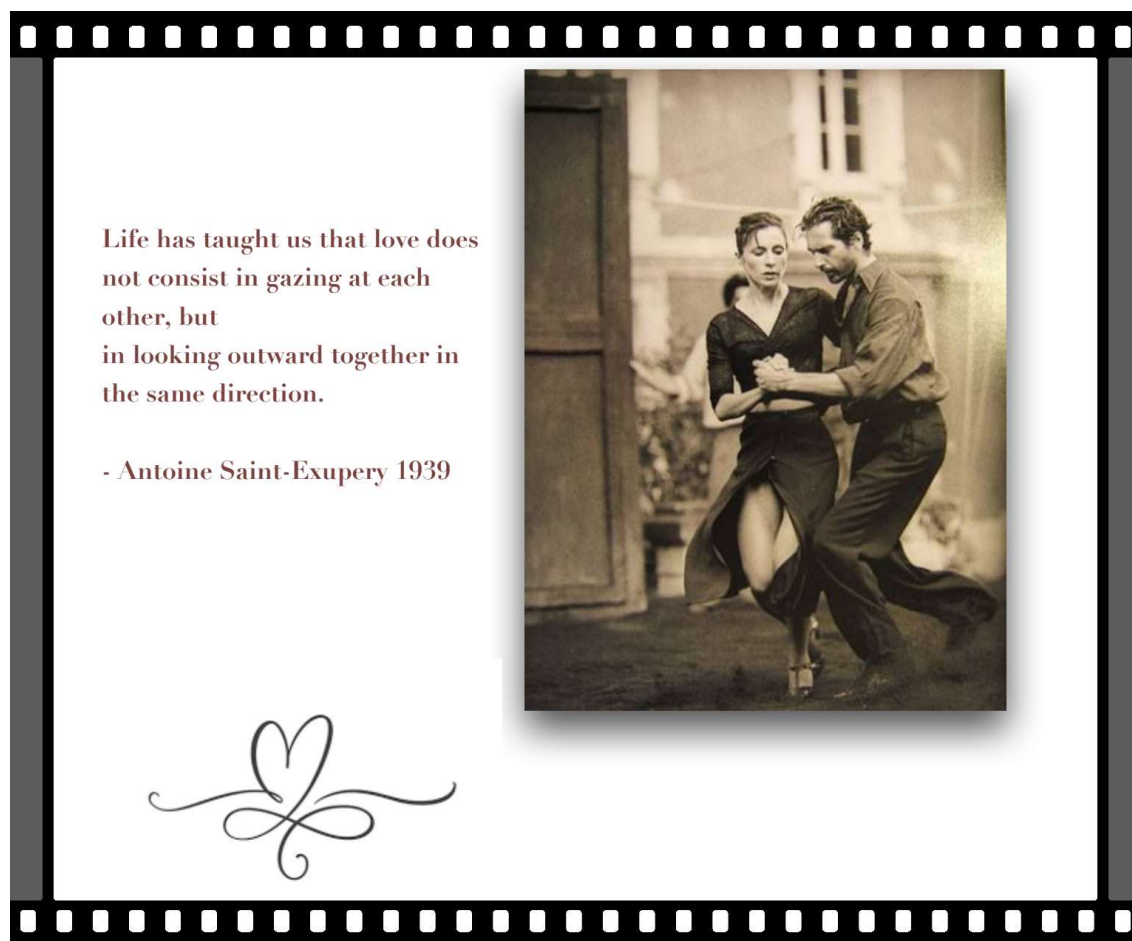
Don't be intimidated by people sitting in lotus pose or striking stances you associate with meditation.

Go ahead and sit on the floor or, if that's uncomfortable, in a chair. You can even lie flat in bed. The key is to have your vertebrae straight and, if possible, your knees lower than your heart.

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Starting a new practice or routine of any sort can be daunting when doing it alone. For this reason, it can be helpful to join a community of meditators.

Read the entire article [HERE](#)



Try it! Sausalito Sunday Dance at the MLK Gym

All are welcome to drop in for open floor dancing at the MLK Gym from 8:30 to 10:15 a.m. every Sunday. Dances are only \$10 to residents of Sausalito (94965 Zip code), non-residents \$15. For more information, please contact James Cavanaugh ~ jcavanaugh@mac.com. The MLK Gym is located at 610 Coloma Street, adjacent to MLK Park.

Age-Friendly Marin Forum



**Spring Out for your
Health: Creating a Plan
for Going Out Safely
and Connecting with
Others**

Wednesday, February 22, 10:30-11:45

Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, with loss of abilities and/or the loss of family and friends.

With many Older Adults remaining hesitant, fearful, vulnerable, and unsure of how to make that

first step back into the community we will provide the following:

Speakers:

- Dr. Lisa Santora, County of Marin Public Health Deputy Public Health officer will review the guidelines for staying healthy in the community and how social connection leads to better health and well-being.
- Nora Gerber, has worked with and for Health and Human Services and workforce development organizations for over five decades in various training, facilitation, and coordination roles. She received an Outstanding Service Award for Teaching from UC Davis Continuing and Professional Education. She will speak about how to address one's fears and feelings of loneliness and how to plan for going back out into the community
- Resources to help you "Spring out and Mingle"

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The types of loneliness and isolation:

- The serious health impacts of loneliness
- Ways to overcome emotional and social isolation
- How you can use your resilient powers to find purpose, health, and happiness
- How to take steps and make a plan to address your situation and better your health

To Register for free access: <https://www.eventbrite.com/e/spring-out-for-your-health-registration-529553427557>

You will need to register to have access to the zoom link and resources for this Forum.

A recording of this event will be available on March 3 to share with others or to use in community gatherings for similar discussions. Contact SRobinson@marincounty.org , 240-838-0868 for the link.



There are only 8 animals that recognize themselves in the mirror (besides humans)

Excerpted from Salon.com

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animal has the ability of facial self-recognition, which is considered a marker of intelligence in animals.

1. Chimpanzees
2. Bonobos
3. Gorillas
4. Orangutangs
5. Bottlenose dolphins
6. Asian elephants
7. Cleaner wrasse
8. Eurasian magpie



CELEBRATE BLACK HISTORY MONTH ON FEB 28

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Celebrating Text From:

Langston Hughes
Lorraine Hansberry
LeShawn Holcomb

Martin Luther King Academy
200 Phillips Dr. Marin City

Tuesday, February 28, 2023
6:00 pm (Dinner Included)

Register now for "LH3" on February 28th at MLK Academy!

Join us as we honor Black authors and their legacy of documenting Black experiences in America. This year we are celebrating two authors, Langston Hughes and Lorraine Hansberry, in a multimedia community share-out. This show will feature work from students of the Sausalito Marin City School District, local artists from Marin City, and original work from our Artistic Director, LeShawn Holcomb.

LH3 is a multimedia collection of performances that will include live theater, film, music, and dance and will feature the work of Langston Hughes, Lorraine Hansberry, and LeShawn Holcomb. Join us as we dive deep into text, thoughts, and truths of how we move, why we move, and understand

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Get your FREE tickets [HERE](#)



How Vinyl Records Are Made



residents, study says

Excerpted from Marin IJ

A new study designed to improve services for older residents in Marin recommends that the county create a division focused on aging and disability.

The \$125,000 study conducted by Githens & Associates was commissioned by Marin County supervisors last year. Githens was tasked with reviewing the county's services and programs and determining what changes might best improve them.

The top recommendation is the creation of a new division of aging within the Department of Health and Human Services. Its director would join the department's executive team, which includes Marin's public health officer and the heads of three divisions focused on social services, behavioral health and homelessness.

"Because of aging and adult services' position in the administrative hierarchy, it is harder to advance an aging lens across the county," said Rod Githens, the founder of Githens & Associates, told supervisors at a meeting on Feb. 7. "It is currently at a pretty low level in the organizational chart under social services within Health and Human Services."

Githens said that besides the sheer size of Marin's senior population, there are several compelling reasons for the county to rethink how it delivers services to older adults. The first is the number of Marin residents projected to develop Alzheimer's disease or other forms of age-related dementia.

Keep reading the entire article [HERE](#)

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SV Line Dancing Workshop February 19th, 3:30pm - 5:00pm

SV is NOW partnering with Sausalito Parks and Rec through an Intergenerational grant received by Sausalito P&R.

Taught by Laurie Reemsnyder

Sign up for each class through Parks and

Rec: <https://www.sausalito.gov/departments/parks-and-recreation/programs-and-classes/adult-classes>

You can also attend as a 'Drop In' but will be required to sign a waiver when you arrive.

First 1/2 hour, we will focus on basic steps and simple dances, intended to gently ease newbies into it, geared to those with little dance experience but some curiosity.

Starting 4pm will be a dance party! We'll do mostly beginning and one wall dances at least the first few workshops, but adjust based on who is coming. Students are welcome to come for just the first or second part, or stay for both.

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Open to all, geared to seniors.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.



Chris Stapleton brings the crowd to tears with his National Anthem



weddings

Excerpted from Mental Floss.com

The treats are especially popular at Italian, Greek, and Middle Eastern weddings, and are steeped in cultural symbolism. One of these symbols is found in the shape of the Jordan almond; the egg shape represents fertility and new beginnings. Their taste also has symbolic value. The delicate balance between the slight bitterness of the almond and its sweet coating serves to remind the newly married couple that life can be, at times, both bitter and sweet.

In Italian culture, Jordan almonds are called *confetti*. They have been given away at Italian weddings since the 14th century. You'll usually find five of the candied almonds wrapped in tulle bundles to represent five blessings for the couple: health, wealth, fertility, happiness, and longevity.

For people with Greek heritage, candied almonds aren't called Jordan almonds, but *koufeta*. Greek brides wrap the koufeta in groupings of odd numbers—usually three or five of them in a bundle—to represent a couple's life being indivisible by two. It's a symbol of the togetherness that comes with marriage. According to Greek superstition, if an unmarried person takes one of these wedding day almonds home and places it under their pillow, that night they will dream of their future spouse.

In Arabic, Jordan almonds are known as *mlabbas*, which translates to "candied." The nuts are said to be aphrodisiacs in some Middle Eastern cultures, making Jordan almonds the perfect wedding treat for the couple and their guests.

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Stretch and Strengthen with Rayner is on zoom Monday, February 20 at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time.
www.SausalitoVillage.org



After a big recovery, the wood stork may soon fly off the endangered species list

Excerpted from NPR.com

The ungainly yet graceful wood stork, which was on the brink of extinction in 1984, has recovered sufficiently in Florida and other Southern states that U.S. wildlife officials on Tuesday proposed removing the wading bird from the endangered species list.

The U.S. Fish and Wildlife Service said in a news release that restoration of the wood stork's habitat, especially in the Florida Everglades and adjacent Big Cypress National Preserve, led to a sharp increase in breeding pairs. Those numbers had shrunk to just 5,000 pairs in 1984, whereas there are more than 10,000 pairs today.

"This iconic species has rebounded because dedicated partners in the southeast have worked tirelessly to restore ecosystems, such as the

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Secretary for non, white and parks.

In addition, the wood stork has increased its range in coastal areas of Mississippi, Alabama, Georgia and the Carolinas, officials said. The birds have adapted to new nesting areas in those states, tripling the number of colonies across their range from 29 to 99 in recent years.



Healing Jazz



Answers to today's puzzler:

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2. What's the oldest continuously inhabited city in the world?

Answer: Jericho

3. Question: What is the only U.S. state with a Spanish motto?

Answer: Montana, where the motto is "Oro y plata" (which translates to "Gold and silver"). Bonus points: Montana's state nickname is the Treasure State.

4. Question: What is the only U.S. state with a name that ends in three consecutive vowels?

Answer: Hawaii

Have a puzzle to share? Send it to SausalitoVillageTips@gmail.com



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

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