



Happy Saturday, 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 by Patricia Smith

Note: The Tips now has its own [email address](#) to forward ideas for content.



Sunday: [Tales of the Trail](#). 7-8

The [SausalitoVillage Website](#) has information on COVID vaccinations and tests.



What can you do once you're vaccinated? Actually a lot.

It's a question on everyone's minds: What can you do once you're vaccinated?

Dr. Bob Wachter, the chair of UCSF's department of medicine who has become among the most widely quoted coronavirus experts in the country, shared his response to this question.

HOW SOON AFTER
WAKING UP IS IT
OK TO TAKE A NAP?



Virtual Author Event



**Wednesday
March 10th
5:00 PM**

Anne Evers Hitz
**Lost Department
Stores of San
Francisco**

Joseph Magnin, the Emporium?

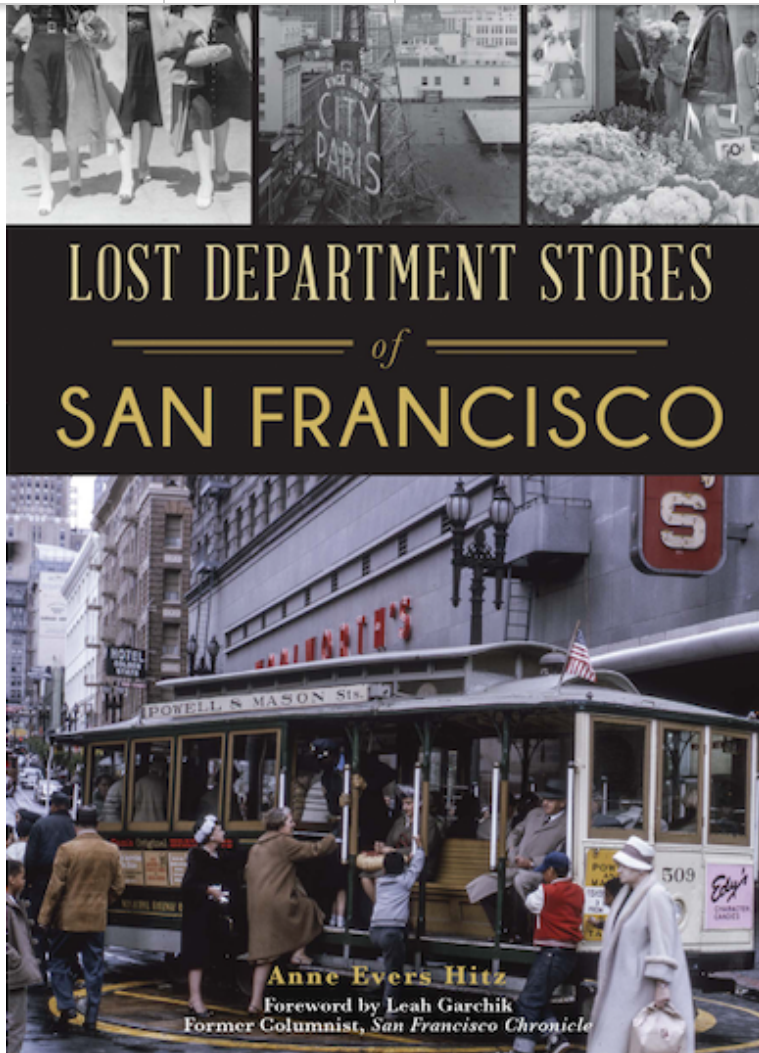
Take a nostalgic tour of Union Square with author Anne Evers Hitz and special guest, Sausalito

Woman's Club member Denise Gustafsson who was a senior assistant buyer at I. Magnin's during its heyday.

Anyone for Blum's coffee crunch cake?



Denise Gustafsson

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To Register: <https://www.sausalitobooksbythebay.com/2021-events/anne-evers-hitz-lost-department-stores-of-san-francisco>



Your Daily Routine Needs More Non-Time

Your busy daily routine is healthy and productive. It might also be killing your creativity.



A nesting Falcon in a tree.



Boosting Energy with Food

Tips from the CA Academy of Nutrition and Dietetics

comes at an expense to getting adequate physical activity and healthy eating habits—all contributing to low energy levels. Eating better, along with getting enough sleep and physical activity, may be a good way to help boost energy. Try these 5 strategies to help increase your energy:

- **Eat Regularly:** Eating every three to four hours may help fuel a healthy metabolism and prevent between-meal hunger that can lead to unwise snacking or overeating at meals. You will feel better and be more focused when you have fuel in your system on a regular basis.
- **Pay Attention to Hunger and Fullness Cues:** Eating just enough, but not too much, helps to curb cravings and reduces chances of overeating. Keep in mind that portions often are too large. Try eating to when you feel comfortably full but not stuffed.
- **Balance Your Plate:** A balanced meal includes foods from multiple food groups: whole grains, lean protein, fiber-rich fruits and vegetables, and fat-free or low-fat dairy. Balance out your plate with all the food groups, along with a small amount of healthy fat, for sustained energy.
- **Snacks Are a Bridge:** Snacks should have lean protein and fiber-rich carbohydrates to provide lasting energy. Grab an apple and a handful of unsalted nuts; carrots and string cheese; or low-fat Greek yogurt and fresh berries. Keep in mind that snacks are not intended to fill you up, but to bridge you from one meal to the next.
- **Remove Energy Zappers:** Skip the foods and beverages with added sugars, such as regular soda, sugary coffee and energy drinks. These beverages may leave you buzzing for an hour, but likely will cause an energy crash. Instead, quench your thirst with water, fat-free or low-fat milk, low-calorie flavored water or unsweetened tea.

For more tips on building healthy eating habits or to find an RDN near you, visit [EatRight.org](https://www.eatright.org).

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

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