



Livable
Sunnyvale

Livable Lights Weekly Digest

by Angela Rausch on October 17, 2025

Attention,

noun

a: the act or state of applying the mind to something

b: a condition of readiness for such attention involving especially a selective narrowing or focusing of consciousness and receptivity

There are many things to pay attention to these days. Where do **I** spend my attention? And where are **you** applying your mind? As I was thinking about what to post it was obvious, The No Kings Protest tomorrow. On their website there are tons of orgs that are supporting this event and the map of locations is just amazing,

https://www.nokings.org/?utm_source=substack&utm_medium=email

Getting outside in nature is just a way to see the good energy of our community. Enjoy the **sun** in Sunnyvale.

Be well, Angela Rausch, Chair of Livable Sunnyvale

www.livablesunnyvale.org