

## 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: Carol Tarlow: "This is my daughter's puppy, Gus, amazed by the beautiful poppies on the trail in Corte Madera"

*Note: The Tips now has its own email address to forward ideas for content.*

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Done during Covid.

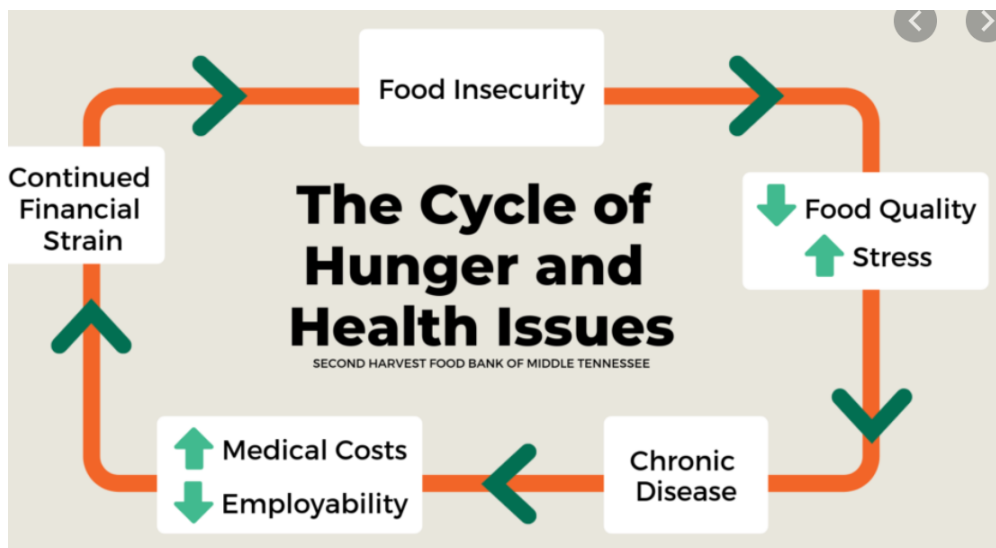
At the end there is a segment showing how they set up the train sequences etc.



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As the only planet in the Solar System that can support plants, animals, and humans, we're lucky to call Planet Earth home! This year, admire Earth and all its wonders right here at the Academy and learn more about the [actions we're taking](#) to protect our awe-inspiring planet. From the 1.7 million plants on our [Living Roof](#) to the eels, anemones, and rockfish in our [California Coast](#) exhibit, there's plenty of new things to discover about Earth's diverse systems of life. Reserve your ticket today to celebrate with us!

## [RSVP](#)



### Food Insecurity and Health

#### Tips from the CA Academy of Nutrition and Dietetics

Food insecurity is when there is a lack of consistent access to enough food for an active, healthy life. Food insecurity also could mean someone is getting enough to eat in terms of calories but the quality, variety and desirability of their food is lacking.

The consequences of food insecurity are great. Children who lack access to healthful food may have difficulty learning, as well as mood and behavioral problems. Adults who lack access to healthful food may experience mental health issues and chronic diseases such as diabetes.

The conditions in which a person lives impacts how easy it is to get healthful foods. For instance, homes located in suburbs tend to experience lower rates of food



**As a result of these driving forces, individuals may choose less expensive, calorie-dense foods that don't deliver all of the nutrients they need. This may lead to unintended weight gain or chronic health conditions.**

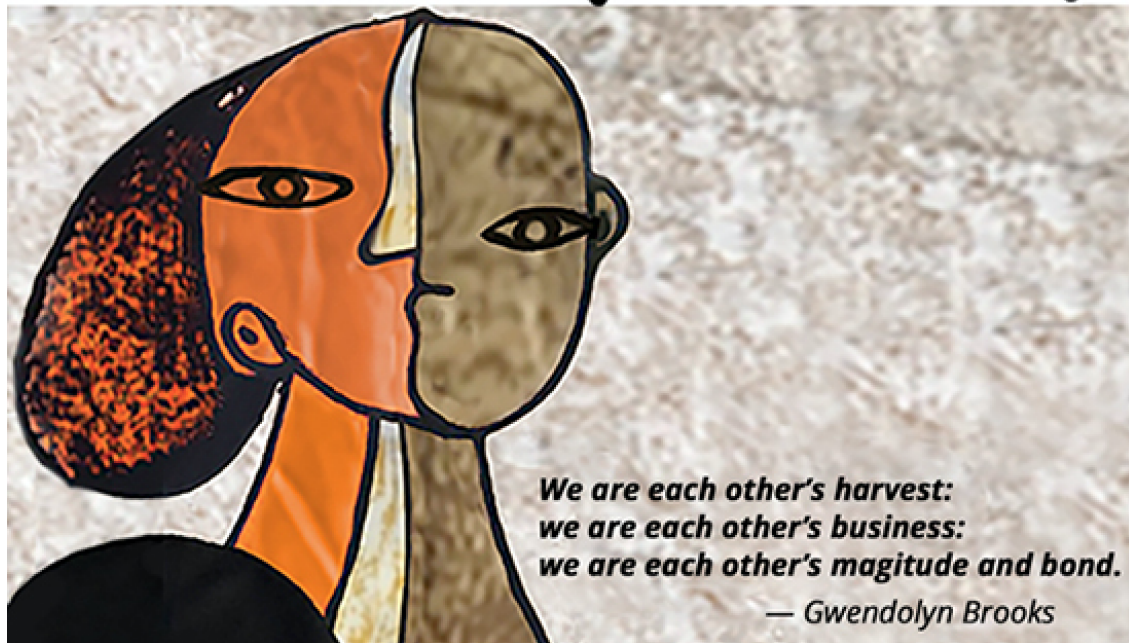
**If someone you know is food insecure, there are a number of resources that can help:**

- **Food bank: free grocery items and meals.**
- **National School Lunch & Breakfast Programs: low-cost or free meals at school for eligible children.**
- **Summer Food Service Program: free lunches for school-age children in low-income areas when school is not in session.**
- **Meals on Wheels: delivering meals to seniors in need.**
- **Special Supplemental Nutrition Program for Women, Infants and Children (WIC): supplemental food and nutrition education for low-income pregnant and postpartum women, infants and children up to age five.**
- **Supplemental Nutrition Assistance Program (SNAP): nutrition assistance for low-income individuals and families.**

**For more tips on nutrition and health or to find an RDN near you, visit [EatRight.org](https://EatRight.org).**

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# An Evening of Poetry



**Thursday April 22, 7:00 - 9:00 p.m.**

**Hosted by the Sausalito Woman's Club**

**Co-sponsored by the Sausalito Library**

Join us for a special virtual gathering celebrating some of the best poetry of our time.

***...Poetry not only reflects the heart and soul of people,  
It has a wisdom all its own.***

Hear readings from students, teachers, clergy, moms, dads, and special guest appearances by award-winning SLAM poets and more.

[RSVP](#)



## Justice Department Warns About Fake Post-Vaccine Survey Scams

Fraudsters are everywhere hoping to deceive you out of your money or personal information. The latest series of scams are fraudulent COVID-19 vaccine surveys for consumers to fill out with the promise of a prize or cash at the conclusion of the survey. However, the surveys are used to steal money from consumers and unlawfully capture consumers' personal information.

Consumers receive the surveys via email and text message, and are told that, as a gift for filling out the survey, they can choose from various free prizes, such as an iPad Pro. The messages claim that the consumers need only pay shipping and handling fees to receive their prize. Victims provide their credit card information and are charged for shipping and handling fees, but never receive the promised prize. Victims also are exposing their personally identifiable information (PII) to scammers, thereby increasing the probability of identity theft.

Unless from a known and verified source, consumers should never click on links in text messages or emails claiming to be a vaccine survey.

For more information or resources to protect yourself from phishing attempts, visit the [Department of Justice's website](#).



## [And the brand played on: Bob Dylan at 80](#)

With a slew of books to mark the songwriter's birthday due, we look at the industry that has grown up around the man who forced academia to take pop seriously



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