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Photo taken by Monica Finnegan

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:

<u>Sausalito Village Tips@gmail.com</u>

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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! <u>CLICK</u> HERE

Here are a few highlights for SV hosted events in the coming 2 weeks:

March 5 - Line Dancing Workshop

March 5 - Tales of the Trails

March 6 - Stretch and Strengthen

March 7 - Book Review Group

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SV Hosted Tales from the Trails

Maura & Bob Harvey will present their multiple travels to Cuba. Sunday, March 5, 7:00 P. M.

Contact Sue Dunlap at suedunlap46@gmail.com or 332-3746 to reserve a spot and for more information.

RSVP to the "zoom invite" = essential!

Wine and light appetizers served (actually, this time you'll need to provide your own!).

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Choosing the best weather apps for you

Excerpted from Washington Post

The Weather Channel and AccuWeather consistently rank at or near the top of the app charts for weather. Other weather apps include WeatherBug, Weather Underground, Fox Weather, Windy.com and Carrot Weather. There's also Apple Weather, the built-in iPhone weather app.

These are considered all-in-one weather apps that provide some combination of current conditions, hourly and daily forecasts, radar, satellite, air quality, pollen, weather articles and videos, and push alerts for precipitation and severe weather. Each app has its own features of note:

- The Weather Channel provides a radar forecast 24 hours into the future.
- AccuWeather displays a minute-by-minute forecast of precipitation for the next four hours.

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- Weather Underground displays hyperlocal data from more than 250,000 personal weather stations.
- Fox Weather provides access to its 24/7 live stream of weather news and has a unique 3D radar view.
- Windy.com features eye-catching weather maps with more than 50 layers to choose from.
- Carrot Weather reports current conditions with a personality of your choosing (if you're into sass with your weather app) and lets you pick the forecast source.
- Apple Weather incorporates many features from the now defunct Dark Sky app, which Apple acquired in 2020, though finding them takes a bit of practice.
- Many local TV news stations have their own weather apps, which
 often provide a video or text forecast for the local area by one of
 the station's meteorologists.

Most weather apps offer a free baseline set of data and forecasts, although which features are included can vary widely. You usually will have to pay for more-advanced features, such as lightning or longer-range forecasts, and you'll have to pay if you want an ad-free experience. One exception is Apple's native weather app, which is entirely free and contains no advertisements.

With so many weather apps on the market, it may be worth first exploring what you can get free.

To give you a sense of typical pricing, AccuWeather charges 99 cents a month for Premium (no ads) and \$1.99 a month for Premium Plus (no ads and extra features). Carrot Weather has paid versions from \$1.67 to \$3.33 a month, the Weather Channel is \$1.99 or \$4.99 a month, and Weather Underground is \$3.99 a month.

Read the entire article **HERE**

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The Actual '73 Giving Tree Movie Spoken By Shel Silverstein



Forbes Island had Sausalito roots

Excerpted from Newsbreak.com

On December 23, 1980, a houseboat anchored in Richardson Bay, close to Sausalito in Marin County, California, became Forbes Island.

It was built between 1975 and 1980 by Forbes Thor Kiddoo, who invested \$800,000 in the floating home. He used old vessel portholes,

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The property included 15 rooms, three staterooms, a 600 square foot salon with wood elements, mirrors, brass, Persian rugs, a fireplace, a chess table, grand piano and English pipe organ, and a wine cellar.

By the late 1980s, locals in Sausalito complained about the property being illegally moored.

According to Islands Magazine, Kiddoo wanted to sell the houseboat in 1987. Still, it wasn't until 1991 that the San Francisco Bay Conservation and Development Commission made him leave Sausalito because of building regulations.

Following his eviction, Kiddoo attempted to anchor his barge in Half Moon Bay but was refused. He anchored it in Antioch, California, for five years and spent time renovating it before obtaining a 15-year renewable lease in San Francisco.

In 1999, the island-dwelling was moved and reopened as the Forbes Island restaurant between Pier 39 and Pier 41 in San Francisco's Fisherman's Wharf. It was the Bay Area's only "floating island" restaurant, measuring 50 by 100 feet and weighing 700 tons, with its own palm trees, waterfall, fake fireplace, 55-step lighthouse with Fresnel lens, and Tahitian dining room.

The underwater dining area was made to seem like the inside of an early 19th-century sailing ship. The restaurant featured its own wine cellar, which was once used for a Tony Bennett performance, as well as a women's boudoir.

Repair and renovation work was done on the Island in 2016. To start a two-month rehabilitation, a fireboat from the San Francisco Fire Department moved the island to Pier 70's BAE Systems San Francisco Ship Repair Yard on April 5. Afterward, it was brought back to its original spot next to Pier 39, where it was supposed to reopen on June 15.

Forbes Kiddoo retired and the Forbes Island Restaurant closed in August 2017.

The restaurant was reported to be for sale and unlikely to reopen as a restaurant in March 2018 when it was moored at the Holland Riverside



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

We will carpool with vetted volunteer drivers from Dunphy Park. 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 the Orchestra.

About the show:

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

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Excerpted from BayNature.com

During the hot days this fall, ants entered my house. Then they left. This winter they came in again during the rain. What drives them inside when it's both hot and cold, and why are there so many of them?! —Virginia

Well, Virginia, in my experience these pesky little invertebrates come to visit mostly in the fall and winter when the temperature drops and the rains begin. I want to reassure those folks who'd love to blame their roommates or spouses for the invasions that they have absolutely nothing to do with bad housekeeping. These ants basically strive for and thrive in the same perfect Goldilocks conditions that you and I enjoy—75 degrees and dry. So, idyllic conditions are what they're seeking when they invade your space. (But they're happy to take advantage of any food you've left around once they're there!)

The "they" we're talking about is not just any ant species that happens to be in your neighborhood: "They" are Argentine ants. If this were a movie, there would be a scream right now—Oh my GOD!!!! NOT ARGENTINE ANTS!

Ants are one of the dominant insects on the earth, and there are 14,000 different species of them. In California 250 species exist, and more than 100 of them live in the Bay Area. The only regions without ants are Antarctica and the

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narrow cracks. The only way to stop them is to totally seal up your house. Good luck with that.



The truth about caffeine: how coffee really affects our bodies

Excerpted from The Guardian

Caffeine acts as a central nervous system stimulant – making you more alert and focused, but potentially also more irritable and anxious. It's all to do with your body's adenosine receptors, which help to regulate your heart rate, blood flow and sleep-wake cycles. When adenosine – an organic compound that occurs naturally in your body – binds to these receptors, it triggers physiological responses that lead to a decrease in cellular activity, often promoting drowsiness and sleep.

Caffeine can fool your nerve cells and bind to these instead, preventing adenosine from doing its thing. This promotes increased

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many people, but can also lead to anxiety after high doses. While your body adapts to caffeine's effects after a while, different people can have very different responses to the same amount of it.

There is some evidence that its mood-elevating effects can be beneficial over the long term. In a 2016 meta-analysis of observational studies, caffeine consumption was found to decrease the risk of depression, while a Finnish study from 2010 found a similar result with coffee. In the Finnish study, the connection was weaker when other caffeinated drinks were consumed – suggesting that there is something in coffee specifically that can affect mood. One theory is that it's the antioxidants, as these tend to correlate with reduced stress overall.

Coffee can also help with burning fat, but it's most effective in conjunction with exercise. So, having a quick cup before your morning workout does more than just give you an energy boost.

What time of day should you stop drinking it?

This is hotly contested. Caffeine has a half-life of about six hours, which means that if you have your final espresso at 4pm, half of the caffeine is still in your system at 10pm, when you should be winding down for the night. Plenty of people subscribe to the idea of a caffeine curfew – stopping at 2pm or 3pm, for instance – but that doesn't mean it's open season in the morning.

Does how you drink it make a difference? In short: yes. Darker roasts, as well as being lower in caffeine, tend to contain fewer antioxidants and lower levels of chlorogenic acid, a compound that can protect the body against inflammation and cell damage. When you grind the beans doesn't matter (unless you prefer that fresh-ground flavour), but how much you grind them probably does – a finer grind releases more polyphenols, giving fine-ground brews slightly more beneficial effects.

Read the full article HERE

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Caring for your fur family

Gain tips on pet care as your abilities change and ways to plan for your pet's future.

About the Event

Pets can provide an increased sense of purpose, help to reduce stress, and encourage physical activity. But they can become more challenging to entertain and take care of when strength, balance and mobility begin to fade. In this virtual workshop, you'll learn tips and strategies for taking care of your fur family as you age. Topics will include adaptive pet equipment such as hands-free leashes, easy-feed pet bowls and long-handled scoops, plus home safety considerations like avoiding falls with a pet in the house. We'll also cover steps you can take in your estate planning to protect your pets and how to locate different kinds of pet-friendly housing.

Please note that you must be signed in to your AARP.org account or create an account to register. AARP membership is not required to create an account. Please do not opt out of event-related email, as you will be emailed a link to join the session via Zoom prior to the event.

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What is smudging?



March Fire-smart Tips from the UC Master Gardeners

MARCH: Remove and replace invasive plants

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 Remove invasive plants such as ivy, broom, and pampas grass that spread quickly, cause harm to the environment, add considerable fuel for fire and use precious water.

- Unfortunately, excessive clearing can create a vulnerable entry point for the plants we do not want.
- Pull weeds and invasive plants before they go to seed to keep them from spreading.
- Replace with California natives, pollinator or low water use plants keeping drought tolerance and biodiversity in mind.
- For persistent invasives, consider sheet mulching to help with weed suppression. Additional information on appropriate mulches and use can be found following the link below.

FOR MORE FIRE-SMART LANDSCAPING INFORMATION VISIT UC MARIN MASTER GARDENER WEBSITE. ucanr.edu/ucmarinmgfiresmart.org



The King Cake Tradition, Explained

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Excerpted from Eater.com

A sweet, circular pastry, cake, or bread that is the centerpiece of a historically Catholic celebration known as Epiphany, which falls on January 6. Today it takes on many different forms and is found at a variety of similar celebrations with religious origins. Most Americans are likely familiar with Louisiana-style king cakes that consist of a cake-y bread dough twisted into a ring and decorated with colored icing and sprinkles. Variants can be made from cake batter or bread dough or pastry, but almost all versions are shaped into a circle or oval to mimic the appearance of a king's crown.

Every king cake contains a trinket — often a small figurine in the shape of a baby — which plays a crucial part in the celebration of the holiday that inspired this pastry. Whomever finds the trinket in their slice of cake gets to be the "king" for a day.

King cake is said to have originated in Old World France and Spain and came to be associated with Epiphany during the Middle Ages. When it was brought to the New World (along with Catholicism and Christianity), the tradition evolved further.

In New Orleans, king cake and Mardi Gras go hand in hand: The cakes can be found starting in early January and are available up until Ash Wednesday and the start of Lent. The symbolic bean or baby baked (or embedded) into the king cake is important to Mardi Gras celebrations because the person who gets the piece containing the baby must host the next year's celebration.

While there's a long history of hiding trinkets inside king cakes, the modern tradition of a small plastic baby started in New Orleans. A commercial bakery called McKenzie's popularized the baby trinket that was baked into cakes back in the 1950s; they were originally made of porcelain but later swapped out for an easier-to-find plastic version. These days the plastic baby figurine is typically sold along with the already-baked cake and hidden by the purchaser, rather than coming baked inside (due to concerns about eating something that's been baked around a piece of plastic).



SPOTLIGHT SAUSALITO LECTURE SERIES: Allan Hayes, Life and Times with Enid Foster

WHEN: Wednesday, March 1, 5:30pm - 6:30pm

WHERE: 750 Bridgeway

TICKETS: Tickets



Hear the personal story of Allan Hayes and his family as they became friends with one of Sausalito notable artists – Enid Foster. This first hand report of Enid's time in Sausalito, her work, her family and her

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Allan Hayes is a long time Sausalito resident who has a penchant for art and its history. He has written this book about Enid Foster: "Enid Foster: Artist, Sculptor, Poet, Playwright, Creative Force, Ringleader, Cultural Icon". Enjoy his story telling and vivid picture presentation during this heartfelt Sausalito Center for the Arts look into the past of one of our famous artist.



Three headlines and a lie

Three of these headlines from this week's news are real, and one is fake. Can you spot the odd one out?

- NJ sales manager sets Guinness World Record with 217,000 new LinkedIn connections in 24 hours
- 2. Researchers turn dead birds into drones that could spy on people
- 3. Spanish transport secretary resigns after new trains too big for tunnels
- 4. US cancer patient developed 'uncontrollable' Irish accent

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Most tattooed couple in the world

Excerpted from Readers Digest

Charlotte Guttenberg, 76, and Charles Helmke, 81, from Melbourne, Florida, have spent a combined 2,000 hours in the tattooist's chair in order to ink their bodies. The couple, who met in a tattoo parlor in 2006 and eventually got together after feelings blossomed, both hold the Guinness World Record for being the most tattooed senior citizen in their respective genders.

Charlotte, who only began getting tattoos at the age of 57, has said that she has reached her limit after covering 98.75 per cent of her body in ink, and won't

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Charlotte got her first tattoo at 57 in November 2006 as a birthday present after the death of her second husband, who had forbidden her from getting any. That's when she met Chuck, who offered to hold her hand while she got inked, and they began dating a year later. She soon added more and more ink to the skin, holding a separate Guinness World record for the most feather tattoos on a person, with 216. Only her head and her fingers have remained tattoo-free, but Charlotte had stressed that her tattoos don't define her life or who she is.

Meanwhile, Chuck got his first tattoo when he was much younger, at the age of 18 in 1959 during his basic training with the US army.

While he got two more tattoos on the same day as he got his first one, Chuck waited 41 years before getting inked again.



Epic Performance: 1000 Musicians Play Classic Rock Hits

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This Exquisite "Underground Cathedral" Has Been Carved Entirely Out of Salt

When you imagine places of worship, traditional structures like Gothic churches, colorful mosques, and dazzling Buddhist temples likely come to mind. If you've ever visited Wieliczka, Poland, however, you know that not all holy buildings follow this formula. In fact, some—like the "underground cathedral" in the **Wieliczka Salt Mine**—aren't buildings at all!

Nestled over 1,000 feet below the Polish town, this subterranean shrine dates back to the Middle Ages. As a result of centuries-long construction, the church houses four exquisitely constructed chapels. Each one is adorned with relief sculptures, free-standing statues, and detailed furnishings—including "crystal" chandeliers and granite-like altars—crafted entirely from **rock salt**.

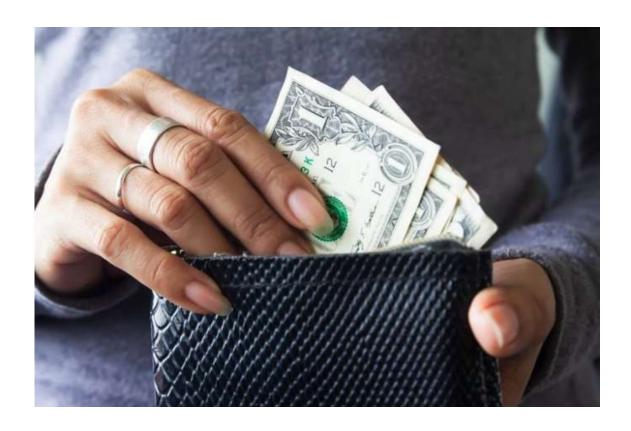
Given the beauty and complexity of the site's design, one may expect a talented team of architects and artists to be responsible. However, the awe-inspiring "underground cathedral" was actually built by Catholic miners seeking a convenient way to worship.

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their families," the mine's website states. "They created underground chapels as places where they could pray, gain strength and energy before facing the challenges that awaited them and seek the protection of the patron saints of the underworld."

While it started as a pious place for reflection, the Wieliczka Salt Mine is now a UNESCO World Heritage Site and a popular tourist destination. Every year, it welcomes over 1.2 million visitors, who enjoy seeing, touching, and yes, even licking, the splendid salt cathedral.



The New Tipping Etiquette: How Much to Tip in Every Situation, from Salons to Restaurants to Drivers and Delivery

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How Much to Tip

A READER'S DIGEST GUIDE

Home Deliveries

AMAZON DRIVERS

\$5-20 in cash in an envelope if the delivery is extra large

MAIL CARRIERS

No tip on individual deliveries but small holiday gifts are OK. Gifts must be under \$50 per year.

FURNITURE AND APPLIANCE DELIVERY

\$20 or 15% of the price

SPECIAL DELIVERIES (FLOWERS, GIFTS)

\$5-10 cash, though tip is usually paid for by the person ordering the gift

MOVERS

\$20/person/day and \$50 for a supervisor

Salon & Spa

HAIRSTYLISTS

15-20%, plus \$5-10 for their assistant

NAIL TECHNICIANS

10 -20%, but skew higher for special nail art

MASSAGE THERAPISTS

15% of the price

Personal Services

HOUSE CLEANERS

15-20% of the bill

BUSINESS MANAGERS OR OWNERS

No tip is required. For stellar service, write the owner a thankyou note and/or leave a five-star online review.

LYFT, UBER, AND OTHER DRIVERS

Minimum of 15-20% of the bill

HOME SERVICE PROVIDERS

Small gift, a thank-you card, or \$10-20 in cash

PET CARE PROVIDERS (GROOMERS, DOG WALKERS, PET SITTERS)

10-15% of the bill

GIFT CARD ADD-ON

10 - 20% of service charge

PERSONAL TRAINERS/ FITNESS INSTRUCTORS

\$10-20

Consider these tips a suggestion or starting point. Giving more is always OK and always appreciated!

Food and Drink

RESTAURANT (DINE-IN)

15-20% of total check

RESTAURANT (TAKEOUT)

10-15% of total check

BARTENDERS

\$2/drink or 10-15% of bill

BARISTAS

\$1/drink or more if your order is complicated

FOOD DELIVERY

10-15% or \$2-5

PERSONAL GROCERY SHOPPER

10-15% of bill or, if tip is already included, a few dollars extra

Hospitality

HOTEL HOUSEKEEPING

\$1-3 per night, plus \$5 for any extra services

VALETS

\$5-10, but tip more if you have special requests

BELLHOP

\$2-3 per bag, and \$5 for room delivery

DOORMAN

\$5-20



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SAVE THE DATE FOR ST. PAT'S DAY DINNER



Hoping for a corned beef dinner? Star of the Sea is your answer

Parishioners and friends are invited to the Star of the Sea Annual St Partick's Day dinner. It will be held on March 18 at 6:00 p.m. in Duggan Hall after the Saturday 5:00 p.m. Mass. Dinner choices are the traditional corned beef and cabbage or salmon. Dinner will be \$20 for adults, \$10 for children and \$50 for a family of 4. Pay at the door.

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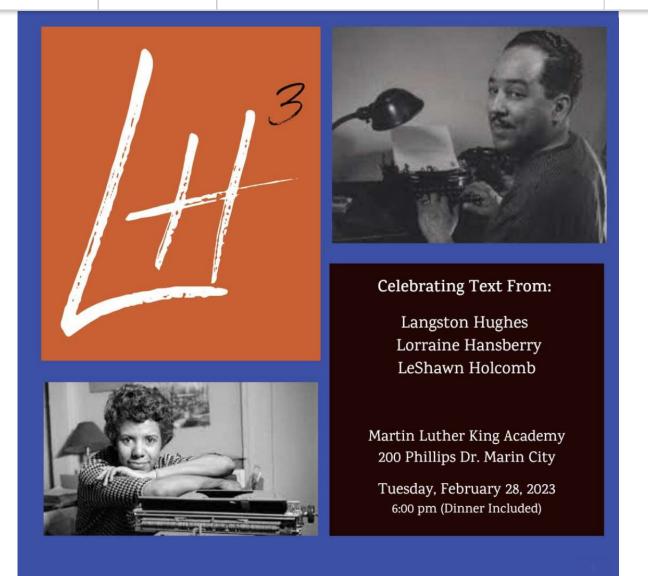
What's the Difference Between Hospice and Palliative Care?



CELEBRATE BLACK HISTORY MONTH ON FEB 28

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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 Matin 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



Stop flossing your teeth after you brush

Excerpted from CNET

Flossing helps to loosen plaque and stuck food residue between teeth to help prevent tartar buildup. Sensodyne says that flossing before you brush can result in more particles getting flushed out from those hard-to-reach spaces between the teeth, while also retaining more fluoride.

Here are some more tips to ensure you're getting the best outcome from flossing.

- Never reuse a strand of dental floss. It could leave bacteria in your mouth.
- When flossing, move to the next clean segment of strand for each tooth.

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- Floss in a C-shape between each tooth.
- Use a water flosser, like this Waterpik, if string floss is too difficult for you to use.
- Don't use objects that aren't designed for flossing -- for instance, a knife, a sharp card or a safety pin.



Stretch and Strengthen with Rayner is on zoom Monday, March 6 at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time. www.SausalitoVillage.org

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NEXT SV Line Dancing Workshop March 5th, 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'.



Winner of National Geographic's Photo of the Year

Excerpted from National Geographic

"Wherever there's salmon there's going to be chaos." This was Karthik Subramaniam's motto as he camped out near the shore of the Chilkat Bald Eagle Preserve in Alaska, waiting for action.

It was the final day of his week-long photography trip and just a few hours before his ferry departed, but the software engineer-turnedhobbyist photographer stayed, watching as bald eagles swooped in

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bald eagles in the world every fall, when around 3,000 arrive in time for the salmon run.

Subramaniam noticed there was a log where a few lingered. This choice spot put the eagles in proximity to the shore, where their peers would sometimes arrive with the spoils of a successful hunt: a freshly caught salmon. When a fish appeared, the bystanders would descend for their portions.

As Subramaniam trained his lens on a branch, there was a commotion: an incoming eagle swooped in, intimidating its current resident, and claiming the prime spot. He titled the resulting image "Dance of the Eagles" as an homage to a fictional dragon war in George R.R. Martin's novel *A Dance with Dragons*, and submitted it to the *National Geographic* Pictures of the Year contest.

What Subramaniam appreciates most about the photo is the tension of the moment. "It opens up the question: what happened next?" he says. The reality is less mysterious: the triumphant eagle got bored when no salmon appeared and soon surrendered the spot to the next hungry observer.

See all of the runner up photos HERE

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Over 2 Hours of Mardi Gras New Orleans Music with Classic Dixieland Jazz

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Answers to today's puzzler:

The one about LinkedIn is fake

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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