



Happy Earth Day, 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: Strawberry by Harrie Schwartz

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

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WHAT'S HAPPENING

Thursday: [ASHBY VILLAGE HOSTS: UNDERSTANDING PAIN THROUGH THE MIND BODY CONNECTION](#). 10:30-11:30

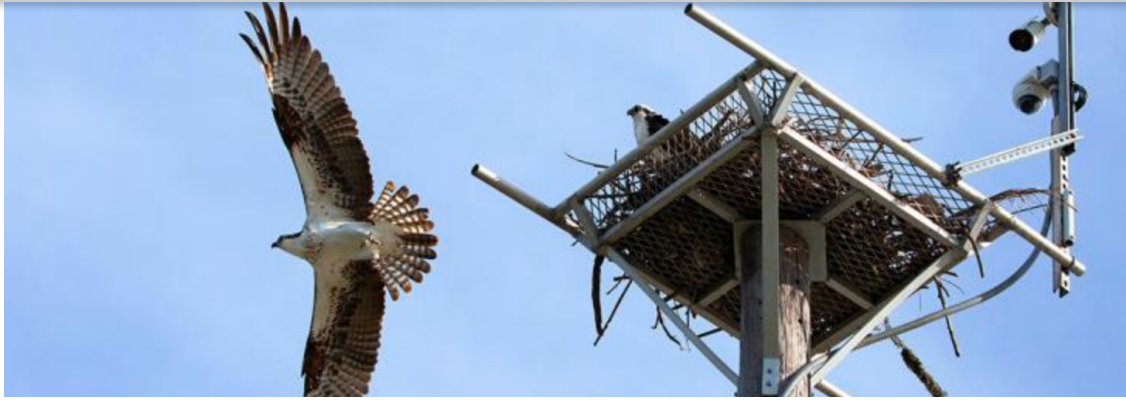
Thursday: [WORKSHOP: APPLE MUSIC AND ITUNES](#). 11:30-1

Thursday: [EVENING OF POETRY HOSTED BY THE SWC](#). 7-9



Earth Day Action: NPR LIFEKIT podcast:

[How To Reduce Food Waste](#)

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[Your Guide to Spring Wildlife Webcams](#)

How to watch eagles, bison, and manatees—from your couch



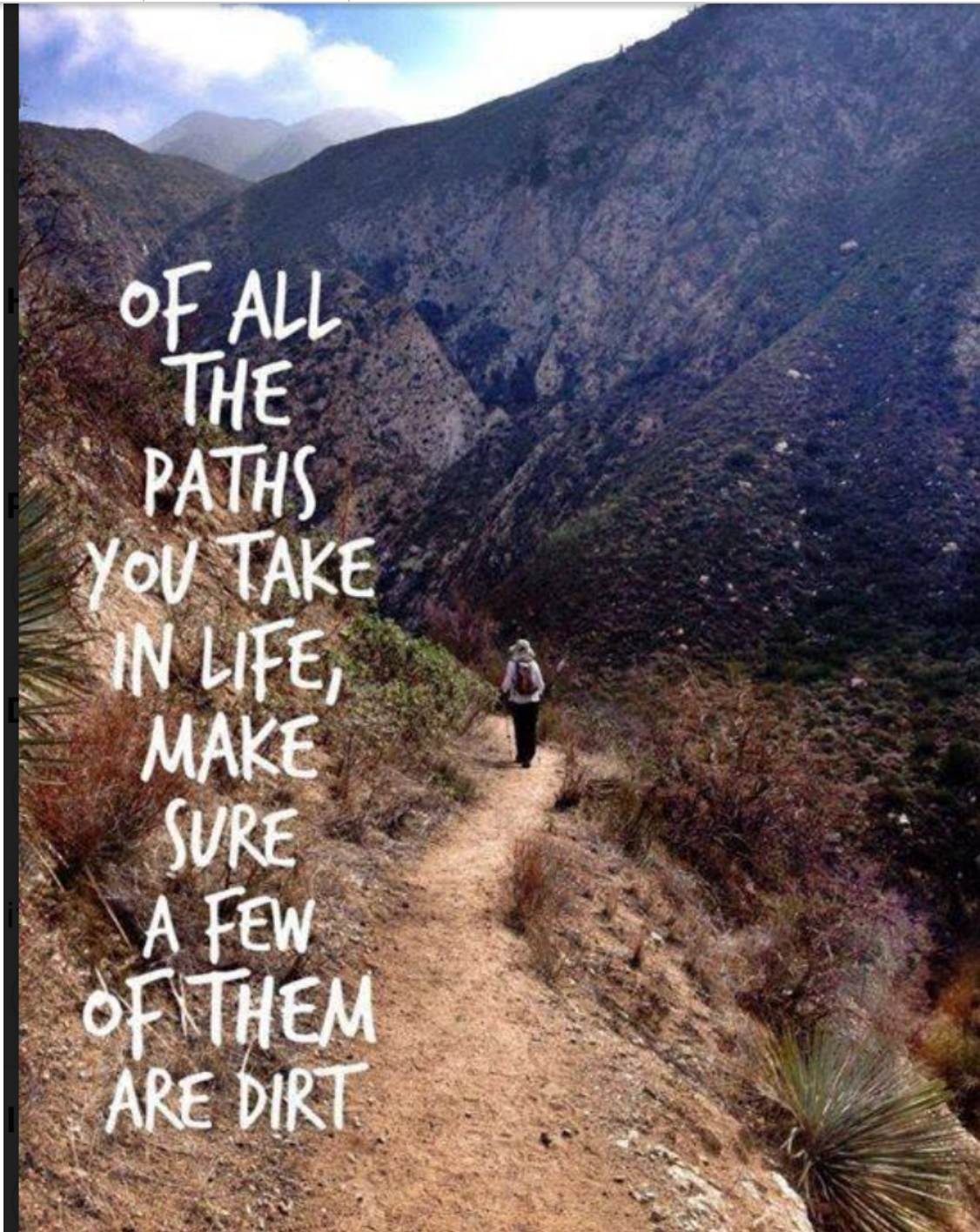
[Herbal Tea Drinkers: Here's Your Pocket Guide To Traditional Medicinal Herbs](#)

Herbal teas have been household staples for [thousands of years](#) — but these days, as we become household staples ourselves (thank you, quarantine), the stuff is [growing increasingly mainstream](#). We're seeing more and [more](#) varieties of iced and packaged tea in our local health food stores, celebrities are touting the benefits of various holistic botanical blends, and we're even clocking strains of wellness tea in our targeted Instagram ads.

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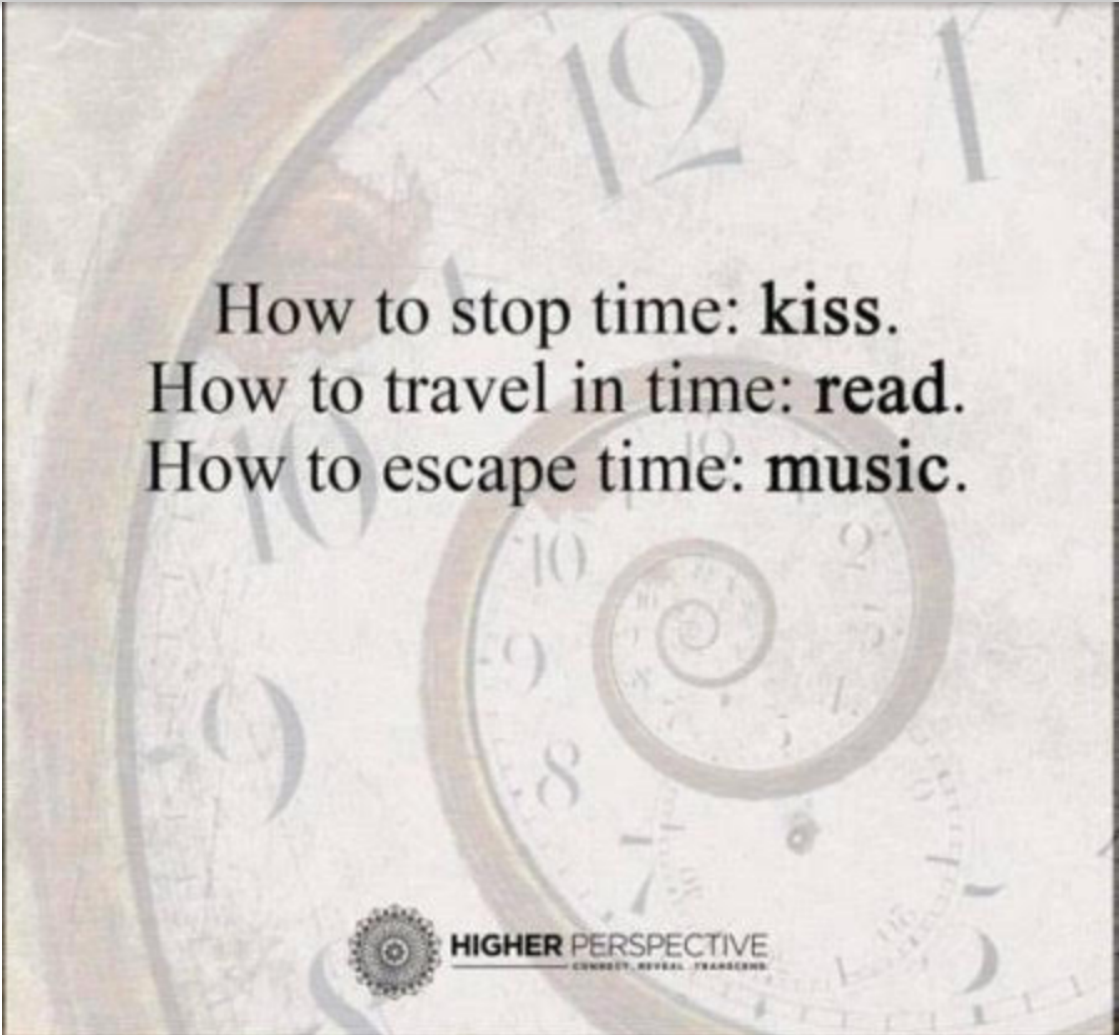
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[Why do flamingos stand on one leg?](#)

With their flamboyant feathers and elaborate mating dances, flamingos are one of the most recognisable animals on the planet. While we can confidently explain [why flamingos have pink feathers](#), there are competing theories about another of their distinctive characteristics – why they stand on one leg.

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How to stop time: **kiss.**
How to travel in time: **read.**
How to escape time: **music.**



HIGHER PERSPECTIVE
CONNOY. REVEAL. TRANSFORM.



[Watch the Real von Trapp Family Sing 'Edelweiss' From 'The Sound of Music'](#)

The hills are alive again with a new generation of singing von Trapps. The original Austrian family of Georg and Maria von Trapp—whose story inspired the Broadway musical and later the film *The Sound of Music*—have passed down their musical talents to their great-grandchildren: Sofia, Melanie, Amanda, and August von Trapp. The four siblings were recorded singing “Edelweiss,” one of the famous songs from composers Richard Rogers and Oscar Hammerstein II’s 1959 musical.

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MANY HANDS MAKE LIGHT WORK

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