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How to hate Monday less - 4 tips to help you get over the Sunday Scaries | South China Morning Post



OK Monday
let's do this

Happy Monday, 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.



Monday: [ONLINE CHAIR YOGA](#). 11-12

Tuesday: Free Webinar: Evacuations & Warnings: How to Survive a Wildfire. Join on [Facebook](#) live stream or via zoom here:

<https://firesafemarin.zoom.us/j/87382415962>



Smoke over Richardson's Bay on Thursday, August 20

Fire News

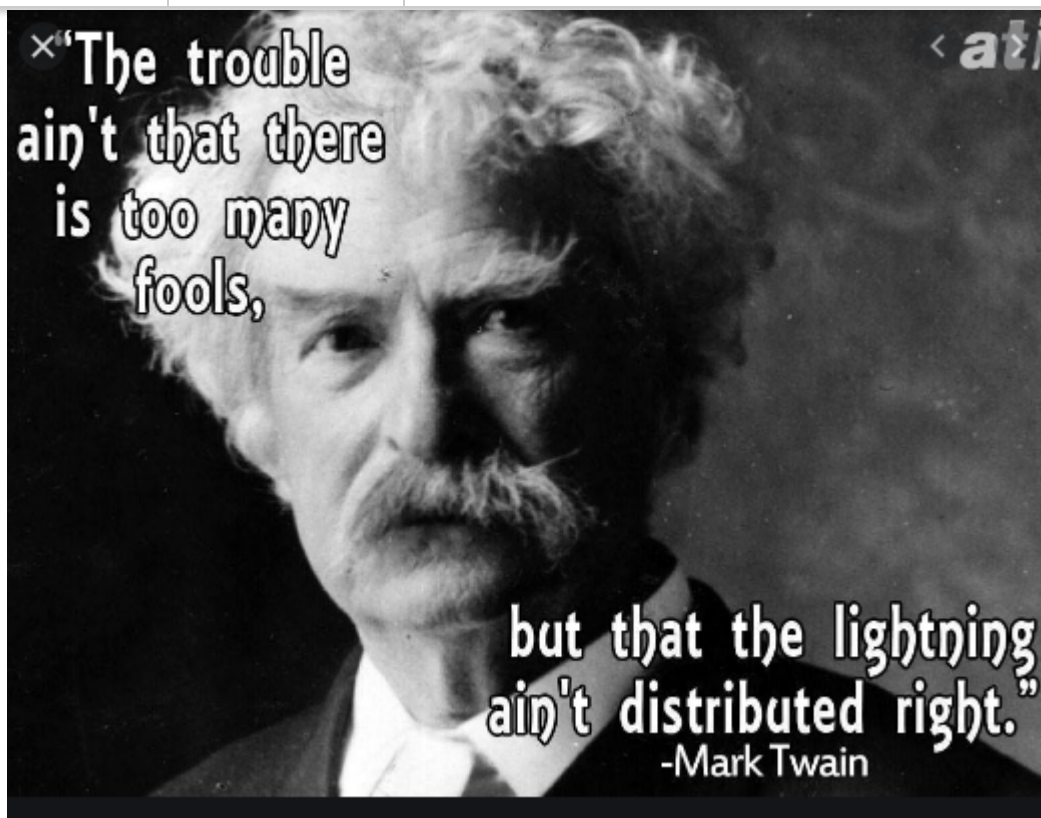
The National Weather Service declared a **Fire Weather Watch** for the Bay Area covering the period from 11:00 a.m. on Sunday, August 23 to 11:00 a.m. to Tuesday, August 25. With hundreds of acres of undeveloped land in the Marin Headlands between Sausalito and the ocean, our community faces a significant risk from a rapidly spreading wildland fire. Residents are urged to be prepared to evacuate should an emergency warning be issued and encouraged to evacuate early to avoid congestion on the roads. Now's the time to prepare your [GO BAG](#)!

Tips To Get Rid of Smoke Smell in House

Are you bothered by the smell from the fires in your house? Here are some tips:

- Turn on bathroom and cooking stove vent fans to remove smoke odour from house.
- Turn on fan meeting on the heating system to circulate air internally. Both work very well..
- Use Baking soda to absorb the smell
- Place vinegar in cups or bowls around the house
- Lavender works well to dispel the smell of smoke.

To watch videos about preparing a grab and go kit, go to sausalitovillage.com and go to the Emergency Preparedness section, which is located under the



When Insults Had Class

"He has all the virtues I dislike and none of the vices I admire."

Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure."

Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary."

William Faulkner (about Ernest Hemingway)

"Thank you for sending me a copy of your book; I'll waste no time reading it."

Moses Hadas

"I didn't attend the funeral, but I sent a nice letter saying I approved of it."

Mark Twain

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Listening With Ears of the Heart: Tara Brach

**I'M SO OLD
I REMEMBER
MULTIPLICATION
WAS CALLED
"TIMES TABLES"**



[7 Must-See Hot Springs in the U.S.](#)

There are few things more relaxing than soaking in a natural hot spring while you take in the incredible scenery. These waters are perfect for easing sore muscles, relaxing your mind and soothing your soul. Here are seven incredible hot springs in the United States to visit and soak your cares away.

SIGN IN A SHOE REPAIR STORE IN VANCOUVER THAT READ :
"We will heel you, We will save your sole, We will even dye for you."

AT AN OPTOMETRIST'S OFFICE:
"If you don't see what you're looking for, you've come to the right place."

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[These people of color transformed U.S. national parks](#)

From Yosemite to Biscayne Bay, these hidden figures helped save natural wonders and historic places.

**WE are A
COMMUNITY**

For Information about food, supplies, and services visit the Sausalito Village

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