



Happy Friday, Villagers

Please send along your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our website for more information about our organization and programs.

Photo: "Daisy Art" by Harrie Schwartz

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Sunday: [DEADLINE TODAY! SIGN UP FOR SECRET SANTA PROGRAM!](#)

[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)

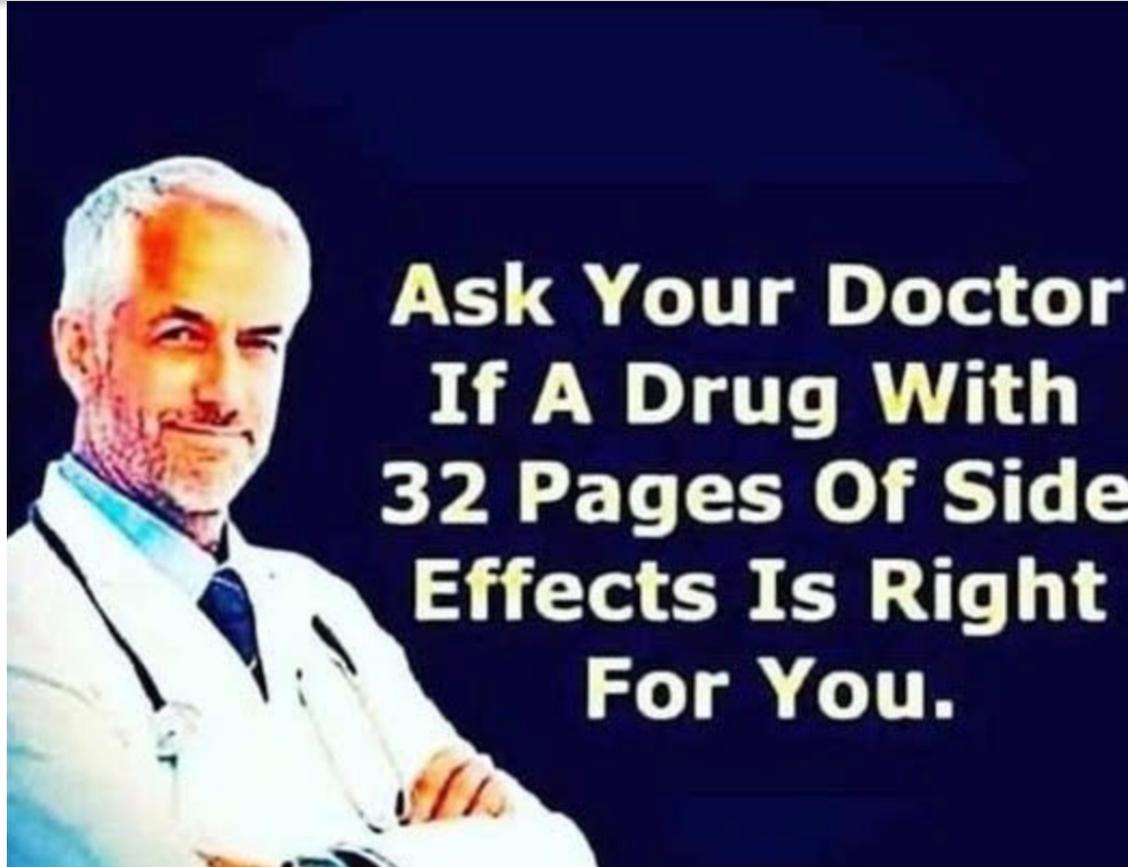


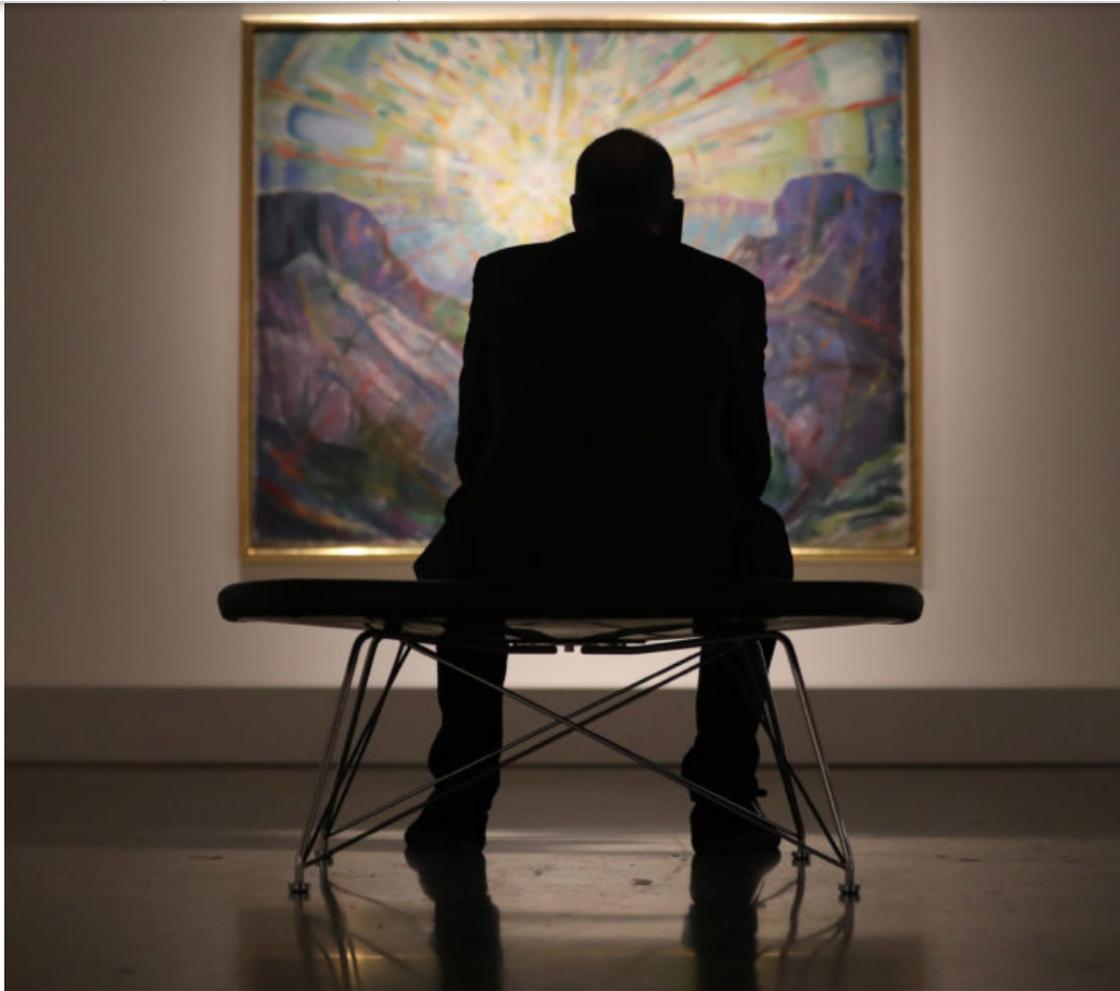
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[14 Calming Works From Art History to Help You Relax](#)

From a rendition of the Buddha to colorful abstractions to domestic scenes, these works may help take the edge off.

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In stressful times, this surprising lesson from neuroscience may help to lessen your anxieties.





[10 Things Lefties Do Better](#)

[Lefties](#) make up a small, but mighty group. At around 10 percent of the Western population, they are clearly dwarfed in numbers alone by right-handers [source: [Jarrett](#)]. Nowadays, most of the modern world barely blinks an eye at a lefty, but that wasn't always the case. Left-handers in the Middle Ages feared being accused of witchcraft and use of the left hand was long associated with the devil and other evil-doings. In fact, the Latin word for "left" is "sinistra," from which we get the word "sinister" [source: [Rothman](#)]. England's King George VI was one of many born lefties forced to write with his right hand, a practice that is now known to be associated with stammering, a problem from which he suffered [source: [Farndale](#)].

Marin Public Health Update, November 23, 11:30 am with Dr. Lisa Santora:

- The under 30 years-of-age white population is driving the rise of COVID-19 cases throughout the Bay area.
- West Marin is experiencing a surge. Private household gatherings are likely pushing this. About two cases a day in Marin since November 3rd.
- Because Marin has the oldest population percentage in the Bay, we are doing

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- ...and staying home and protected.
- Marin expects another surge after Thanksgiving -- due to the gathering of families and friends and college students returning home.
 - New tiers are announced tomorrow (not today as previously expected); Marin may stay in the red tier this week.
 - There remains a lag in test results. We used to have a 1-2 day turnaround. Now 3-4 days. May get to a five day turn-around soon.
 - Public health dept is working on getting more testing available. The testing facility run by LHI in the canal doubled its capacity for testing this week.
 - Pixel by Labcorp will give you an FDA-approved home test for free (or your private insurance covers.) <https://www.pixel.labcorp.com>
 - Public health dept is working with hospitals to figure out vaccine distribution. Trying to "pre-position" with Pfizer to be eligible to distribute that vaccine. My question about the availability of vaccination for children went unanswered. At this point in time, the Pfizer vaccine is only available to those in their teens and above.
 - Vaccine distribution likely to begin in January. Health providers and first responders will be able to receive the first round. Then staff and residents of care facilities will be next-in-line. And then those with conditions that put them at high risk of complications will receive the vaccination next. The general Marin population is likely to be offered the vaccine in Spring, maybe as early as March.
 - Dr. Santora encourages people to speak up when you witness people gathering illegally.

[Register Now for Secret Santa Program](#)



Sign up today to
play
Sausalito Village
Secret Santa

- You RSVP to participate by Nov. 29th:
sausalitovillagersvp@gmail.com
- **We match you with a 'player' to be your Secret Santa Pal by Dec. 3rd**
- You mail cards or notes on 4 occasions anonymously to your Secret Pal in December
- **You mail a holiday card on December 21 and reveal who you are**
- You will receive the same amount of cards too from a different Secret Santa Pal who had your name
- **All participants will receive a small gift from the Village Santa between December 23-25**

NOTE: Sausalito Village can provide stamps and cards if you need them. More details provided once you sign up. Questions? sausalitovillagersvp@gmail.com or call 415-332-3325

**WE are A
COMMUNITY**

For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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