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## Happy Monday, Villagers



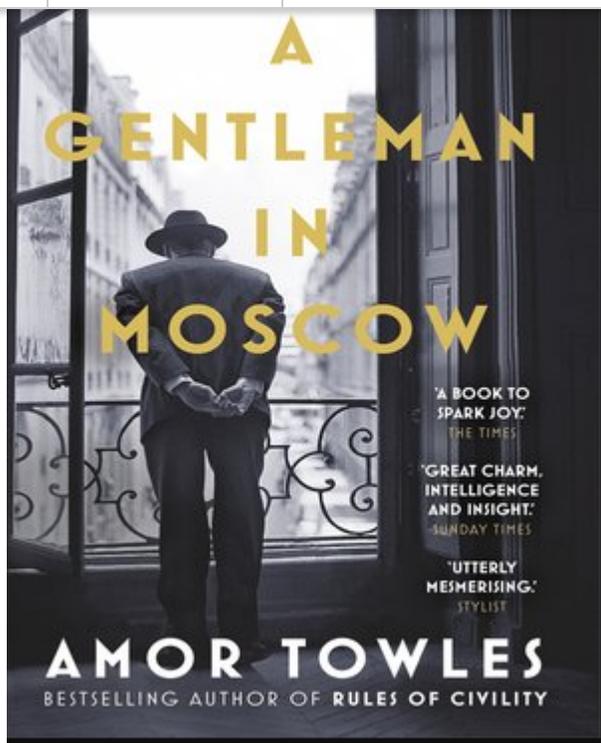
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## For the Brain

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## Recommended Reading

Looking for a good book to settle in with? Our readers share some of their favorites. Remember, Sausalito Books By The Bay offers free delivery and the Sausalito Library is offering phone support appointments to patrons requiring assistance with [library digital services](#) on your personal devices, including downloading ebooks and streaming movies. Please email Tula Biederman at [tbiederman@sausalito.gov](mailto:tbiederman@sausalito.gov) to set up a phone support appointment during the hours of 10:00 a.m. - 5:00 p.m., Monday - Friday.

Cynthia Ong - [The Winter Soldier](#) by Daniel Mason.

Carolyn Ford - [The Invisible Bridge](#)

Neil Whitelaw - [Reappearance of the Christ](#). By Alice A. Bailey, Lucis Trust publications

Millie Zinman - [American Dirt](#) I read a lot of good books but this was exceptional.

(Perhaps we should all be reading Gabriel Garcia-Marquez masterpiece Love in The Time of Cholera)

Carroll Covey - [The Road to Coorain](#) which tells Jill Ker Conway's story of growing up on an isolated sheep farm in Australia to eventually becoming

**I want to say all my life / I was a bride married to amazement Mary Oliver  
Anne Baele -**

- ALLENDE, Isabel A Long Petal Of The Sea 2020
- COATES, Ta-Nehisi The Water Dancer 2019
- GRUEN, Hendrick On The Bright Side (Translated from the Dutch) 2017
- HEINERTH, Jill Into The Planet: My Life As A Cave Diver 2019
- LOMBARDO, Claire The Most Fun We Ever Had 2019 (first novel)
- MOYES, Jo Jo The Giver of Stars 2019
- RADCLIFFE HALL, The Well of Loneliness 1928
- REID, Kiley Such A Fun Age 2019
- RILEY, Lucinda The Royal Secret 2018
- SCHARER, Whitney The Age of Light 2019 (Man Ray & Lee Miller)
- STRAIGHT, Susan In The Country of Women 2019
- STRAIGHT, Susan Highwire Moon 2001
- WAXMAN, Abbi The Bookish Life of Nina Hill 2019
- WOODSON, Jacqueline Red at the Bone 2019

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For social distancing reasons I will  
henceforth be wearing hoop skirts



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### Online Climate Conference

The virtual doors of the worldwide online climate conference [CLIMATE2020](#) swing open today with over 1,500 international delegates participating in an exciting online experience. Read fascinating climate research, interact with participants all over the world, and sign up for expert webinars and podcasts.

- CLIMATE2020 – the worldwide online climate conference
- Integrating Mitigation and Adaptation Initiatives for a Better Management of Climate Change and Its Impacts
- Date: 23-30 March 2020
- Venue: [www.dl4sd.org](http://www.dl4sd.org)



### [17 Must-Watch Documentaries for Broadway Musical Fans](#)



[Penguins wander empty Chicago aquarium during coronavirus closure](#)

## For the Body

Yoga  
is  
Magic

### Online Yoga and Meditation

Join Soulstice Mind and Body Spa for free [live streaming](#) classes

**Monday-Wednesday-Friday Morning Class: 9:30AM**

**Monday-Tuesday-Wednesday-Thursday-Friday Midday Class: 12:30PM-1:30PM**

**Saturday Morning Class: 9:30AM-10:30AM**

**Sunday Morning Class: 10:00AM-11:30AM**



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Are food deliveries and groceries safe during coronavirus pandemic? Yes, experts say - CNN

[The US Food and Drug Administration echoed that sentiment](#), is not aware of any reports suggesting Covid-19 can be transmitted by food or food packaging. "I want to be clear that food or the packages could carry the virus, but the risk of transmission is very, very low. This is a remote possibility and thousands if not millions of times less likely than any of the other exposure routes. Really, really low risk." Benjamin Chapman, a professor and [food safety specialist at North Carolina State University](#).

## Groceries/Supplies

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**Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, pet supplies. Call 415-332-3325 or email [sausalitovillageconciierge@gmail.com](mailto:sausalitovillageconciierge@gmail.com). All of our volunteers have been vetted.**

***[Driver's Market](mailto:graham@driversmarket.com) offers curbside grocery pick-up service.. Email [graham@driversmarket.com](mailto:graham@driversmarket.com) and the Driver's staff will gather your groceries and bring them out to your car.***

**if you are ordering food to go, support our local restaurants! Many of them are registered with delivery services such as [www.grubhub.com](http://www.grubhub.com), [www.doordash.com](http://www.doordash.com), or [www.trycaviar.com](http://www.trycaviar.com) . You can also order delivery from [BevMo's Instacart](#). Wash your hands after removing food from delivery containers.**

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## Shopping Tips

- Avoid using baskets or carts by bringing along your own vinyl shopping bags with handles. If possible, line with a doubled paper bag to create a solid bottom.
- Load heavy stuff first, eggs on top.
- If available use self-checkout.
- Use your car keys or a pen at any keypad device.

**Good Earth (9 am), and Whole Foods (8 am) limit the first hour of shopping to seniors as well as those who are immune-suppressed and pregnant women. Target has a senior shopping hour at 9 am on Wednesdays.**



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